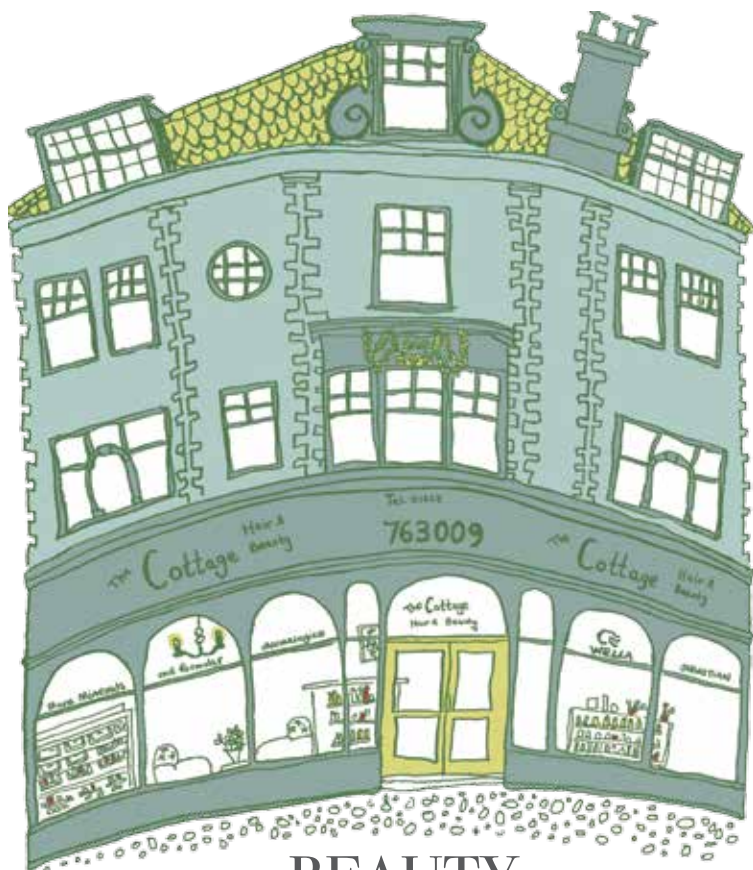


01603 763009

The Cottage

Hair & Beauty



BEAUTY TREATMENT MENU

info@cottagesalon.co.uk

Step inside... and breathe.

Right in the heart of Norwich The Cottage is the perfect place for you to enjoy some indulgent 'me time'. The Salon is a true gem: a warm and welcoming place where you can choose from a great range of hair, beauty, massage and therapeutic treatments. Relax with a freshly brewed coffee or fruit tea and put yourself in the expert hands of our friendly team. You'll emerge feeling and looking rejuvenated and ready to take on the world.

From small beginnings, we now have a highly-trained crew of more than twenty dedicated staff and an ever-growing number of loyal customers. We hope that you'll join them and discover our oasis of calm amidst the hustle and bustle of the city.



Gift Vouchers

Perfect for any occasion, if you know someone who likes to be pampered.

Any value you wish, these can be purchased either in the salon, via our website or over the phone.

Reward Cards

If you are a regular client, please ask your therapist or stylist about our reward scheme. Points are collected when paying for full price treatments, which are then redeemable against selected future treatments.

(Not to be used with any other special offer)

Our Terms & Conditions

We require 24 hours notice for cancellation of appointments, otherwise a 50% cancellation fee will be incurred.

Treatments of 2 hours or more will require a 50% booking fee payable in person or over the phone. This is held against the booking and is transferable if given 24 hours notice.

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Waxing & Hair Removal

We use high quality Outback Organics 100% Vegan Wax.

Strip Wax

Our True Blue wax has a low heating temperature for client comfort and a pleasant fragrance with notes of green tea, citrus, herbs and woods.

Lip or Chin	8.50
Lip & Chin	13
Lip, Chin & Sides of Face	21
Sides of Face	11
Half Leg	20
Three Quarter Leg	25.50
Full Leg	28
Full Leg & Standard Bikini	35
Full Leg & Brazilian	50
Forearm	15
Full Arm	20
Additional Area (eg. abdomen, buttocks)	5 per area

Hard Wax

Opal peelable is the latest thing in strip-free waxing, a fast drying hypoallergenic wax containing a blend of three indigenous plums: Kakadu plum, Illawarra plum and Burdekin plum for ultra-sensitive skins.

