

amanda  
marsden:  
menu

# welcome

Our aim is for each of our guests to feel totally transformed in a special environment. Our chosen team of therapists and stylists work to an exceptionally high standard, each one possessing individual creativity and flair with the mission to make you look amazing – and feel amazing too.

Amanda founded the business in 1995 in Totnes, Devon and from those historic foundations, cultivated a pride for passion, service and education. Because she knows it's such a privilege to be a professional in an industry that allows you to really make a difference in someone's day, Amanda has a passion for developing the people who work in her business.

By nurturing career paths and instilling life-long learning in a sustainable way, she endeavors to create an ongoing philosophy of positive action and well-being.

Now partnered with Hayley Williams, the teams in both Totnes and Exeter will continue to deliver a level of enlightened hospitality, service and care that exceeds expectations.

Together, they look forward to welcoming you for a truly personal and memorable experience.

*Amanda xx*      *Hayley xx*

“We believe our actions, products and services should always embody excellence.”

Amanda Marsden

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hair

[www.amandamarsden.co.uk](http://www.amandamarsden.co.uk)





am:  
looking better than ever

# hair

Our team of stylists will create a look customised to you and your lifestyle. The stylists are expert in styling hair, a short hair cut, a whole new look, simply blow dried or long hair beautifully dressed for a special occasion, we have the expertise and creativity to meet your needs and requirements.

Starting with a comprehensive consultation we will establish the perfect hair style and Aveda products to be used for your service in salon and to assist you in recreating the desired look.

The different levels of price structuring reflect the individual stylist's experience and demand. Whichever level you choose you are assured a service of quality and satisfaction.

## hair price list

	New Talent	Stylist	Senior Stylist	Director	Senior Director	Creative Director	Managing Director
Ladies cut & style	£25	£30	£35	£40	£45	£50	£55
Special occasion hair	—	£35	£35	£40	£40	£45	—
Men cut & style	£15	£20	£25	£30	£30	£35	£35
Young person cut & style (13–16 years)	£15	£20	£25	£25	£30	—	—
Children cut & style (12 years & under)	£10	£15	£15	—	—	—	—
Movement – Perm	Price on consultation, from £120 inclusive of cut & finish						
Blow dry (short hair)	Any stylist £20			<b>Student Discount</b> 20% student is available (Exeter salon only). See p24 for further details.			
Blow dry (long hair)	Any stylist £30						

# colour

Awaken hair with the energy of colour and light. A complete hair colour system – offering you the flexibility to get the results you crave from a hair colour service. Aveda hair colour is offered as a professional service in Aveda Salons only.

## Aveda colour patch test

This is required before we can colour your hair. Pop in (at any time) at least 24 hours before your appointment for the patch test to be carried out.

## colour prices (starting from)\*

	New Talent	Stylist	Senior Stylist	Director	Senior Director	Creative Director	Managing Director
T-Section	£35	£35	£40	£40	£45	£45	£50
Partial foils	£45	£45	£50	£50	£55	£55	£60
Full head foils	£60	£60	£65	£70	£75	£80	£85
Multiple colour work	From £65 upon consultation						
Full Spectrum™ Protective Permanent Creme Hair Colour	£30	£30	£35	£35	£35	£40	£45
Full Spectrum™ Deposit Only Colour	£30	£30	£35	£35	£35	£40	£45
Colour enhancers:							
Add toner	From £10						
Botanical treatments	From £15						

\* Colour prices exclude cut and finish. A blow-dry is added to every technical service appointment to ensure complete satisfaction of the result.

# men's hair

We offer both cutting and colour services. The service starts with an in-depth consultation to establish your hair and scalp condition and the perfect hair style for you. After styling, your stylist will recommend plant based cleansing, conditioning and styling products to maintain your look between visits.

The different levels of price structuring reflect the individual stylist's experience and demand. Whichever level you choose you are assured a service of quality and satisfaction.

We offer complimentary consultations for all our hair services.

## men's hair price list

	New Talent	Stylist	Senior Stylist	Director	Senior Director	Creative Director	Managing Director
Men cut & style	£15	£20	£25	£30	£30	£35	£35
Young person cut & style (13 – 16 years)	£15	£20	£25	£25	£30	—	—
Colour work	Prices start from £20						

## treatments

We offer a range of customised spa services for men to revive their grooming routine including massage, facials, waxing, manicures and pedicures.

See page 22 for details of these services.

### Student Discount

20% student is available (Exeter salon only). See p24 for further details.



