



## AVEDA CITY CENTRE SALON & SPA

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### SERVICE MENU

(T) 0117 927 3389

| (T) Dial 6062 from room



## OPENING HOURS

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<b>Monday</b>	<b>Closed</b>
<b>Tuesday</b>	<b>10 - 6</b>
<b>Wednesday</b>	<b>10 - 6</b>
<b>Thursday</b>	<b>10 - 8</b>
<b>Friday</b>	<b>10 - 8</b>
<b>Saturday</b>	<b>10 - 6</b>
<b>Sunday</b>	<b>By Appointment Only</b>

## CANCELLATION & DEPOSIT POLICY

We kindly ask that all clients give at least 24 hours notice when cancelling any appointments to enable us to have time to fill open appointments from our client waiting list. Upon booking any spa packages, a 50% non-refundable deposit will be taken to secure your booking.



## WELCOME TO THE EXCLUSIVE AVEDA SALON & SPA

Based in the heart of Bristol City Centre, this exclusive Aveda Salon & Spa is a premier location to experience the Aveda brand in its entirety. From complimentary Rituals, to the personal touch you receive from our expert beauty therapists. We pride ourselves on Aveda's values, such as caring for the world we live in and using the power of plants to create high-performance products and services.

Aveda's 'Art and Science of Pure Flower and Plant Essences' calls for ingredients of the highest integrity. Sourcing ingredients from local communities around the world allows Aveda to connect with its mission of environmental and social responsibility. Based on a holistic approach to beauty and health, Aveda connects fashion, art, wellness and beauty.

### SPA ETIQUETTE

Please arrive 10 minutes before your treatment to ensure you receive the full allocated time, arriving late may limit the treatment we can offer you and we would still have to charge the full amount. Please arrive for your treatment in dry attire.



## AVEDA FACIALS

Aveda facials merge science & beauty to create an unforgettable wellness experience designed just for you. Facial treatments are recommended on a weekly or monthly basis to achieve and maintain optimal results. Your skin therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations. Select your time frame and your therapist will customise your facial , to curate the perfect personalised treatment. All facial times include a 15 minute consultation.

### PRICING

45 mins	£46
75 mins	£65

### Tulasara™ Facial Treatments

Dry, oily, ageing, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customised Tulasara facial treatment. After a thorough consultation, AVEDA foot ritual, aroma sensory journey and homecare advice, this will enable us to create a holistic therapy that is designed just for you.



## AVEDA'S PLANT-POWERED ALTERNATIVES TO MICRODERMABRASION AND CHEMICAL PEELS

### Dual Exfoliation Peel

Using innovative techniques, this treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. This treatment delivers immediate, visible results in improved skin texture and radiance, smoothed appearance of fine lines and refined pores - revealing fresher, younger looking skin.

### Botanical Skin Resurfacing Treatment

Go beyond microdermabrasion and energise the look of your skin with a professional facial treatment that helps smooth skin texture and reduce the appearance of lines and wrinkles and pore size, whilst significantly increasing radiance.

### Perfecting Plant Peel

Advancing the science of chemical peels, this facial treatment helps retexturise skin, smooth fine lines, refine the look of pores and restore radiance.



## MASSAGE

Choose from either Aromatherapy or Swedish massage:

### PRICING

Full Body	60 mins	£62
Back, Neck & Shoulder	30 mins	£47
Add on Face & Scalp	10 mins	£15

### Deep Tissue Muscle Massage

Alleviate high stress levels, ease aching muscles and revive the senses with this powerful deep tissue massage. Dynamic blends of essential oils and levels of pressure are customised to target individual needs. Helps relax, recharge and re-energise, whilst tension melts away.

**Full Body | 60 mins** **£70**

**Back, Neck & Shoulder | 30 mins** **£55**

### **Indian Head Massage | 30 mins | £43**

Specialist massage of the scalp, face, neck, shoulders, upper back, and arms to relieve tension.

### **Lava Shells Back Neck and Shoulder Massage | 30 mins | £53**

Enjoy the ultimate in deep relaxation with a back, neck & shoulder Lava Shells Massage. This hot, seamless massage uses eco-friendly tiger clam shells from the South Pacific to promote deep relaxation to both the mind and body. This deep tissue massage uses the warm lava shells to treat the back and neck, achieving a firmer pressure than the bare hand. The radiating heat from the shells enables deeper muscle tension to be treated, leaving you feeling instantly stress free and rejuvenated.

### **Lava Shells Full Body Massage | 60 mins | £67**

This revolutionary and unique full body massage for women and men uses naturally self-warming tiger clam shells to deliver a treatment tailored to suit your individual needs. The warm smooth shells are expertly glided over the body with varying pressures, techniques and precision enabling the therapist to reach the deepest aches and pains, alleviating all stress and tension. Hydrating oils are used during the treatment to moisturize the skin as the warming energy of the shells helps to revitalize and rebalance your body and mind.



## FACE & BODY COMBINATIONS

Perfect spa therapy treatments for your face and body. Relax with a soothing massage, whilst your facial helps smooth skin and restore youthful radiance.

### **Aveda Signature Treatment | 60 mins | £65**

The perfect treatment duo when time is of the essence. A sensational massage combined with an express facial.

### **Aveda Deluxe Signature Treatment | 120 mins | £130**

The ultimate relaxation treatment, combines a sensational full body massage with a prescriptive hour facial.

### **Aveda Well-Being | 45 mins | £50**

Back, neck and shoulder massage, plus a targeted area of your choice.





