



SALLY MONTAGUE  
HAIR & SPA

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

[www.sallymontague.co.uk](http://www.sallymontague.co.uk)

## *Aveda points of difference*

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Aveda beauty professionals are unique in the industry for their pursuit of a higher art: helping make their clients not only look beautiful, but feel beautiful.

This selfless quest to bring out the beauty in their client through genuine care, differs from beauty industry norms.

Sally Montague Hair Group are proud to work in partnership with Aveda in order to provide our clients with the latest services and products.

All of our treatments and services that follow are unique to our Ashbourne salon providing you with a truly special experience.

Empowered by its unique Mission, Aveda believes that authentic beauty is one that works in harmony with the greater web of life. It does not qualify as beauty if it hurts any of the diverse life forms that the best beauty artist of all, Nature, created.

Authentic Beauty cares for the environment which we inherited from elders and will leave to generations that follow us. Beauty cares for the society in which we live, enhancing harmony in the way we live and interact with one another as human beings. In order to be Beauty, it also needs to be Good. Beauty is the result, but also the process followed in pursuing that result.

## *Hair Services*

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<i>Treatment</i>	<i>From</i>
Cut & blow-dry	£45
Blow-dry	£25
Gents cut & blow-dry	£30
Young stylist	£25
Young stylist blow dry	£15
Cut only	£20
Under 16's	£20
Add-on conditioning treatments	£15
Hair up/set	£40
Wedding hair (includes trial)	£80
Wedding hair on location	£P.O.A.

## *Technical Services*

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<i>Treatment</i>	<i>From</i>
Semi permanent colour	£35
Permanent colour	£40
Half head highlights	£50
Full head highlights	£65
Additional Colours	£15

Patch testing required 48 hours prior to colour services, blow dry not included.

## *Hair Spa*

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### **Damage Remedy TM Hair and scalp renewal a salon meets spa service**

An intensive hair and scalp treatment that restores balance to the scalp and strengthens, repairs and moisturises damaged hair. Consists of three stages: firstly an Aveda scalp analysis and hair consultation; followed by an aroma-therapeutic balancing touch massage and finally a deep conditioning Damage Remedy TM professional hair treatment. While the treatments develops, your stylist will also perform a stress relieving hand ritual. this facial for your hair cares for the scalp and leaves your hair stronger and shinier by up to 71%. Price includes a blow-dry.

**Treatment time: 1hr Price: £55**

## *Facial Treatments*

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The goal of our Elemental Nature Facials is to restore balance to the skin. Based on the results of your Elemental Nature Questionnaire, your therapist will design a facial treatment that includes personalised products, essential oil aromas, and facial massage techniques. At each visit, your restorative skin session will be created from the following Elemental Nature skin needs;

Infinity Nature – balances normal to dry skin conditions

Air Nature – nourishes dry, dehydrated and mature skin

Fire Nature – cools and soothes sensitive, irritated skin

Water Nature – clarifies blemished and congested skin

Earth Nature – purifies normal to oily skin conditions

## *Facials*

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### **Elemental Nature™ Express Facial**

A rapid way to rebalance and refresh your skin by concentrating on 1 key skin concern you may have. This is a perfect treatment when time is of the essence and will leave your skin with a wonderful luminosity.

**Treatment time:** 45mins **Price:** £35

### **Elemental Nature™ Facial**

A personalised treatment designed to balance and calm the skin, including a relaxing scalp or hand massage. Utilising specialised techniques and incorporating gentle steaming, acupressure, exfoliation, facial massage and a mask therapy. Your skin concerns will be resolved, leaving it hydrated and refreshed.

**Treatment time:** 1hr 15mins **Price:** £55

### **Elemental Nature™ for Radiant Skin**

Encourages skin renewal and cell turnover through exfoliation and moisturisation using Aveda's unique range of tourmaline charged products. This treatment will leave your skin positively glowing. Suitable for all skin types and especially recommended prior to any special occasion.

**Treatment time:** 1hr 15mins **Price:** £55

### **Elemental Nature™ Facial for Self Renewal**

This luxurious facial is a head to toe experience for total relaxation and skin rejuvenation. Utilising specialised techniques and incorporating gentle steaming, acupressure, exfoliation, facial massage and a mask therapy. Including a scalp, hand and foot massage to help balance the body and create a sense of peace and harmony. This soothing treatment will leave you totally hydrated and rejuvenated.

