

# Tranquil

## Gift Vouchers

The ideal gift. Why not treat your friends or family to a Hair and Beauty Academy Gift Voucher. They are available for any amount or treatment of your choice and are valid for a period of 12 months from the date of purchase.

## Skin Tests

For some treatments a skin test 48 hours prior to appointment will be necessary.

## Opening Times at The Hair & Beauty Academy

### Blossomfield Campus

Blossomfield Road, Solihull B91 1SB

Monday: 9am – 6pm  
Tuesday: 9am – 5pm  
Wednesday: 9am – 6.30pm  
Thursday: 9am – 5pm  
Friday: 9am – 4pm

### Woodlands Campus

Auckland Drive, Smith's Wood B36 0NF

Monday 9am – 5pm  
Tuesday 9am – 5pm  
Wednesday 9am – 5pm  
Thursday 9am – 5pm  
Friday 9am – 4.30pm

## Book an Appointment

Arrange an appointment at The Hair & Beauty Academy today to avoid disappointment. Evening appointments are available, please call the salon for further details

**Blossomfield: 0121 678 7105**

**Woodlands: 0121 678 7182**

E: [enquiries@solihull.ac.uk](mailto:enquiries@solihull.ac.uk)  
[www.solihull.ac.uk](http://www.solihull.ac.uk)

 Solihull College

*Hair & Beauty Academy*

 Solihull College



# The Hair & Beauty Academy

Spread across both our Blossomfield and Woodlands campuses, the Hair and Beauty Academy is a one-stop shop for all your pampering needs. Offering a wide range of hair and beauty treatments – from a quick wash and blow dry to complementary therapies, you are guaranteed to feel relaxed and rejuvenated.

We operate in a professional salon environment that rivals leading high street salons and spas. The Hair and Beauty Academy consists of 9 individual salons. With dedicated spacious and comfortable commercial salons at each campus they replicate real-life settings which in turn offers you a professional service for a fraction of the going rate.

Our expert staff are always on hand to offer advice and support throughout your treatments.

As well as offering professional treatments, we also sell hair and beauty products from leading brands such as Moroccan Oil, L'oréal, Dermalogica, OPI, Redken and many more.

## Treatments

### Manicure

A relaxing treatment to balance and improve the nail condition and maintain the skin of the hands and arms. It keeps the cuticle neat, attractive and healthy, improves the appearance of the hands and encourages the nails to grow naturally while leaving you feeling relaxed and pampered.

### Deluxe Manicure / Pedicure

Includes paraffin wax to relax and warm the muscles, helps to ease sore joints and is excellent for dry skin or cuticles. After a pedicure it is advisable to wear open toe shoes for the remainder of the day.

### Nailtiques Natural Nail System

A professional manicure treatment to improve the condition and appearance of your nails by using totally different nail protein and cuticle treatment that provides a therapeutic approach to healthy nails.

### Waxing

Warm or hot Waxing is a popular method of hair removal and removes hair quickly and efficiently with results lasting between two and six weeks.

### Electrolysis

Electrolysis is the only medically approved method of permanent hair removal (approved by the British Medical Association)

### Make-up Application

You will receive a full and detailed consultation to establish your requirements. The treatment will include a cleanse, tone, moisturise, make - up application and homecare advice.

### Eye Treatments (Patch testing is compulsory)

Eyelashes and eyebrows are defined by permanently tinting the hairs (the tint does not fade; it grows out as the hairs grow) gives illusion of thicker and fuller lashes. (Approx 30 minutes)

Eyebrow shaping with tweezers will define and enhance features while giving a larger space to apply make- up.

Eyelash extensions will give a thicker, fuller enhancement of the natural lashes and accentuate the eyes.

### Dermalogica Facial

A prescription facial that is bespoke to your individual requirements, it will include a full and detailed consultation, cleanse skin analysis, exfoliation, steam, extractions (if required). Massage includes face, neck and shoulders, mask, moisturise and bespoke homecare advice to continue the treatment benefits at home.

### Dermalogica Advanced facial System

Each treatment is designed to the specific needs of the client and their skin. After thorough cleansing and exfoliation electrotherapy will be used to answer your skin concerns, this may include: Deep cleansing, Hydrating or Nourishing, Lymphatic drainage, treatment of congested blemished skin, lifting, Toning and tightening, exercising of facial muscles.

### Microdermabrasion

Controlled MDA is a modern technique designed, with the help of a gentle, mechanical peeling process, to improve the skin's regenerative capabilities and to better control specific skin conditions.

The basic aim of MDA is to restore the ideal balance between healthy, well functioning cells needed for a radiant appearance and the dead coenocytes needed for our protection from the environment.

Microdermabrasion improves problems such as:

- Fine lines, wrinkles and ageing skin
- Deep frown lines and lip lines
- Gentle exfoliation for dull tired skin
- Acne scarring and pigmentation marks
- Congested skin with open pores and comedones
- Deep exfoliation for thickened blemished skin
- Sun damaged skin

### Swedish body massage

Swedish style movements are used to promote a detoxifying and relaxing effect through improved circulation and lymphatic drainage.

### Aromatherapy

With a carrier oil to relax, uplift or stimulate, according to your specific needs. Choose from – relaxation, uplifting or sense of wellbeing oils. Areas covered are legs, arms, back, neck and shoulders, optional face and scalp - Approx 60 minutes.

### Hot Stone Massage

This treatment starts with the client lying on hot stones specifically placed along the spine to warm the muscles of the back. The therapist then massages the body using stones and base oil. Using energy balancing techniques, hot and cold stones are used alternately to create a unique and individual treatment to relax, revive, refresh and re-balance the whole body

### Gyratory Vibratory Massage (G5)

A deep tissue massage using a mechanical massager to ease muscular tension and stimulate the circulation. This relaxing yet revitalising treatment improves the tone of the skin, smoothes the contours of your silhouette and aids the removal of toxins.

### Reflexology

An ancient treatment working on key pressure points of the feet. Reflexology can help to energise, relax and restore the body's balance.

## Sports Therapy

### Sports Massage

A deep massage in a localised area can increase muscle flexibility, joint range of movement and generally improve scar tissue

## Corrective Body Slimming Programme

A course of treatments is recommended.  
(Approx 45 minutes per treatment)

### Galvanic

The aim of a body galvanic treatment is to soften areas of stubborn fat and disperse any fluid that is retained in the area. Therefore, the treatment disperses the lumpy fat cells associated with cellulite.

### Muscle Exerciser

The Faradic treatment uses the application of electrical pulses, which are applied to stimulate the muscles to contract, resulting in a tightening and toning effect. The result of the treatment is inch loss rather than weight.

### Microcurrent

A microcurrent treatment is used to improve the tone of the skin and muscle tissue. Microcurrent has been used within the medical field to promote skin tissue healing for many years.

### Vacuum Suction

The main use of this treatment is to stimulate the lymphatic and circulatory systems, thus aiding the flow of waste products and tissue fluids from an area. Excellent for improving and reducing areas of cellulite, poor circulation and fluid retention.

### Sienna Spray Tanning

Half or Full body Tanning using Sienna products. Application will be applied to the body using a tanning booth. No deodorant to be worn and clients must exfoliate before application. Different strengths of product available

### Specialised Nail Treatments

Nail extensions & permanent French enhancements. Available in gel and acrylic products. Maintenance carried out on a full set of nail extensions or natural nail overlay to replace or infill the growth area. Includes replacement nails up to four. Soak off to remove the nail extension or natural nail overlay ready for a manicure or another set of nail extensions.