## MANICURES

### **Mini Manicure | 20 mins | £25**

Hands and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base-coat, completed by the perfect polish.

### **Manicure | 30 mins | £30**

Our manicure includes exfoliation, massage and cuticle care, treated specifically for your nail type. Nails are beautifully shaped and treated with a prescriptive basecoat and finished with the perfect polish.

### **Deluxe Manicure | 45 mins | £40**

Prescriptive manicure with the luxurious added benefit of thermal heated mittens for deeper penetration of the oils and creams. This treatment choice is excellent for increasing circulation and relieving stiff, painful joints.

### **French Polish | £5**

Add on to any manicure or pedicure

### **Gel Polish add on | £5**

Upgrade to Gel polish on any manicure or pedicure

## PEDICURES

### Mini Pedicure | 20 mins | £30

Feet and cuticles are conditioned and moisturised. Nails are beautifully shaped and treated with a prescriptive base coat and completed with the perfect colour.

### Pedicure | 30 mins | £40

Our luxury leg and foot treatment includes exfoliation, followed by a massage with deep conditioning cream. Your cuticles will be groomed and your toenails will be beautifully shaped and perfectly polished.

### Deluxe Pedicure | 45 mins | £50

Our deluxe pedicure includes the luxury added benefit of thermal heated booties for deeper penetration of the oils and creams. Excellent for increasing circulation and relieving stiff and painful joints.





## WAXING TREATMENTS

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<b>Full Leg</b>	£27
<b>3/4 Leg</b>	£24
<b>1/2 Leg</b>	£22
<b>Full Leg &amp; Bikini Wax</b>	£39
<b>Underarm</b>	£16
<b>Full Arm</b>	£20
<b>Half Arm</b>	£17
<b>Top Lip</b>	£8
<b>Chin</b>	£8
<b>Nose</b>	£8
<b>Eyebrow Shape &amp; Upper Lip</b>	£15
<b>Back &amp; Chest</b>	£20
<b>Tummy</b>	£15
<b>Hot Wax Bikini From</b>	£25

## LASHES AND BROWS

Take the time and care to ensure your eyelashes and brows look just as amazing as you imagine they will. A patch test is required at least 48 hours prior to any tinting appointments .

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**Eyebrow Tint** £10.50

**Eyelash Tint** £12.50

**Eyelash & Eyebrow Tint** £20.50

**Eyebrow Tint & Shape** £15

**Eyelash & Eyebrow Tint  
with Eyebrow Shape** £26



## MAKEUP

We will create your desired look tailored to your skin type. Our services range from special event makeup, bespoke lessons through to bridal makeup. Spend over £60\* on makeup products and receive your makeover on us.

\*Not including bridal makeup

**Makeover | £40**

**Just eyes | £15**

**Bridal Makeup (Including Trial) | Price on Quotation**



## EXPRESS LUNCHTIME TREATMENTS

For those of you who are time poor, we believe you should still be able to have some 'you' time in your life. With this in mind, we have put together these 20 minute express treatments that will fit perfectly into your busy schedule.

Available Monday to Thursday, last booking 2:30pm

### PRICING

Mini Taster Aveda Facial                    £36

Mini Targeted Massage                    £36





## SPA PACKAGES

If you're looking for a quiet escape from the hustle and bustle of the City Centre, unwind with one of our relaxing spa packages.

### Mini Spa Experience

**Monday - Friday £39.50 | Saturday £49.50**

Includes 1 hour access to the spa facilities followed by one of the following treatments:

- Mini Facial
- Mini Manicure
- Mini Pedicure
- Mini Targeted Massage

### Tranquillity Spa Day

**Monday - Friday £75 | Saturday £90**

Includes one hour use of the full spa facilities followed by our signature treatment, which combines the perfect duo of a sensational massage and an express facial.

### **Pure Pamper for the Mother-to-Be | 60 mins | £76**

This therapy connects mother and baby through the power of touch, working with two heartbeats as one. A luxurious treatment offering the ultimate in top to toe treatments for expecting mothers. Specialised positioning is used to ensure the ultimate in safety, comfort and relaxation, helping to rebalance hormonal skin, relieve tension in the back and alleviating swelling in the hands, legs and feet.

### **Spa Indulgence Day**

**Monday - Friday £99.50 | Saturday £109.50**

Two hours of full use of the spa facilities followed by the perfect combination of a back, neck and shoulder massage with the choice between a luxurious prescriptive manicure or pedicure using our thermal heated mittens **or** gel polish.

### **Decadent Duet - Visit with a Friend or Loved One**

**Monday - Friday £199 | Saturday £219**

This experience includes full use of the spa facilities for two hours before your treatments. Each enjoy one of our luxurious prescriptive manicures or pedicures with either thermal heated mittens or a gel polish, followed by an Aveda express facial.





## BRIDAL HAIR AND BEAUTY EXPERIENCE

Our team of experts are passionate about wedding hair and make-up. We pride ourselves on providing a relaxed and stress free experience in the lead up to your wedding, whilst offering completely bespoke packages that are tailored to your needs.

Alongside hair and makeup services, we also have an extensive range of treatments to prepare you in the run up to your wedding, ensuring that you look the best version of you on your big day. To find out more, give our reception team a call and book in your complimentary consultation with our experienced wedding team.





## **AVEDA CITY CENTRE SALON & SPA**

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**The Marriott Royal Hotel,  
College Green, Bristol  
BS1 5TA**

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Open to non-residents