# bridal

Our aim is to provide you and your wedding party with an unforgettable pre-wedding experience. We believe in creating a special custom fit programme of services, hair, beauty and make up for your bridal party in the salon or on location.

The journey starts in-salon with a one hour session with your stylist to discuss your ideas and to design the perfect look for your wedding.

## bridal prices in salon

### Hair

Bridal hair practice	£50
Bridal hair	from £50
Bridal party hair	from £35

### Make up

Bridal practice make up	£35
Bridal make up	£35
Bridal cleanse & advanced make up	£50

## bridal prices on location

### Hair

Senior Director	£95 per hour
Creative Director	£80 per hour
Stylist	£70 per hour

### Make up

Make up artist	£60 per hour
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We must account for time out, equipment, carriage and support staff, so a surcharge of 10% will be added to the prices. For more information, please visit the website.

Amanda Marsden has a custom per hour price system for our on location wedding service.

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spa

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am:  
enjoying the relaxed atmosphere

# aveda spa

## Find your balance

Aveda Spa merges science, art and beauty to create an unforgettable wellness experience designed just for you. We combine high-performing, plant-based skin and body care products with high-touch techniques to offer a menu of facial, body, massage, nail and waxing treatments that can be customised to meet your specific needs. Your experience begins with Aveda's signature Elemental Nature<sup>SM</sup> Questionnaire to determine the treatments and products that are right for you. The result is a holistic spa experience that promotes wellness, creates balance and stimulates mind and body recovery.

## spa price list

45 minutes	£35.00
1 hour 15 minutes	£55.00
1 hour 45 minutes	£75.00

All face, body and massage treatment times include a 15 minute consultation, during which time you will experience a foot ritual and an Aroma Sensory Journey.

# facials

## Elemental Nature<sup>SM</sup> Facial

A customised facial based on your skin's specific needs. From dry to oily to sensitive conditions, you'll experience a truly personalised treatment for your skin.

## Green Science<sup>SM</sup> Skin Renewing Treatment<sup>SM</sup>

Clinically proven to lift and firm the skin whilst reducing the appearance of fine lines and wrinkles.

## Enbrightenment<sup>SM</sup> Discoloration Treatment<sup>SM</sup>

Helps diminish the appearance of dark spots to even the skin tone and improve visible clarity.

## Outer Peace<sup>SM</sup> Blemish Relief Treatment

A botanical approach to treating blemishes and acne, focusing on gentle exfoliation and extractions.

## Botanical Skin Resurfacing Treatment

Aveda's botanical alternative to microdermabrasion reveals a truly radiant complexion and smoother skin – without irritation or redness.

## Dual Exfoliation Treatment

Designed to deeply exfoliate and rejuvenate the skin and to deliver results comparable to medi-spa treatments, dramatic improvements can be seen in acne scarring, signs of premature ageing, open pores, skin texture and skin clarity and radiance. (1 hour 15 minutes / 1 hour 45 minutes treatments only).

## Perfecting Plant Peel<sup>SM</sup>

Powered by plants, Aveda's Perfecting Plant Peel™ system performs like a 30% glycolic Peel – naturally and without the redness and irritation. Can be experienced as a standalone treatment or added to an Elemental Nature™ Facial, Green Science™ Skin Renewing Treatment™ or Enbrightenment™ Discoloration™ Treatment™.

45 minutes            £35.00  
15 minute add-on   £15.00

## Aveda Revitalising Eye Treatment

Let aveda soothe your delicate eye zone with a cooling and revitalising treatment that combines gentle massage techniques with state of the art plant and flower based formulas. Even tired eyes will see a noticeable reduction in the appearance of fine lines and puffiness.

45 minutes            £35.00  
15 minute add-on   £15.00

# body

The marriage of high-tech, high-touch treatments of the powerful botanical science behind Aveda products and the expertise of our therapists act as a direct response to the complexity of modern life, allowing you to have a spa experience that lingers, not only on the skin, but in the mind and heart.

## Body Polish

Utilising a customised Aveda exfoliation formula, this spa experience exfoliates and moisturises the skin, leaving it soft and smooth.

## Back Treatment

A customised treatment that includes a deep cleanse, exfoliation, massage and treatment mask for the back. Perfect before a special occasion, or if you are suffering skin challenges on the back.

## Body Wrap

A nurturing and skin-softening combination of exfoliation, body mask and body wrap, with focused foot and scalp massage to awaken the senses and renew body and mind.