Standard Bikini Line	13
High Bikini Line	16
Brazilian	28
Hollywood	30
Under Arm	11.50

Male Waxing

Chest & Abdomen	25
Chest Only	20
Back Only	25
Back, Top of Arms & Neck	30
Shoulders Only	18

Waxing & Hair Removal

Threading

An ancient technique where thin thread is twisted and rolled over areas of unwanted hair, removing them from the root with minimal irritation.

Eyebrows	13.50
Lip or Chin	11.50
Lip & Chin	16
Sides of Face	13.50
Half Face 30 mins.	21
Full Face (lip, chin, eyebrows & sides of face) 45 mins.	31

Hands & Feet

OPI Treatment

Our manicures & pedicures are carried out using high quality OPI polish and Pevonia 100% natural wash, scrub and moisturiser to leave your hands and feet feeling soft and pampered.

File & Polish 20 mins.	15
Manicure	25
File, soak, cuticle work, exfoliation, massage & paint. 1 hour.	
Luxury Manicure	31
Same as manicure, plus paraffin wax. 1 hour 15.	
Pedicure	32
File, soak, cuticle work, hard skin removal, massage & paint. 1 hour.	
Luxury Pedicure	37
Same as pedicure, plus paraffin wax. 1 hour 15.	
Pedicure with Callus Peel	42
As above, with special hard skin softening treatment. 1 hour 15.	
French Polish (extra)	3

Hands & Feet

Shellac Treatments

Wears like polish, lasts like Gel. Shellac nails last up to 2 weeks. Zero dry time & doesn't smudge. Perfect for holidays.

Manicure 1 hour.	30
Pedicure 1 hour 15.	37
Pedicure with Callus Peel As above, with special hard skin softening treatment. 1 hour 15.	47
Removal 20 mins.	13
Removal & Manicure 1 hour 15.	36
Removal & Pedicure 1 hour 30.	42
French Polish (extra)	3

Bio Sculpture Gel

A thin strong & flexible nail treatment applied to your natural nail, that will not chip or smudge. Lasts up to 3 weeks.

Manicure 1 hour.	36
Pedicure 1 hour 15.	43
Removal 20 mins.	13
Infill 1 hour.	29
Removal & Manicure 1 hour 30.	46
Removal & Pedicure 1 hour 30.	53
French Polish (extra)	3



With all our nail treatments we only use one nail or foot file for each client for hygiene reasons and give the nail file to our clients to take home.

Eyes, Makeup & Lashes

Lashes

Nouveau Individual Lash Extensions

Individual lashes are applied one at a time onto the natural eyelash, without overloading the natural lashes or causing damage. This creates the appearance of fuller, thicker looking lashes.

Full Set	65
Infill (every 2-3 weeks)	30
Removal	10



Express Strip Lashes	12
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Perfect for a night out.

Russian Volume Lash Extensions

Also known as 3D volume, this is a bouquet of lashes, fanning out two or more lashes and placing them onto a single natural lash to create an even fuller set of lashes!

Full Set 2 Hours	70
Infill (every 3 weeks)	35

LVL Lashlift	55
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LVL Enhance adds length, volume & lift to natural eyelashes with no adhesive or mascara. Includes an eyelash tint. Lasts up to 8 weeks. Please note, a patch test is required at least 48hrs before treatment.



Eyes & Makeup

Eyes

Eyelash Tint	15
Eyebrow Tint	9
Eyelash & Eyebrow Tint	20
Eyebrow Shape	10

A skin test is required 24hrs before tinting



Makeup

ID Bare Minerals Makeup. 100% Pure Minerals, makeup so pure you can sleep in it.

Cleanse & Makeup	35
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Applied in the privacy of a treatment room. 45 mins

Tanning

St. Tropez Spray Tan	27
Couples St Tropez Tan	50

If you are after the ultimate sunless tan, then St. Tropez is the best available, used by stars of film, television & fashion.



Facials

PEVONIA

Our Pevonia facials are paraben free, cruelty free and professional face spa treatments to seriously address the concerns of every valued guest using 100% natural formulations with organic extracts. Incorporating Amma, Shiatsu and Swedish massage, the ritual welcome will relax tension and emotional stress. Next an anti-ageing pressure point facial massage is performed using the purest essential oils. Your treatment concludes with a tension relief leg and foot massage to ease all stress.

