

Price List

Manicure	£7.00
Includes cutting, filing, cuticle work, massage and nail varnish	
Pedicure	£8.00
Includes cutting, filing, cuticle work, scrub, massage and nail varnish	
Facial	£9.00
A 1 hour relaxing facial specifically designed for your skin type	
Full leg wax	£7.00
A full leg wax using speed removal	
Half leg wax	£5.00
A half leg wax using speed removal	
Under arm	£4.00
An underarm wax using speed removal	
Bikini leg	£4.00
A bikini line wax using speed removal	
Eyebrow / Lower lip / chin	£3.00
Eyebrow waxing whether it's a reshape or tidy up, lower lip and chin are used with high speed removal	
Nail enhancement	
Acrylics	£5.00
Gel	£5.00
Shellac	£3.00
Nail Art	£3.00
Individual eyelash extensions	
Set of individual eyelashes	£7.00
Spray tan	
Spray and cream Full body	£8.00
Spray and cream Half body	£4.00
Hot stone massage	
Full body including face	£12.00

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Eyebrow and Eyelash care	£5.00
Eyelash and Eyebrow tinting	
Eyebrow shaping using tweezers	
* Patch test required 48hr prior	
Body Massage	
Full body	£8.00
Full body including head and face	£10.00
Back massage	£4.00
G5 Massage	
Full body	£6.00
Back	£3.00
High frequency	
Face (includes facial)	£11.00
Body (Receding hair line/ acne problem areas for example your back)	£7.00
Faradic -	
Face (Includes facial)	£11.00
Body	£7.00
Vacuum Suction	
Face (Includes facial)	£11.00
Body	£7.00
Micro current	
Face (Includes facial)	£11.00
Body	£7.00
Galvanic	
Face (Includes facial)	£11.00
Body	£7.00
Microdermabrasion	
Face (Include facial)	£11.00
Body (Problematic areas for example back)	£7.00



SHC Beauty

Training Academy



At Shooters Hill 6th form College, our treatments are focused on producing high quality services and customer satisfaction.

Our treatments range from a simple day make-up at only £3, to a relaxing and stimulating back massage. Students provide these services for their training and are under supervision. This enables students to gain real experience ready for salons following their course.

Weekly beauty treatments are available during the day with late nights on Thursdays from 3pm

We offer the following treatments:

- Waxing
- Facials
- Eye care / Tinting
- Manicure
- Pedicure
- Make up
- Body massage
- Body & Facial electrotherapy :
- High Frequency– Indirect and Direct
- EMS / Faradic
- Micro current face and body
- Galvanic face and body
- Microdermabrasion face and body.
- Nail enhancements using acrylic and gel
- Spray tan
- Hot Stone massage
- Individual eyelash extensions



To book your appointment please call 0208 319 9702 Or 0208 319 9732



Facial & Body electrical

Vacuum suction face & body :

Vacuum suction, adapted into a facial, is used for improving the body's blood flow and improving your Lymph circulation. Lymph fluid transports metabolic waste, toxins and also fatty materials from the lymph nodes and lymphatic system.

- Improves Lymphatic and circulatory system, which helps remove toxins
- Improves skin texture
- Is a very relaxing treatment

High frequency

Indirect and Direct high frequency are two different techniques using different electrodes to suit client skin types and conditions. This treatment is adapted into a facial and helps with:

- Acne or congested skin
- Dry & oily skin types
- Helps with hair loss

Faradic body treatments

- Helps to even and tighten muscles
- Each treatment provides a passive muscle exercise which equates to doing 300 perfect sit ups
- Faradic treatments are customized for each individual by stimulating, contouring / slimming / by chosen target areas of the body.

Faradic face treatments

- Improves tone and suppleness of the face
- This treatment is ideal for double chins, dropped jaw line and adds cheekbone definition.

Microcurrent

Micro current is a direct, low frequency current designed to use on its own for lifting the facial or body contours.

Microcurrent helps with :

- Fine lines
- Stretch marks
- Minimising and scar reduction
- Deep cleansing

Galvanic

The galvanic current is a direct and constant current with a low voltage that is designed for the face and body.

Galvanic is used in two ways:

- **Desincrustation** = removes excess sebum (oil) and deep cleans the skin. Also can soften and reduce skin resistance.
- **Iontophoresis** = rehydrates and rebalances the acid mantle according to products used. Also can aid as lymphatic drainage that activates substances to stimulate body systems.

Microdermabrasion

Microdermabrasion works using a controlled flow of ultra clean aluminium oxide crystals that are released when the skin is penetrated by the vacuum– created low pressure.

Microdermabrasion :

- Gentle removal of the dead cells from the stratum corneum of the epidermis.
- Ideal used for acne skin, can reduce appearance of scars and also stretch marks.
- Flow of crystals and depth of peeling is controllable, also allows deep penetration of hydrating products into the clean skin.

Body massage



Body massages include a 1 hour full body, a 1 hour and 15 minute massage including face and head, and a half hour back massage. Treatments are designed to be relaxing and also stimulating, students have learned that massage is not just about creating well being, but also can be used for a prevention of muscle tension.

Hot stone massage : can be used with hot stones, the heat and smoothness of the stones rolling over your body is still relaxing however can help deepen the effects of the massage.

A body massage is:

- Relaxing
- For a sense of wellbeing
- Have uplifting support
- Stimulating techniques
- Anti cellulite massage
- Massage is suited to clients individual needs

G5 Body massage

G5 is a deep tissue massage using mechanical massager to ease muscular tension and increase circulation. It is a machine that automatically massages your body, where the adjustments and intensity are controlled by the therapist to suit your individual needs. This specialised massage penetrates deep into the skin to eliminate fat and reduce the appearance of cellulite.

- Increases blood circulation and metabolism
- Improves appearance texture of dehydrated skin
- Helps well being along side diet and exercise programme
- Improves tension and relieves tightness in the muscles