The body treatments above are either 1 hour 15 minutes or 1 hour 45 minutes.

Customise your treatment with any of the following body care products:

## Stress-Fix™

Clinically proven to reduce feelings of stress, infused with essences of lavender, lavandin and clary sage.

## Beautifying

Intensely nourishing, infused with the uplifting essences of lavender, rosemary and bergamot.

## Shampure™

Comforting and nurturing, infused with Aveda's unique blend of 25 pure plant and flower essences, including bergamot, lavender, lemon, petitgrain and ylang ylang.

## Rosemary Mint

Cooling, refreshing and invigorating, infused with essences of organic peppermint rosemary, lavender and marjoram.

# massage

## Aveda Aroma Massage

Stress, muscle tension and lack of energy can all be addressed with this customised massage where you determine the amount of time you want to spend on your treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalised Aveda aromas and various massage techniques, depending on your needs.

## Stress-Fix™ Body Massage

Clinically proven to reduce feelings of stress, the stress-fix™ aroma is combined with Swedish and deep tissue massage, as well as foot reflexology, acupuncture points and a guided meditation.

## Chakra™ Balancing Massage

A massage experience to balance the chakra energy system that utilises deep tissue massage, foot reflexology and energy work with a guided meditation, all infused with Aveda's Chakra™ balancing blend aromas.

## Aveda Aroma Scalp Massage

Many guests say the scalp massage is their favourite part of a spa treatment. This 15 minute scalp massage customized with an Aveda aroma made from pure flower and plant essences is a perfect enhancement to any massage, facial or body treatment. Leave the product in your hair for added benefits, or schedule a shampoo and blow-dry service immediately following your scalp massage experience.

15 minute add-on    £15.00

## Hot Stones

Add-on                    £10.00

# essential grooming

It's the little details that count. From well-groomed brows and perfectly presented nails to instant hair removal.

Treatments are simple and easy to adopt into your daily life – during a lunch break or before a long weekend away. Have all your essential grooming done under one roof.

Our waxing rituals provide effective hair removal while ensuring maximum comfort. Let us know if you are using doctor-prescribed skin care products or taking any medications so that we can check for contraindications.

## Waxing

**Eyebrows**  
£10.00

**Upper lip /  
Chin /  
Cheeks**  
£8.00

**Full leg**  
£26.00

**Half leg**  
£16.00

**Full leg & bikini**  
£35.00

**Full arm**  
£16.00

**Half arm**  
£14.00

**Underarm**  
£12.00

**Bikini**  
£12.00

**Brazilian**  
£25.00

**Hollywood**  
£30.00

**Back or chest**  
£20.00

**Back & chest**  
£35.00

## Eyebrow & Eyelash Treatments

**Eyelash tint**  
£14.00

**Eyebrow tint**  
£8.00

**Eyebrow shape**  
£10.00

**All three  
treatments above**  
£28.00

## Electrolysis (hair removal)

An electrical method of hair removal, destroying the hair at the follicle.

10 mins  
15 mins  
20 mins

**Eyelash extensions  
Full set**  
£65.00

**Eyelash extensions  
Half set**  
£45.00

**Eyelash extensions  
Top-up**  
£25.00



# hand & foot

Give your hard-working hands and feet the attention they deserve. A little soak, shape and polish will give you beautiful looking nails and lift your spirits: sometimes the smallest bit of pampering makes all the difference.

## Aveda Manicure

Aveda manicures are customised treatments that care for the hands, specifically addressing dry, ageing skin, rough cuticles and nail health. Our nail therapists will consult you to help you determine the body care products and aromas that best meet your needs.

45 minutes      £26.00

## Hand Relief™ Renewal Treatment

Featuring a masque and a restorative treatment serum to improve the tone and texture of your hands, visibly reduce the appearance of dark spots and fine lines and address signs of ageing.

15 minute add-on      £15.00

## Aveda Express Manicure

A little luxury for a busy lifestyle: fit a mini hand treatment into your lunchbreak for pretty, pampered nails.

30 minutes      £15.00

## Green Science™ Skin-renewing Manicure

An exfoliation-based hand treatment, featuring Aveda's rejuvenating Green Science™ skin care and the Perfecting Plant Peel™ to bring about a visible improvement to dry, dull skin, signs of premature ageing and hyper-pigmentation.

60 minutes      £40.00

## Aveda Pedicure

Customised treatments that care for the feet, specifically addressing dry, ageing skin, rough cuticles and nail health. Our nail therapists will consult with you to help you determine the body care products and aromas that best meet your needs.