Essential Express Facial

35

This express facial is ideal for those on the go. Your skin is cleansed, exfoliated and gently massaged. A pore-refining mask is applied, followed by a light moisturiser. **30 mins**

Essential Aromatherapy Facial

50

A delightful aromatic blend of pure essential oils makes this facial unforgettable. This experience includes cleansing, gentle exfoliation and extraction; an aromatic massage, and the ideal mask best suited for your skin type. **1 hour**

Essential Deep Cleansing Facial

55

This purifying treatment incorporates steam, exfoliation, and an intense deeper cleansing of clogged pores. The skin is gently massaged, then your ideal 'therapist selected' mask is applied. Beneficial for all skin types. **1 hour**

Essential Prescriptive Facial

55

Universal treatments for all skin types. These facials are personalised and tailored to accommodate the needs of your skin. Includes professional skin diagnosis, deep cleansing, ampoule, massage and mask. These are ideal facials to introduce your skin to the unadulterated pure and active products within the Pevonia line. Outstanding results for every skin type! **1 hour**

Speciality High Performance Facials

Plantomer Mask Treatment

60

This highly effective, soothing treatment calms redness and alleviates irritated or sensitive skin. Perfect for sensitive / redness / acne / men / eczema and pregnant clients. **1 hour**

Rosacea Mask Treatment

60

Treat your fragile skin to all the relief and repair that green tea, liquorice and french rose have to offer. An ideal treatment for all microcirculation problems and hypersensitive skin conditions. Specifically; Couperose, Erythro, Erythrocouperose and Rosacea. **1 hour**

Facials

Lumafirm Lift & Glow Treatment

75

Seeking a treatment with amazing instant results? Proven to perform, this facial gives a firmer, tighter and more youthful defined appearance. Ideal for any skin types showing signs of ageing, or as the perfect instant repair boost when you want to look your absolute best. **1 hour**

Lumafirm Lift & Glow Eye Treatment

35

Lift, glow and go! This phenomenal treatment instantly repairs your delicate eye zone as it reduces puffiness and dark circles. Additionally, an anti-ageing powerful trio of actives takes your eyes back in time with an immediate reduction in lines and wrinkles and a visibly brighter, smoother eye contour. **30 mins**

DERMAQUEST

Dermaquest will produce fantastic results curing many problems including premature ageing, acne, rosacea & pigmentation. Dermaquest's exclusive products include ingredients such as; Hyaluronic acid, plant stem cells, vitamin C, AHA/BHA & Antioxidants.

Dermaquest Advanced Facial

50

These advanced facials are ideal preparation for advanced skin treatments such as resurfacers and skin peels. Gently rejuvenating to improve skin texture and restore radiance. No prior preparation is required **1 hour**.

Choose from:

- Essential Balance Facial - Hydrates & balances
- Dermaclear Facial - Controls congestion, clears & calms
- Peptide Vitality Facial - Plumps, firms & reduces lines
- Vitamin Infusion Facial - Early stages of ageing, vitamin C
- SkinBrite Facial - Reduces pigmentation & brightens
- Delicate Facial - Repairs, hydrates & soothes

Retinol Facial

55

More intense than the classic, this facial gives an instant glow to the skin and replenishes essential moisture. No prior preparation is required, so perfect for any new client to Dermaquest who wants instant results. **30 mins**.



Resurfacers & Peels

Dermaquest Resurfacers & Intensive Peels

Offering a wide range of resurfacers and intensive peels using Dermaquest advanced skincare technology to effectively minimise fine lines and wrinkles, blemishes, pigmentation and enlarged pores.

Consultation

10

A consultation will determine the home care regime suitable for your skin type, to prepare your skin prior to treatment. (cost redeemable against treatment or products) 15 mins.

