



StudioSouth
Hairdressing & Beauty Therapy

SERVICE BOOKLET

Our aim is to provide exceptional training for our students to enable them to pursue a career in both beauty and holistic therapies. The products we use are of a high quality and enable us to cater for your each and every need. Our students need a wide variety of clients in order to complete their training. We appreciate your support in allowing them to achieve this.

As we cater to different clients with differing needs, and our students are in the learning phase, some treatment times may vary from times stated. We appreciate your patience and understanding. Please be aware that treatments are subject to availability and may vary throughout the college year.

Any person aged 16 or below must have parental consent and be accompanied by a chaperone.

We hope you enjoy your experience at Studio South and come back to visit us again.

To make a booking or for further information call Studio South West Bridgford on 01159146302 or Studio South Bingham 01949 838901

NVQ LEVEL 2 BEAUTY TREATMENTS

MANICURE/ADVANCED MANICURE 60 MINS/75 MINS

Reshape your nails, tidy your cuticles, massage your hands and arms, condition your skin nails and cuticles and finally polish your nails in any colour you choose from the Edge collection or French polish, buff finish or you can bring in your own polish.

For total nail care, try the advanced manicure, which also includes a combination of hot oil treatments, paraffin wax, hand mask and thermal mitts.

PEDICURE/ADVANCED PEDICURE 60 MINS/75 MINS

Cut and file your nails, tidy your cuticles, remove hardened skin, massage your tired legs and feet and polish your nails in any colour you choose from the Edge collection or French polish, buff finish or you can bring in your own polish.

For total foot care, try the advanced pedicure, which includes a combination of hot oil treatments, paraffin wax, foot mask and thermal socks.

EYE TREATMENTS

15 MINS/ 30 MINS/ 45 MINS

Accentuate your eyes with our range of eye treatments. Eyebrow tinting to define and darken, eyelash tinting to darken the lashes without the use of mascara Eyelash perming lifts and curls the lashes without the use of curlers or mascara. you choose.

WAXING

15 MINS/ 75MINS

A temporary method of hair removal which allows you to be hair free for up to 4 weeks.

The timing for this service varies depending on the area.

ARTIFICIAL NAILS

120 MINS

Have beautiful strong nails instantly with our choice of artificial nails your therapist will apply a tip to give instant length and an overlay of fibre glass, silk. UV gel or acrylic to make them strong maintenance will be required please speak to your nail technician for aftercare advise or why not treat your own nails to overlays this will make them stronger

NAIL ART

15 MINS /60 MINS

For that special occasion or any occasion treat your hands and feet to a unique artistic design or pick your own from our design board, you can have a full set or an individual nail includes nail paint polish and jewels.

DERMALOGICA

DERMALOGICA FACIALS

Studio South use the ultimate professional skin therapy product Dermalogica which is the skin care system researched and developed by The International Dermal Institute. Known worldwide as the "professionals' choice",

Dermalogica is skin care at its best, each facial is designed to treat your specific needs, whether they are pre-mature aging, dryness, dullness, dehydration, sensitivity, eczema, oily prone skin or any combination of the above.

DERMALOGICA EXPRESS TREATMENT

45 MINS

The Express treatment will give your skin the boost that it requires in the minimal amount of time! Perfect for when you don't have a lot of time to spare! An efficient treatment that consists of:

- Cleansing
- Power Cleansing
- Skin Specific Intensive Treatment
- 10 minute Face, Neck and Shoulder Massage
- Treatment Masks
- Toning
- Moisturising

DERMALOGICA FACIAL

75 MINS

A superb treatment that consists of:

- Double Deep Cleansing
- Detailed Skin Analysis
- Professional Exfoliation
- Skin Warming Treatment
- Extraction (if required)
- Skin Specific Intensive Treatments
- 20 minute Face, Neck and Shoulder Massage
- Treatment Masks
- Toning
- Moisturising

DERMALOGICA DELUXE FACE TREATMENT 90 MINS

As the Dermalogica Facial above, with the addition of a cool, flexible contour mask, acting as a vacuum, to absorb serum into the skin. This improves all skin conditions.

NVQ LEVEL 3 BEAUTY TREATMENTS

ADVANCED FACIAL THERAPY This facial includes a combination of advanced electrical treatments to further treat your specific skin requirements. Your facial will include a minimum of two of the following treatments. This is a prescribed facial to suit your skin type and specific skincare requirements, using Dermalogica products.

GALVANIC - IONTOPHORESIS Introduces water-soluble substances deep into the skin by use of small rollers. It heightens the skin's capacity to absorb and improves the penetration of the products. The treatment of specific problems becomes easier. This benefits, dry, dehydrated skins, improving moisture retention.

GALVANIC DESINCRUSTATION A deep cleansing treatment for oily, congested or problem skin, using small rollers on the face and neck.

HIGH FREQUENCY - DIRECT This treatment leaves the skin with a germicidal and anti-bacterial effect, due to the ozone formation. It limits sebaceous secretions, drying and healing pustular infection. A small glass electrode is used to apply this treatment and it is ideal for the back area to deep cleanse and heal.

HIGH FREQUENCY - INDIRECT This treatment gently improves the lymphatic and venous blood circulation, enabling the products and penetrate deep into the skin enhancing the skin's texture and oil and

VACUUM SUCTION A partial vacuum is applied on the skin's surface, this helps to drain excess fluids and toxins from the skin and encourages a fresh blood supply to stagnant muscles and any skin leaving the skin feeling fresh and glowing

NON SURGICAL FACE LIFT

ARE YOU READY TO REVEAL A MORE YOUTHFUL APPEARANCE?

