Cardonald COLLEGE GLASGOW

CLIENT REQUIREMENTS

• Clients must remove all jewellery prior to entering the treatment salons. Staff and students cannot be held responsible for loss or damage to clients' personal belongings.
• Clients are asked to shower before their treatments in order to enhance the benefits - particularly for body and foot therapies.
• Whilst every effort will be made to meet your needs, please remember that we are a training establishment. As such, appointments may not always run to schedule and can be limited to specific days or times.
• Although we endeavour to honour all appointments, a student absence in class may result in a cancellation of your appointment without prior notice. Should this occur, our receptionist will always attempt to provide you with an alternative appointment.
• If you are dissatisfied with any treatments you receive, please discuss the details with the lecturer in charge and not the student who performed the treatment.

Cardonald COLLEGE GLASGOW

690 Mosspark Drive
Cardonald
Glasgow

Phone: 0141 272 3192
E-mail:
tlcreception@cardonald.ac.uk

Cardonald COLLEGE GLASGOW

Tranquil Lifestyle Centre

Tel: 0141 272 3192

<u>3rd Floor</u>

Wednesdays 1– 6pm
Fridays 10 - 5pm

Tranquil Lifestyle Centre (TLC) at Cardonald College Glasgow provides the perfect environment in which to relax and unwind through the use of holistic and beauty therapies. Here you will experience calmness and tranquillity, where our prime focus is on you. Our qualified and experienced Holistic and Beauty Therapists will tailor the treatment or massage to meet your specific needs.

BEAUTY TREATMENTS

Semi-permanent eyelash extensions

Individual lashes applied to create volume and thickness

A full set - **£48** (2 hours)

A half set - **£24** (1 hour)

Semi-permanent polish and mini manicure

Applied to the natural nail and lasts up to two weeks

£19 (40 mins)

CACI NON SURGICAL SOLUTIONS

Face-up Microdermabrasion

£18

£70 for course of five (Saving £20)

Brand new skin resurfacing system which is used to treat and reduce skin imperfections such as:

- Skin discolouration
- Age spots
- Wrinkles and scars

Eye Treatment

£15 For 30 mins

£80 for course of six (Saving £10)

£150 for Course of twelve (Saving £30)

With the use of a micro-current, you will see a visible reduction in the appearance of crow's feet and wrinkles as the muscles surrounding the eye. area are retrained.

Non-surgical Facelift

£30 for one hour

£150 for course of six (Saving £30)

£285 for course of twelve (Saving £75)

The softening of fine lines and wrinkles can be seen straight away. The skin takes on a wonderful glow and has a firmer more supple, vibrant, and youthful appearance.

Ant-Cellulite Body Treatment

£35 for one hour

£190 for course of six (saving of £20)

£340 for a course of twelve (saving of £80)

Working on the thighs and buttocks the stimulatory action of the Electro Cellulite Massager helps to break down fatty deposits, tone muscles and reduce inches.

HOLISTIC TREATMENTS

Swedish Massage

£24 for 1 hour

£12 for 30 mins

A strong deep massage with therapeutic base oils which locates and relieves muscle tension. This massage enhances muscle tone and increases circulation.

Aromatherapy Massage

£24 for 1 hour

£12 for 30 mins

Our unique tranquil massage is combined with an individual blend of fragrant essential oils that relax and revitalise the body mind and soul.

Reflexology

£24 for 1 hour

£12 for 30 mins

Reflexology is an ancient eastern technique of applying pressure to certain points on the feet which are connected by an energy pathway to every organ and muscle in the body

Holistic Facial

£24 for 1 hour

£12 for 30 mins

This gentle hydrating facial treatment incorporates deep cleanse, mask, tone, a full aromatherapy facial with pressure point massage and lymph drainage .