



Fife College

Inspired Salons



Hair & Beauty

Price List

INSPIRED

Welcome to our Inspired Salons.

Our hairdressing, beauty, complementary therapy and nail services treatments are open to all, providing an affordable way to treat yourself. You will be welcomed in to our salons and looked after by our experienced staff and their students, who are training towards accredited qualifications.

All of our treatments and services are carried out by students in a supervised training environment and as a result, in some cases, they may take longer than professional timings.

Treatments are available at Dunfermline, Kirkcaldy and Levenmouth Campuses however, not all treatments are available at all locations.

Due to the order of teaching, the availability of treatments will vary throughout the year, with no provision during the months of July and August. Our salon reception staff will be able to advise accordingly when you make your appointment.

It is requested that 24 hours' notice of cancellation of treatment is given. Please call the salon reception to cancel or change your appointment.

Gift vouchers for all of our hair and beauty treatments can be purchased from our salon receptions, where we also stock a range of professional products for retail sale.

Please note:

- The College cannot accept responsibility for any damage to clothing or personal belongings whilst visiting our salons.
- A full consultation is carried out for every client and all information gathered is confidential.
- For health and safety reasons, children under 12 are not permitted within our salons.
- Clients bringing children under the age of 15 with them into the salon are required to ensure adult supervision for the child in reception during their treatment.
- Price list is correct at time of printing and may be subject to change.
- **Colour and other chemical treatments are not available to under 16s. Proof of age will be required for treatments marked with ⑯**
- **Parental consent will be required for treatments marked with ⑰**
- **Skin tests may be required for treatments marked with ⑱. Skin testing must be carried out 24-48 hours prior to the treatment.**

Hairdressing

Cutting and Styling



		Levenmouth	Dunfermline	Kirkcaldy
Blow-dry	£3.00	✓	✓	✓
Shampoo and Set	£3.00	✓	✓	✓
Cut and Style	£0.00	✓	✓	✓
Hair-up	from £5.00	✓	✓	✓
Professional Conditioning Treatments	from £2.50	✓	✓	✓

Colouring

	Short Hair	Long Hair	Levenmouth	Dunfermline	Kirkcaldy
Colour Gloss Treatment	£10.00	£12.00	✓	✓	✓
Quasi Permanent	£17.00	£19.00	✓	✓	✓
Tint Regrowth	from £16.00		✓	✓	✓
Full Head Colour	£23.00	£26.00	✓	✓	✓
Highlights/ Lowlights (Level 2)	£23.00	£26.00	✓	✓	✓
Highlights/ Lowlights (Level 3)	£26.00	£28.00			✓
Wella Plex	£10.00				✓

*Prices are at the lecturers discretion and can change.

Combination Colouring

		Levenmouth	Dunfermline	Kirkcaldy
Complex Service Using Multiple Colours (consultation required)	£36			
Colour Correction/Reduction (consultation required)	£36			

Pamper Sessions

Our salons can cater for parties wishing to book in together for a pamper session.

Discounts are available for group bookings – contact our salon reception staff to discuss your requirements.

Beauty Therapy Treatments

The medical conditions listed below may restrict, prevent or require medical consent for some or all of our treatments:

- Cancer/cancer treatments within the last two years
- Diabetes
- Epilepsy
- Heart problems
- Recent operations
- Heavy medication
- Thyroid conditions
- Varicose veins (severe)
- Deep vein thrombosis
- Skin diseases (eg. impetigo, cold sores etc.)
- Multiple sclerosis (MS)
- Myalgic encephalomyelitis (ME)

As with any professional salon, we reserve the right to refuse any treatment should we feel it is necessary to do so.

Can we please ask that if you have booked a course of treatments, you attend until the course is complete as the students require this for assessment evidence.

⚠ Some treatments may require a skin test 24-48 hours prior to your appointment - you will be advised of this at time of booking.

Facial Treatments

Specialist facial treatments, using professional products, are tailored to your individual skin care needs.

		Levenmouth	Dunfermline	Kirkcaldy
Manual ^(P)	£7 or 3 for £18	✓	✓	✓

Treatment time 1 hour – 1 hour 15 minutes

Includes deep cleansing, steam/hot compress, exfoliation, massage and mask which may be:

- Thermal/mineral mask
- Peel off mask
- Hot oil mask
- Paraffin wax mask
- Collagen mask
- Clay mask

		Levenmouth	Dunfermline	Kirkcaldy
Electrical ⁽¹⁶⁾	£8 or 3 for £20		✓	✓

Treatment time 1 hour – 1 hour 30 minutes

Treatment will begin with deep cleansing and may include steam/hot compress, exfoliation, massage and mask. Therapist will advise appropriate treatment, which may incorporate:

- Non-surgical facial – facial contour lifting
- Galvanic – deep cleansing or nourishing; aids penetration of specially selected products into the deeper layers of the skin
- High Frequency – deep cleansing or nourishing
- Vacuum Suction – lymphatic drainage, beneficial to most skin types

		Levenmouth	Dunfermline	Kirkcaldy
Microdermabrasion ⁽¹⁶⁾	£12 or 3 for £30		✓	✓

Treatment time 45 minutes – 1 hour

Intensive exfoliation suitable for most skin types apart from sensitive skins. Micro crystals are used to lift away dead skin cells. Especially beneficial for scarring, open pores, fine lines and stretch marks.