Primary Pumpkin Resurfacer

60

For the treatment of dull uneven skin tone, lines, wrinkles, and scarring. Fuels the skin with essential minerals and vitamins. Gives a more even looking, younger complexion. 45 mins

Power Peptide Resurfacer

60

For treating moderate ageing and texture concerns, visible lines and wrinkles, instantly improving firmness. Perfect for that special event. No prior preparation is required. 45 mins

Salicylic Acid Resurfacer

60

For acne, oily, combination and congested skins, dissolves oil and build up, reduces inflammation and soothes irritation. 45 mins

Lactic Acid Resurfacer

60

For those with sensitive and irritated skin and Rosacea. This treatment will calm and soothe redness, reduce broken capillaries, brighten dull skin, improve texture and hydration. No prior preparation is required. 45 mins

COURSES

Course of 6 resurfacers buy 5 get one free

300

TCA / Salicylic Acid Peel

120

For those with thick resilient skin, with visible lines and wrinkles, evens skin tone and improves fine lines, promotes a smoother and softer skin. Most experience light sloughing to deep sheets of peeling that will reveal even toned and revitalised skin , great for acne scarring and reducing lines. 45 mins

If you are looking for the famous ‘Non surgical facelift’ then you are in the right place! First created within the medical industry, CACI delivers dramatic results without the need for surgical or invasive procedures, Using tiny electrical impulses, we are able to sculpt and lift face and neck muscles back into place, taking years off you without the knife!

CACI Non-Surgical Facelift

55

A relaxing anti-ageing facial that combines specific waveforms and ultra-low frequencies to produce noticeable effects with no discomfort. Lifts sagging muscles, contours the face and reduces deep lines and wrinkles. A course of 10 is recommended for long lasting effect. **1 hour.**

Course of 10

500

Super CACI

65

All of the amazing benefits of your regular CACI but an extra 15 minutes is added to work on specific areas of concern. Using LED light therapy to rejuvenate, high frequency to plump specific line and wrinkles or a hydration mask infused with Hyaluronic acid, an ingredient which holds up to 1000 times its own weight in water. **1 hour 15.**

Course of 10

550

Ultimate Super CACI

80

For the ultimate CACI treatment, this is you facial! Combining the classic non-surgical facelift with LED light therapy. Microdermabrasion, high frequency and Hydro mask. Combined, these treatments give the very best results and leave your skin glowing, firmer and years younger.

1 hour 30.

Course of 10

675

Jowl Lift

40

Using larger probes for the larger muscles in the lower half of the face, we sculpt the jawline and lift sagging skin on the neck and jowl area. Plumping cheeks without the need for fillers and reducing those pesky lines below the corners of the mouth (Marionette lines) **25 mins.**

If added as an extra to another CACI facial, only

25

Course of 10

350

Eye Revive

45

One of the only treatments that can help to drain puffiness and brighten dark circles. Lifting and firming the entire eye area, then using a lymphatic drainage technique to break down and drain stubborn fluids. Finishing with a detoxifying mask with green tea and antioxidants to hydrate and plump lines and wrinkles. **30 mins.**

If added as an extra to another CACI facial, only

25

Course of 10

400

CACI

CACI Microdermabrasion	50
A gentle resurfacing treatment that removes dead skin cells and smoothes the skin. Using LED light therapy to heal, stimulate collagen and elastin and rejuvenate the skin. Finishing with the hydrotone mask to plump superficial fine lines and infuse the skin with much needed hydration, especially in the colder months. Great for problematic skin types. 45 mins	
Course of 10	450
CACI ECM Treatment (Electro cellulite massager)	45
This treatment is great for breaking down stubborn cellulite and draining fluids from the back of the legs/thighs and also helps to nip and tuck any ‘wobbly’ areas. The best is yet to come... A buttock lift like no other! Using lifting and massage techniques, you will be tighter, firmer and have a more pert derriere! 30 mins	
Course of 10	400
Pevonia Green Coffee Wrap With CACI ECM	
Course of 10 (10 ECM & 6 wraps)	500

Universal Contour Wrap

Universal Contour Wrap

We guarantee you'll lose at least six inches or you don't pay! Bandages soaked in a warm solution of natural minerals and seaclay are wrapped around your body using a lifting and supporting technique to reshape and contour your figure.

2 hours 15.

Single Treatment	75
Course of 3 Treatments	210

To save your valuable time whilst wrapped up, choose from the following treatments with 20% discount.

Pevonia Essential Express Facial, Indian Head Massage, Eyelash Tint, Eyebrow Shape, Eyebrow Tint or File & Polish

Pevonia Body Treatments

The most powerful ingredients in skincare come from the safest source...nature. For more than 20 years, Pevonia has been the leader in delivering 100% natural skincare solutions to the finest spas and professional aestheticians worldwide.