60 minutes      £35.00

## Aveda Express Pedicure

A little luxury for a busy lifestyle: fit this treatment into your lunchbreak, to leave your feet feeling perfectly pampered.

30 minutes      £15.00

# shellac™ nails

Shellac™ Nail Colour and Treatments offers up to 14 day wear, high gloss shine, zero dry time and no nail damage. The patent-pending formulation is why Shellac™ goes on like polish, wears like gel and removes in minutes.

## Shellac™ Manicure

Shellac™ polish  
and a manicure  
£35.00

## Shellac™ Nail Overlay

Shellac™ polish only  
£20.00

## Shellac™ Nail removal

Removal of your  
Shellac™ polish  
£10.00  
(£5.00 if followed by  
manicure or pedicure)

## Shellac™ Pedicure

Shellac™ polish  
and a pedicure  
£40.00

# rituals of renewal

Relax with the complimentary Aveda Sensory Rituals of Renewal. Included with any hair service or spa treatment.

Step inside to enter a world of aromatic pure flower and plant essences.

## Tea Ritual

A soothing and relaxing caffeine-free herbal blend, welcomes you with every visit.

## Aroma Sensory Journey

Go on a sensory adventure as Aveda guides you through an exclusive collection of Pure-Fume™ flower and plant essences. You'll discover mood-lifting aromas that bestow a profound sense of well-being and a deep connection to nature.

## Chakra™ Sensory Journey

Chakra™ Balancing Body Mists use the power of essential oils to help connect you with one of the seven chakras. Our Aveda team will help discover which aroma is right for you whilst educating on the product benefits.

## Stress-Relieving Scalp and Shoulder Ritual

Enjoy a relaxing and balancing neck and shoulder treatment – a calming wellness experience that releases tension.

## Stress-Relieving Hand Ritual

A rejuvenating treatment for hard-working hands using the sensations of touch and aroma.

## Make up Finishing Touch

A three-to-five minute face or colour touch-up teaches you new make up options.

## Skin Care Ritual

Experience customised skin care as an Aveda advisor recommends the perfect products for your skin's health and well-being.

## Hair Care Consultation

Your hair care needs can change seasonally, with a new hair style or a new life style. Let an Aveda advisor guide you to the ideal shampoo, conditioner and styling products to fit your life today.

## Express Botanical Hair Therapy Ritual

Let us introduce you to the benefits of using a customised Aveda hair care system at home, following your hair care consultation.

# caci non-surgical solutions

CACI's award winning treatments are the most effective non-invasive anti-ageing treatments available.

It uses electrical impulses to firm and tone sagging facial muscles and treatments can effectively plump-out lines and wrinkles, heal blemishes and infuse intense hydration.

Speak to your therapist about latest offers and courses.

You will receive 1 additional complementary treatment on the purchase of all courses.

## CACI Skin Rejuvenation

Rejuvenate your skin with ultrasonic skin peeling and LED light therapy.

45 minutes           £55.00  
Course x 10           £550.00

## CACI Non-surgical Facelift

A gym session for the face!  
Using micro-current to tone and re-educate the face muscles.

1 hour               £65.00  
Course x 10       £650.00

## CACI Ultra Eye Lift

Micro-current, ultrasonic peeling and LED light therapy will lift the upper eye muscle, and re-nourish the eye area by plumping fine lines, reducing puffiness and dark circles.

45 minutes           £35.00  
Course x 10       £350.00

## CACI Ultra Anti-ageing

Combining both skin rejuvenation and non-surgical face-lift treatments with the Aveda Green Science™ range. The products alone are clinically proven to visibly lift and reduce lines by up to 40% in just 4 weeks.

1 hour 15 minutes   £75.00  
Course x 10           £750.00

## CACI Acne Treatment

Beat blemishes – Start to see results in just 2 sessions with our Aveda Outer Peace™ clinically tested formulas. Delivers intense tissue repair and healing.

45 minutes           £45.00  
Course x 10       £450.00

### CACI Bottoms Up (Bum Lift)

Great as a pre holiday blitz, the electro cellulite massager will give you instant lifting and contouring on the buttocks as well as toning the thighs.

30 minutes           £35.00  
Course x 10           £350.00

### CACI Jowl Lift

Specifically designed to target the appearance of sagging jowls by using quad probes to refine facial contours.

