



# SHUSH

HOLISTIC HAIR & BEAUTY

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'The marriage of Mind and Soul is what it means to be alive.  
There is no truly healthy body without a healthy spirit. Making that connection is what sets  
AVEDA apart and makes AVEDA SPA an experience like no other.'

**AVEDA**  
the art and science of pure flower and plant essences



Our beauty treatments are only suitable for female clients

## Facials (elemental nature)

Standard (30 minutes)	£24.00
Advanced (60 minutes)	£38.00
Guru (90 minutes)	£60.00

A customised facial based on your skin's specific needs, as revealed by Aveda's signature Elemental Nature Consultation. From dry and dehydrated, to sensitive, to oily and congested skin, a truly personalised treatment for the skin.

## Treatment Facials

Standard (60 minutes)	£43.00
Guru (90 minutes)	£65.00

### Green Science™ Skin-Renewing Treatment™

Unique, rejuvenating manipulations enhance the high-tech plant technology of Aveda's Green Science™, clinically proven to lift and firm the skin while reducing the appearance of fine lines and wrinkles. For ultimate customisation, choose your area of focus: Eyes, Lips or Neck and Décolleté.

### Enbrightenment™ Discolouration Treatment™

Traditional Asian massage techniques combine with a 100% naturally derived Brightening Blend to help diminish the appearance of dark spots and improve skin's visible clarity.

### Outer Peace™ Acne Treatment™

A botanical approach to treating acne – personalised with extractions and professional exfoliation – utilising Aveda's Outer Peace™ Acne Relief with 100% naturally derived salicylic acid.

### Tourmaline Radiance Botanical Skin Resurfacing

Aveda's botanical alternative to microdermabrasion reveal a truly radiant complexion and smoother skin – without the irritation or redness.

### Perfecting Plant Peel™

Powered by plants, Aveda's Perfecting Plant Peel™ system performs like a 30% glycolic peel – naturally and without redness and irritation. The Perfecting Plant Peel can be performed as a stand-alone 30 minute treatment or added on to any of our signature facial treatments.

Add-on cost (30 minutes)	£20.00
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## Spa Treatments

Standard (60 minutes)	£45.00
Guru (90 minutes)	£60.00

### Body Polish

Utilizing a customised Aveda exfoliation formula, this spa experience exfoliates and moisturises, leaving skin feeling soft and smooth.

### Rosemary Mint Awakening Body Wrap

Renew body and mind with a revitalizing dry body wrap that leaves skin soft and smooth – and senses awakened.

### Caribbean Therapy Body Treatment™

Rejuvenate with a warming seaweed body wrap, exfoliation and massage in this island – inspired experience.

### Back Treatment

A customised back treatment that focuses on cleansing, exfoliation, extraction (if desired) and massage.

## Nail Treatments

### Manicure

Jessica Premier nail products and treatments for the correction and enhancement of natural nails

Manicure (45 minutes)	£22.00
Pedicure (45 minutes)	£25.00

### Green Science™ Skin-Renewing Manicure

An exfoliation treatment addressing the signs of ageing on the often overlooked hands – utilizing Aveda's rejuvenating Green Science™ skin care system and Perfecting Plant Peel products.

Manicure (60 minutes)	£30.00
Pedicure (60 minutes)	£35.00

### Botanical Resurfacing Treatment

A natural alternative to microdermabrasion this is a treatment using the power of Aveda's tourmaline charged products with a high touch approach, leaves skin with a smooth texture and increased radiance.

Manicure (60 minutes)	£30.00
Pedicure (60 minutes)	£35.00

### Caribbean Therapy

A rejuvenating and nurturing treatment that uses the healing touch and plant ingredients of the Caribbean to improve the condition of nails, cuticles and skin, a special exfoliating paste and a warm seaweed mask combined with Caribbean massage techniques to smooth and soften.

Manicure (60 minutes)	£30.00
Pedicure (60 minutes)	£35.00



## Eye Treatments

Please note a skin test needs to be carried out at least 24 hours before this service if you have not previously had tinting at this salon. Contact lens wearers please ensure they are removed prior to treatment.

Eye lash tinting (15 minutes)	£8.00
Eye brow tinting (15 minutes)	£8.00
Semi permanent eye lash extensions (20 minutes)	£8.00

## Waxing

Our relaxing rituals provide effective hair removal while ensuring maximum comfort. Using two different types of wax allows us to customise for the area of hair removal. Make sure to let us know if you're using doctor prescribed skin care products or taking any medications, so we can check for contraindications.

Brow / Upper Lip / Chin / Cheek (each)	£6.00
Full leg / Half leg	£20.00 / £15.00
Full arm / Half arm	£15.00 / £10.00
Under arm	£9.00
Bikini / Brazilian	£10.00 / £15.00

## Nourishing Warm Wax Treatments

This therapeutic service is designed to nourish and treat dehydrated and mature skin, soften fine lines and bring relief to arthritic conditions.