Pevonia Massage Therapies

A choice of: Serenity to alleviate stress & promote relaxation.

Vitality to energise and revitalise, uplift the spirit and stimulate alertness.

Recovery is warming and anti-inflammatory, delivers stimulating and healing benefits.

30 min hands on massage 30

45 min hands on massage 40

1 hour hands on massage 48

1 hour 15 hands on massage 58

Couples Massage - Enjoy your relaxing treatment together in one of our two spacious double rooms and receive a 10% discount.

Wavestone Therapy

Enhance your massage with heated white jade stones to soften and relax muscles. The treatment stimulates the circulatory system and promotes healing, encouraging the breakdown & release of toxins. Can be incorporated into any length of massage.

Available with selected therapists, please ask when booking.

Pevonia Body Polishes

Full Body Polish Treatment 34

Aromatic and gentle, this creamy body polish exfoliates dry skin and polishes away toxins. Your skin resurfaces silky-soft and wonderfully hydrated. 35 mins

Tropical Saltmousse De Ageing Full Body Polish 37

For a healthier and softer body, this revolutionary anti-ageing saltmousse refines your skin unlike any other exfoliation treatment with french sea salt and organic fruit extracts. 35 mins

Pevonia De Stress Body Wraps

Aromatic Moor Mud Tension Relief Back Treatment 50

A luxurious back treatment incorporating the wonderful, results – driven Aromatic Moor Mud. As this thermal mud aids muscle tension, aches and pains, escape into a state of deep relaxation as we perform the highly relaxing cocoon techniques. Great for acne on the body or simply as a sole therapy. 45 mins

Aromatic Moor Mud Treatment with Back Massage 65

This treatment is ideal prior to a massage for longer lasting ease of tension. Upgrade your back ritual to include a 30 min Back Neck and Shoulder massage. 1 hour

Pevonia Body Treatments

Tropical Escape Crème Fraiche Body Wrap

65

This papaya and pineapple body wrap is enriched with crème fraîche, natural butter, calcium, a high content of vitamin A, pomegranate extract, wrinkle smoothing collagen polypeptides and firming elastin polypeptides. As you are enveloped by the scent of enticing tropical fruits, your skin is deeply nourished and rejuvenated revealing an astonishing youthful look. **1 hour**

Lumafirm Body Firm & Glow Treatment

75

Firm, glow and go! Feel confident looking your very best, enriched with an exclusive combination of anti-ageing extracts. The latest in peptides, you will be looking youthfully radiant from head to toe. This wrap leaves every inch of skin velvety soft, instantly firmer and more toned. Experience the visible difference for yourself! **Perfect for Pregnancy.** **1 hour**

Cellu-Smooth Green Coffee Wrap

75

Slim and tone your body with a cutting-edge cellulite treatment. This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. Pure 100% micronized green coffee visibly reduces spongy, dimply, cellitic areas. Amazing results when combined with Caci ECM. **1 hour**

Pevonia Green Coffee Wrap with CACI Body ECM

First 6 Treatments is a combination of Caci ECM & Green Coffee Body Wrap, then next 4 treatments is Caci ECM. **1 hour**

Course of 10 Treatments

500



Alternative Therapies

Indian Head

27.50

A relaxing massage of your head, neck, shoulders & face, helps relieve stress. 25 mins

Reflexology

38

An ancient technique of applying pressure to areas of the feet to allow the body to rebalance itself. Very good at relieving stress & minor ailments, boosting circulation and strengthening immune system. 50 mins

La Stone

The use of hot basalt stones and cool marble provide a deeper massage and gives you immense relaxation.

Back 30 mins.

37.50

Full Body 1 hour 15.

65

Pregnancy Massage

48

From 12 weeks, this gentle massage is received lying on your side with cushions to suit. Provides many benefits including easing stress and anxiety, muscle aches, fluid retention, raised blood pressure, and can benefit baby through increased circulation, nutrients and endorphins. 1 hour.

Deep Tissue Massage

50

This technique focuses on deeper layers of muscle, releases tension patterns, releases muscle fibres whilst relaxing and soothing the muscle. It can break up and eliminate scar tissue, is therapeutic, corrective and can release toxins to help the flow of oxygen, nutrients and general circulation. 1 hour.