**Treatment time:** 1hr 45mins **Price:** £75

## *Specialist Facials*

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### **Botanical Skin Resurfacing**

This facial is Aveda's natural alternative to micro-dermabrasion.

We combine the power of tourmaline with a hands-on approach that results in skin that is proven to have a smoother texture, fewer lines and wrinkles, decreased pore size, significantly more radiance – and all without irritation and inflammation.

**Treatment time:** 1hr 30mins **Price:** £65

### **Outer Peace Facial**

A nurturing sensory experience incorporating deep steam cleansing, gentle exfoliation, specialised massage techniques, mask therapy and a scalp massage. This facial will purify the skin, reduce redness and aid recovery from stress to ensure that not only the symptoms of acne are treated but also the causes ensuring that skin stays clear long term.

**Treatment time:** 1hr 30mins **Price:** £65

## Specialist Facials Continued

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### Green Science Facial

A high-tech plant technology facial combined with a high touch service to address the signs of ageing and maximize the benefits of the Aveda Green Science skin-care range. Skin appears visibly firmer and rejuvenated, whilst reducing lines and wrinkles. Specialized massage techniques and facial steaming are also included with a relaxing scalp massage and eye treatment.

**Treatment time:** 1hr 30mins **Price:** £65

### Perfecting Plant Peel Facial

This express thermal facial actively smoothes and re-textures the skin by exfoliating dulling skin cells and softening deep lines and wrinkles. Skin tone is improved and pores appear refined to restore a youthful radiance. This facial treatment offers the benefit of a 30% glycolic peel, but without causing redness or irritation to the skin. For maximum benefits a course of three facials are recommended.

**Treatment time:** 45mins **Price:** £45

## Massages

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### Elemental Nature™ Massage

Deep massage to relieve bodily tension and stress.

A personalised massage experience based upon the Aveda Elemental Nature™ Philosophy tailor made with an Aveda aroma of your choice.

Pure Essences can be blended together to meet your physical and mental condition and massage techniques will be used that are suited to your needs.

### Back, neck and shoulders

**Treatment time:** 45mins **Price:** £35

### Full body

**Treatment time:** 1hr 15mins **Price:** £55

### Full body, including face and scalp

**Treatment time:** 1hr 45mins **Price:** £75

## Specialist Massages

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Unique, specialist massage experiences designed to address key concerns, meet your specific requirements and exceed your expectations.

### Equilibrium

Release tension stored in the upper body.

Rebalance your body and mind. Massage focusing on the back, neck, shoulder, scalp and décolleté will help lift tension and headaches. Custom blended oils, intense and luxurious, feel your tension melt away.

**Treatment time:** 1hr **Price:** £45

### Detox

Stimulate your senses with our lymphatic drainage massage.

Commencing with a hot energizing shower, unique massage techniques designed to boost both the lymphatic system and the circulatory system using warm custom blended oils will rejuvenate your senses. This stimulating full body massage will help to eliminate cellulite and water retention. \* Not suitable for men.

**Treatment time:** 1hr 15mins **Price:** £60

### Stress Relief

Float into a state of tranquillity.

A feather light touch massage that works on nerve endings to achieve deep relaxation. Starting with a comforting warm shower and a calming body cleanser, warm, custom blended oils will be used in your full body massage to calm your body and mind. This powerful massage uses only the lightest touch and will leave you feeling as if floating on air. \* not suitable for men.

**Treatment time:** 1hr 30mins **Price:** £70

## *Body Treatments*

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### **Body Polish**

For lustrous skin through a full body exfoliation.

Enjoy a full body treatment and skin conditioning using your choice of either a blend of mineral-rich Dead Sea salts or soft walnut granules both customised with aromatic flower and plant essences. The invigorating exfoliation is followed by a refreshing shower and an application of a customised, nurturing, hydrating and soothing cream or oil blend.

**Treatment time:** 1hr 15mins **Price:** £40

### **Back Treatment**

Bring purity and balance to the skin on the back.

This treatment will focus on cleansing, skin exfoliation, back massage and mask therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or prior to a special occasion to leave you relaxed and feeling silky smooth.

**Treatment time:** 1hr 15mins **Price:** £55

### **Caribbean Therapy Body Treatment™**

Detoxifying and nurturing to create a radiant body glow.