This treatment tightens, tones and lifts the facial muscles which support the skin's tissue, leaving you with uplifted and toned facial contours and a complexion that glows. Suitable for mature skin and any skin showing premature signs of ageing.

A relaxing and enjoyable pampering treatment which is totally painless!

Non Surgical Face Lift including full skin analysis and consultation

ADVANCED BODY ELECTROTHERAPY TREATMENTS

We can offer you a range of electrical body treatments that can help to improve the contours of your body by improving muscle tone, reducing cellulite and improving the texture and appearance of your skin. Your treatment will include a minimum of two of the treatments below including a spa treatment which will be decided during a full body and dietary consultation.

BODY FARADIC This is a muscle toning treatment which closely resembles natural exercise in effect, but you don't need to do anything, except attend for treatment! This is a suitable treatment for toning and firming the contours whilst body weight is being lost through diet, it will also help to reshape and tone thighs, buttocks, tummies etc and re-educates muscle tissue which has become poor in tone.

BODY GALVANIC Do you have orange peel effect on the skin on the back of your legs, bottom or stomach? Are you a victim of cellulite? Cellulite is an accumulation of fat, toxins and water in the deeper levels of your skin and is caused by sluggish lymphatic circulation. Body Galvanic will help alleviate the orange peel effect.

BODY VACUUM SUCTION Using specially designed cups and a constant vacuum, the blood and lymphatic circulation is stimulated by using deep draining movements, this treatment is designed to aid the detoxification of the body and help with water retention and cellulite.

G5 VIBRATORY TREATMENT This treatment is a gyratory massage delivered by a mechanical massager, using a choice of applicators, we can break down hard fatty deposits, reduce the appearance of cellulite, improve blood and lymphatic circulation and relax tense muscles.

BODY HIGH FREQUENCY This treatment is ideal to deep cleanse and purify oily and congested areas such as the back. The treatment helps to promote healing and leaves the skin with a germicidal effect.

BODY CASE STUDY/ BODY ELECTROTHERAPY TREATMENT

COURSE OF 6 ELECTROTHERAPY TREATMENTS

The course will include a full body and dietary consultation which will involve a selection of the above electrical treatments and advice on diet and exercise to include spa treatments and body exfoliation treatments the ultimate experience for that much needed tired body overhaul.

HOLISTIC TREATMENTS

SWEDISH BODY MASSAGE 30 MINS/60MINS

Swedish body massage will help the body heal itself and to increase health and well-being. Massage improves circulation, which increases blood flow, bringing fresh oxygen to body tissues and relaxes tightened aching muscles. A perfect pampering treatment for everyday aches and pains.

AROMATHERAPY MASSAGE 30 MINS/60MINS

Essential oils are tools of healing and combined with the soothing power of massage, they have enormous therapeutic benefits to the body. By their fragrance and absorption through the skin, essential oils have subtle effects on the mind and emotions, helping to give feelings of relaxation, balance and harmony, a truly holistic therapy.

The benefits of aromatherapy include relaxation and rejuvenation, soothing of tight and tense muscles, improved natural sleep, and stimulation of blood and lymph circulation.

INDIAN HEAD MASSAGE 30 MINS

This massage therapy has been practised in the Indian sub-continent for centuries. It involves massage of the scalp, face, neck, upper back, arms and shoulders, with the recipient usually in a seated position. Treatment relaxes the scalp and face, relieving eyestrain and headaches. It stimulates and improves scalp circulation, which helps strengthen the hair and improve its condition and growth. The soft tissues of the neck and shoulders are gently mobilised and stretched, helping to ease tension and restore joint movements.

Additional benefits of the treatment can help in reducing stress in our lives with its soothing effect on nerve endings. Massage increases lymphatic drainage that helps to remove toxins and slightly tones facial muscles.

REFLEXOLOGY 75 MINS

Reflexology has been known to man for thousands of years. It is a natural healing science based on the principle that the anatomy of the body is reflected in miniature on reflex zones on the feet and hands. By using specific pressure techniques and massage on these regions, healing is both initiated and accelerated in the corresponding area of the body.

An increasing number of people are using this safe, natural therapy as a way of relaxing, balancing and harmonising the body. Following illness, stress, injury or disease, the body can be in a state of imbalance and vital energy pathways may be blocked preventing the body from functioning effectively.

Reflexology can be used to restore and maintain the body's natural equilibrium and encourage healing. This simple, non-invasive, therapy brings relief to a wide range of acute and chronic conditions.

ADVANCED MASSAGE 30MINS/60MINS

Tired and stressed? Why not try this invigorating massage experience which is tailored to the client's individual needs, using a wide range of advanced massage techniques

Including shiatsu and acupressure and various other advanced massage techniques

HOT STONE THERAPY 30MINS/90MINS

This is a deep penetrating massage with the use of Hot and Cold Stones to increase the effects of massage on the face and body this luxurious treatment includes full consultation.

HOPI EAR CANDLE 45MINS

With the use of specialised candles which contain essential oils. This holistic treatment is used to relax and help improve sinus problems and other ailments linked to the workings of the inner ear.

SPA TREATMENTS

Enjoy one of our spa body treatments. These treatments are only used in conjunction with body massage treatments.

*These sessions are single sex only, please bring suitable swimwear and a waterproof bag for wet items.

PHOTOGRAPHIC AND FASHION MAKEUP (PER SESSION)

We will be requiring a wide range of clients for this fun session which includes Fashion, photographic, catwalk and bridal makeup and advice, tips on application and what suits your style. Creative hair styling to include period styles.

FOR DETAILS OR TO BOOK AN APPOINTMENT CONTACT STUDIO SOUTH

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