Hand and Foot Treatments Ⓟ

Using professional salon products

		Levenmouth	Dunfermline	Kirkcaldy
Manicure – conditions and enhances the hands and nails. With French finish or coloured polish	£5.00	✓	✓	✓
Specialist Manicure – may include exfoliation, hot oil, paraffin wax or treatment mask (polish may not be advised)	£7.00	✓	✓	✓
Pedicure – conditions and enhances the feet and nails. With French finish or coloured polish	£5.00	✓	✓	✓
Specialist Pedicure - may include exfoliation, hot oil, paraffin wax or treatment mask (polish may not be advised)	£7.00	✓	✓	✓
Nail Art – specialised nail art designs incorporated within a manicure or pedicure	£7.00	✓	✓	✓
Artificial Nails – gel or acrylic may be used	12.00 for set	✓	✓	✓
Artificial Nail with Nail Art or Gel Polish	£17.00	✓	✓	✓
Infill and rebalance	£7.50	✓	✓	✓
Removal	£5.00	✓	✓	✓
Natural Nail Overlay	£5.00	✓	✓	✓
Shellac for Hands or Feet	£10.00			✓
Shellac Removal	£5.00			✓
Gellux for Hands or Feet	£10.00	✓	✓	✓
Gellux Removal	£5.00	✓	✓	✓

Tanning Treatments ^(P)

		Levenmouth	Dunfermline	Kirkcaldy
Full body manual	£10.00		✓	
Spray Tan	£8.00		✓	

Body Treatments ^(P) ⁽¹⁶⁾

You may undergo postural diagnosis, exercise and lifestyle advice during your treatment to facilitate students' case study work.

Massage ^(P)

Using techniques to aid relaxation and relief from tension and muscle ache. Pre-blended aromatherapy oils may be used.

		Levenmouth	Dunfermline	Kirkcaldy
Back Massage – 30 minutes	£4.00		✓	
Full Body Massage – 1 hour	£6 or 4 for £20		✓	

Aromatherapy Massage (including Pre-blended Aromatherapy) ⁽¹⁶⁾

Using essential oils tailored to meet your individual requirements. A course of treatments may be required to facilitate students' case studies.

		Levenmouth	Dunfermline	Kirkcaldy
Single session - 1 hour	£8.00		✓	✓
Course of 6 treatments	£34.00		✓	✓

Spa 

		Levenmouth	Dunfermline	Kirkcaldy
Full Body Wrap including exfoliation – 1 hour - 1 hour 30 minutes	£10.00		✓	✓
Back Massage with Exfoliation – 45 minutes	£5.00		✓	✓
Back Massage with Infra Red – 45 minutes	£5.00		✓	✓
Back Massage with paraffin wax – 45 minutes	£5.00		✓	✓
Hot Stones Massage - 1 hour – 1 hour 30 minutes	£8.00		✓	✓
Balinese Massage – 1 hour 15 minutes	£10.00		✓	✓
Hopi Ear Candles	£10.00			✓
Parafango Wax (anti cellulite treatment)	£8.00			✓
Algae Treatment for back	£10.00			✓

		Levenmouth	Dunfermline	Kirkcaldy
Body Electrical Treatments 	£6 or 3 for £15		✓	✓

Therapist will advise on appropriate treatment, which may include:

- Faradic (body toning)
- Galvanic (anti cellulite)
- G5 Massage (deep tissue massage)
- Vacuum Suction (lymphatic drainage)
- Corpo (body toning and conditioning, anti cellulite)
- Pressor Therapy (works against fluid retention in the legs and ankles)
- Dermasonic (treats cellulite, muscular tension and fluid retention)

Indian Head Massage [Ⓟ]

Deeply relaxing massage performed through clothing with the client seated.

		Levenmouth	Dunfermline	Kirkcaldy
Indian Head Massage	£5 or 4 for £15		✓	✓

Eye Treatments [Ⓜ] [Ⓟ] [Ⓢ]

		Levenmouth	Dunfermline	Kirkcaldy
Eyebrow Tidy/Reshape	£2.00	✓	✓	✓
Eyelash Tint	£5.00	✓	✓	✓
Eyebrow Tint	£3.00	✓	✓	✓
Eyelash Lift (includes tint)	£8.00		✓	
Weekend Lashes	£5.00	✓	✓	✓
Strip Lashes	£4.00	✓	✓	✓
Package – eyelash and brow tint, eyebrow tidy	£8.00	✓	✓	✓

Waxing [Ⓟ]

Temporary hair removal using warm or hot wax.

Results can last for 4-6 weeks depending on natural hair growth cycle.

		Levenmouth	Dunfermline	Kirkcaldy
Eyebrow	£3.00	✓	✓	✓
Lip or Chin	£2.00	✓	✓	✓
Lip and Chin	£2.50	✓	✓	✓
Chest or Back	from £5.00	✓	✓	✓
Underarms	£3.00	✓	✓	✓
Forearms	£4.00	✓	✓	✓
½ Leg	£5.00	✓	✓	✓
¾ Leg	£7.00	✓	✓	✓
Full Leg	£8.00	✓	✓	✓
Bikini Line	£3.00	✓	✓	✓

Waxing Packages [Ⓟ]

		Levenmouth	Dunfermline	Kirkcaldy
½ Leg, Underarm, Bikini	£8.00	✓	✓	✓
Full Leg, Underarm, Bikini	£12.00	✓	✓	✓

Keep up-to-date with what's going on



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Inspired Salons

Our excellent facilities provide the perfect professional environment for you to relax, unwind and pamper yourself.

Dunfermline Campus

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