This healing treatment restores the energy balance of your entire body with gentle Caribbean massage.

Your body will be dry exfoliated then enveloped in a detoxifying seaweed masque whilst your face and scalp are massaged with calming floral water. Your treatment is followed with a refreshing shower and a nurturing body massage using a luscious Caribbean cream of natural butters and aromas such as mango, cocoa and aloe to complete this island inspired luxury treat.

**Treatment time:** 1hr 45mins **Price:** £85

## *Manicure & Pedicure Services*

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### **File and Polish**

Incorporates shaping and an application of O.P.I. nail polish of your choice.

**Treatment time:** 20mins **Price:** £15

### **Salon Manicure (to be done in the colour processing time)**

File and Polish with cuticle tidy.

**Treatment time:** 30mins **Price:** £20

### **Hand and Foot Duo**

For someone who is on a busy schedule why not try the express treatment for a Manicure and Pedicure. You'll have two therapists, one doing the hands the other doing the feet.

**Treatment time:** 45mins **Price:** £60

### **Aveda Spa Manicure**

Starting with a sensory journey, hands are treated to a warm salt scrub and then eased into warm towels for complete re-hydration finishing with a relaxing hand and arm massage and an application of polish.

**Treatment time:** 45mins **Price:** £30

### **Aveda Spa Pedicure**

Indulge in this tension-releasing treatment and your feet will be thoroughly pampered. After your feet have been immersed in a bath of essential oils, the nails are cut and filed, cuticles are minimised, legs and feet exfoliated and dead skin gently removed. To finish, a pressure point massage and nail polish application will leave your feet looking and feeling wonderful.

**Treatment time:** 1hr **Price:** £40

## Manicure & Pedicure Continued

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### Caribbean Therapy™ Hand Treatment

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

**Treatment time:** 1hr 15mins **Price:** £40

### Caribbean Therapy™ Foot Treatment

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

**Treatment time:** 1hr 15mins **Price:** £50

- \* We ask that you bring appropriate footwear when coming in for a pedicure, for example open toe shoes or flip-flops.
- \* All Caribbean Treatments not suitable during pregnancy. (No hair removal to be done 24-48 hours prior to treatment.)
- \* For a French polish please add £3.50 and 5 mins to the treatment time.
- \* Optional toe wax £5.

## Tanning

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### Fake Bake Spray Tanning

Before your spray tan please shave and exfoliate the day before your appointment. On the day of your tan please wear dark loose clothing and do not wear any body lotions, deodorants etc.

**Price:** £30

## Waxing

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Aveda uses natural plant based waxes, essential oils and soothing ingredients to give you the best hair removal results. Our relaxing waxing rituals will allow for the most comfort as well as the best effectiveness.

### Treatment

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Eyebrow shape	£10
Lip or chin wax	£10
Lip and chin wax	£12
Underarm	£15
Bikini from	£15
Half leg	£22
Half leg and bikini from	£30
Full leg	£32
Full leg and bikini from	£40
Full arm from	£22
Chest or Back from	£20

## Make Up

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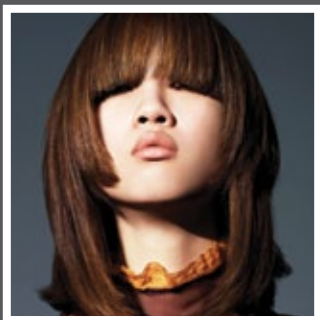
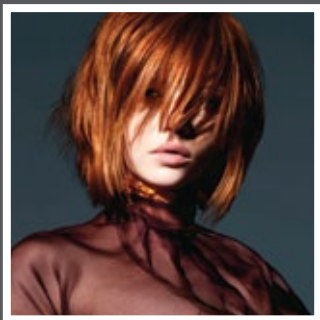
Make up and lesson	£45	(1hr)
Occasion make up	£35	(45 mins)
Wedding make up (includes trial)	£65	
Wedding make up on location	£P.O.A.	

## Eye Treatments

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Eyebrow shape (using tweezers)	£10
Eyebrow tint 15mins	£10
Eyelash tint**	£16
Eyelash and brow tint	£20

\* Patch testing is required 48 hours prior to eyelash or brow tinting. \*\* Includes relaxing hand massage.



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