Hand treatment (45 minutes)	£25.00
Foot treatment (60 minutes)	£33.00
Facial treatment (60 minutes)	£35.00



## Holistic Treatments

Society is becoming more and more fast paced, which means that the body is more used to a 'fight or flight' response than a 'rest and digest'. Our mission essentially is to help the body remember how to relax and heal itself.

### Chakra Balancing Hand Treatment

Enhance a manicure with Chakra balancing blend aromas and a relaxing hand massage to relieve tension in overworked hands – ideal for repetitive strain injuries

This is a manicure. Add on cost (15 minutes)

£10.00

### Reflexology

Applies gentle pressure to reflex areas on the feet to bring about a state of deep relaxation and to stimulate the body's own healing process.

(45 minutes)

£25.00

### Indian Head Massage

A deep muscular massage to help with the relief of mental and physical strain. Improves concentration and productivity – can be therapeutic for migraine relief and helpful to those working long hours on a computer.

(30 minutes)

£25.00

### Back, Neck and Shoulder Massage

Using aromas to balance your elemental nature, this treatment is designed to de-stress the neck and shoulder area using deep tissue massage – areas of tension are relieved and dispersed.

(30 minutes)

£25.00

### Reiki

A therapeutic and relaxing treatment designed to rebalance Chakra energies, release blocked negative energy, improve your well-being and boost your immune system, creating a more positive state of mind.

(60 minutes)

£35.00

### Re-energising Crystal Therapy Facial

This treatment incorporates an Aveda pure focus facial using Rose Quartz crystals for a unique facial massage experience. Then a Healing Crystal Meditation is applied to re-balance and align Chakra energies:- Crystals work on the physical, emotional, mental and spiritual levels of being – they re-align subtle energies and dissolve dis – ease (dis-ease referring to blockages and interference in the Auric field)

(60 minutes)

£38.00

## Packages

### Pre-natal

Includes elemental nature massage, luxury pedicure, pure focus facial and a wash and blow-dry

(3 hours 30 minutes)

£115.00

### Pre-holiday

Includes body polish, luxury pedicure, eyebrow shape, eyelash tint, bikini wax\*, ½ leg wax\* , under arm wax\*

\* can be exchanged for a wash and blow-dry.

(3 hours)

£100.00

### Bridal Beauty Package

Includes body polish, pure focus facial, express manicure and pedicure, eyebrow shape.

(3 hours)

£110.00

# SHUSH Unisex Hair Salon

Hair Company

<b>Ladies</b>	<b>Creative stylist</b>	<b>Stylist</b>	<b>Graduate stylist</b>
Short Blow-Dry	£18.00	£16.50	£15.00
Long Blow-Dry	£22.00	£20.50	£18.50
Curly Blow-Dry	£27.00		
Temporary Curls	£20.00	£17.50	£15.50
Cut and Blow-Dry (short)	£33.50	£29.00	£23.50
Cut and Blow (long)	£38.00	£34.50	£29.00
Hair up from	£15.50 to £38.00		
<b>Gents</b>			
Dry cut	£16.00	£15.00	£13.00
Wash Cut & Style	£23.00	£21.00	£19.00
Shave off	£6.00		
<b>Kids</b>			
Dry Cut (under 5)	£8.00	£7.00	£6.00
Dry Cut (6 – 15)	£12.00	£10.00	£9.00
Cut and Blow-dry (6-15)	£16.00	£14.00	£13.00
Angel Curls	£12.00	£11.00	£10.00
Blow-dry	£10.00	£9.00	£8.00
<b>Colours</b>			
Root Tint	£30.00		
Global Colour from	£40.00		
Hair Manicure from	£12.00		
Hair Glossing from	£27.50		
Root Tint & Shimmer Lites from	£45.00		
Half Head Foiled Lites	£40.00		
Full Head Foiled Lites from	£55.00		
<b>Perms</b>			
	Alkaline Acid Perm from		£40.00
	Spiral Perm from		£80.00
<b>Racoon Hair Extensions</b> By quotation only			
<b>Selection of prescriptive Hair treatments from</b> £6.00			



Tel. 01704 562666

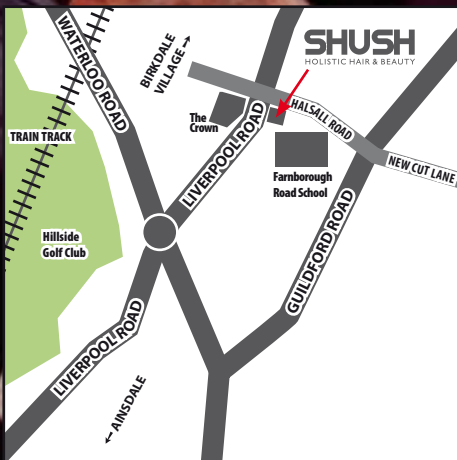
[www.shush-hair.co.uk](http://www.shush-hair.co.uk)

# AVEDA

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