20 minutes           £25.00  
Course x 10           £250.00  
Add on               £10.00

### CACI Lip Plump

Using the CACI award winning Amino Lift Peptide Complex and micro-current, with LED light therapy to instantly plump the lips.

15 minutes           £15.00  
Add on               £10.00

### CACI Hydratone Facial

An intense anti-ageing mask that uses micro current to penetrate deep into the skin to instantly oxygenates skin tissue, plump and smooth.

30 minutes           £30.00

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men

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am:  
made to feel part of the family

# men's grooming

Treatments to suit every man's needs. Whether you're in need of a little grooming, some facial cleansing or stress-relief and relaxation, there's no reason why a man shouldn't be pampered as much as a woman.

Hair removal: Back or chest  
30 minutes      £20.00  
(Both for £35.00)

Eyebrows  
Brow shape      £10.00  
Brow tint      £8.00

Pedicure  
Includes exfoliation, removal of dead skin, buff, shape and cuticle work.  
45 minutes      £25.00

Pure Focus Facial  
An introduction to the Aveda facials to experience a choice from hydration, exfoliation or massage.  
45 minutes      £35.00

Elemental Nature<sup>SM</sup> Facial  
A customised facial based on your skin's specific needs. From dry to oily to sensitive conditions, you'll experience a truly personalised treatment for your skin.  
1 hour 15 minutes      £55.00  
1 hour 45 minutes      £75.00

Massage/ Body treatment  
Elemental Nature<sup>SM</sup> Massage  
A personalised massage experience based upon the Aveda Elemental Nature<sup>SM</sup> philosophy and your favourite Aveda aromas. Depending upon your needs, a variety of massage techniques will be used.  
45 minutes      £35.00  
1 hour 15 minutes      £55.00  
1 hour 45 minutes      £70.00



### Elemental Nature<sup>SM</sup> Back Massage

Back, neck and shoulder massage to relieve tension and general fatigue.

45 minutes      £35.00

### Deep cleansing back treatment

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, back massage and mask therapy. Perfect if you are having skin challenges on your back, seasonal skin changes or prior to a special occasion.

1 hour 15 minutes      £50.00

### Aqua Polish

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea salts along with skin conditioning oils. The result is conditioned, soft, polished skin.

1 hour 15 minutes      £50.00

# our salons

## totnes

44 Fore Street  
TQ9 5RP  
01803 865724

### Opening Hours

Monday  
10:00am – 7:00pm  
Tuesday & Wednesday  
9:00am – 6:00pm  
Thursday & Friday  
9:00am – 8:00pm  
Saturday  
9:00am – 5:30pm

## exeter

75 Queen Street  
EX4 3RX  
01392 343102

### Opening Hours

Monday & Tuesday  
9:00am – 6:00pm  
Wednesday,  
Thursday & Friday  
9:00am – 8:00pm  
Saturday  
8:30am – 5:30pm

### Online Booking

You can make an online booking request via our website, anytime of the day or night. Once complete we will respond by phone as soon as possible within salon opening hours to confirm your booking.

### Appointments

Booking for all appointments is highly recommended but walk-ins are welcome. Please arrive at appointment time or prior.

### Cancellation Policy

Certain bookings require credit card details to confirm booking. For politeness to our therapists and other clients, please give 24 hours cancellation notice. A 50% charge will be incurred.

### Price Changes

Amanda Marsden reserves the right to change our service menu and prices at any time. Prices in this brochure were correct at time of going to print.

### Gift Certificates



Gift certificates are available for redemption at Amanda Marsden – the perfect treat for someone special. If required we can send the card direct to your chosen recipient. Gift certificates are valid for 6 months from date of issue.

### Student Discount

20% student discount off selected hair and colour services on presentation of a valid student card (Exeter salon only). Discount applied on highest priced service. Not available with a New Talent stylist.

### Social Media

Keep up to date with the salon and be the first to know about news and offers by finding us on Twitter and Facebook.

 @amsalons  /amsalons

# visiting us



Totnes Salon

Maps for illustration purposes only. Not to scale



Exeter Salon

amanda marsden:

Totnes

44 Fore Street  
TQ9 5RP

01803 865724

[totnes@amandamarsden.co.uk](mailto:totnes@amandamarsden.co.uk)

Exeter

75 Queen Street  
EX4 3RX

01392 343102

[exeter@amandamarsden.co.uk](mailto:exeter@amandamarsden.co.uk)

**AVEDA**  
THE ART AND SCIENCE OF PURE  
FLOWER AND PLANT ESSENCES