Musculoskeletal Therapy with Liz

Musculoskeletal Therapy is for chronic and acute condition. Pain problems are evaluated and treated using various methods which include deep tissue massage, trigger point therapy, manipulation, muscle energy techniques, positional release, neuromuscular techniques, dry needling, acupuncture, joint mobilisation, sports massage, therapeutic stretching, exercise, postural and gait advice.

Treatments will vary as they are tailored to your needs on the day of your treatment.

Single Treatment

50

Course of 5

200

Packages

Waxing	70
Full Leg Wax, Brazilian or Hollywood Wax, Underarm Wax and Eyebrow Shape. 1 hr 45.	
Holiday	98
Shellac Manicure, Shellac Pedicure, Eyelash Tint and St Tropez Tan. 3 hrs 30.	
Mini Spa Experience	85
Express Facial, File & Polish on Fingers & Toes and Back Massage. 2 hrs.	
Night Out	76.50
OPI Manicure, Bare Minerals Makeup and Wash & Blowdry. Perfect for hen parties or birthdays. 2 hrs 15.	
Pamper	119
Pevonia Relaxing Experience, 1 hour Pevonia Full Body Massage and Pevonia Aromatherapy facial. 2 hrs 45.	
Luxury Spa Day	223
Aromatic Moor Mud Treatment with Back Massage, Pevonia Prescriptive Facial, Indian Head Massage, Shellac Manicure , Shellac Pedicure and Wash & Blow Dry. Includes a light lunch. 6 hrs 30	
Beautiful Bump	85
OPI Pedicure, Indian Head Massage & Express Facial. 2 hrs 45.	
Bridal	193.50
Lumafirm Lift & Glow Facial , Lumafirm Lift & Glow Body Treatment & Nouveau Individual Lashes. 4 hrs 15.	



All Package timings are 'hands on' time, please allow an extra 15 minutes for getting changed.
50% booking fee required.

Parties & Exclusive Use of Salon

Prom Party

Your daughters Prom? What better way to get ready than with all their friends together at The Cottage Hair & Beauty.

Makeup, Hair Up, File & Polish on fingers .	80
Spray Tan, Makeup, Hair Up, Shellac Manicure, Pedicure	147

Terms & Conditions apply to all group bookings, please ask us for a booking form.

Hen Party

Why don't you start your hen weekend by enjoying a pamper session with your closest friends and family.

Choose Classic Hen, 30 minutes of treatment, or Luxury Hen with 60 minutes of treatment, Please email for more details.

Classic Hen 30 min.	30 per person
Back Massage, Express Facial , Pevonia Body Polish or Shellac Manicure	

Luxury Hen 1 hour.	45 per person
Pevonia Massage, Dermaquest Advanced Facial or Pevonia Aromatherapy Facial or Shellac Pedicure with callus peel.	

Or we can tailor make a package to suit you.



A 50% booking fee required & minimum of 4 people for all the above.

Wedding

We specialise in bridal hair & makeup. Using the best products available, Kevin Murphy and Bare Minerals, to create that special look which will last all day. We treat every wedding day preparation as if it was our own, and will work hard to ensure your hair and makeup experience is stress free and something you will never forget.

Makeup

Bridal Trial	45
Bridal Makeup Based at the salon, includes 1 trial.	90
At venue, includes 1 trial at salon. (travel not included)	from 140
Bridesmaid or mother of the bride (on the day)	40 each



Photos by Bigphatphotos



Wedding

Hair

Bride or Bridesmaid trial (in salon)	45
Bridal Styling	
Based at the salon, includes 1 trial	from 100
At venue, includes 1 trial at salon. (travel not included)	from 160
Bridesmaids	45
Mother of the Bride	35
Hair Up Guests	40

Day Package

Do you have a large bridal party to be pampered on the day of your wedding?
We can provide 2 hair stylists and 2 bridal makeup specialists to make your wedding day run smoothly and help you and all your party to feel extra special.
Ask us for an individual quotation.

The Cottage Hair & Beauty were very professional and put me at ease on my wedding day. They listened to what I wanted and I was so happy with the outcome. I would highly recommend! Xxx

I had my wedding makeup done by 'The Cottage', it was the best experience - from really listening to what I wanted during my makeup trial right through to helping make my wedding day so lovely and relaxed. Additionally, my mum who never wears much makeup, loved it, felt really comfortable and happy with it all day. The whole experience was fantastic and I would highly recommend!



Contacting Us

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Facebook: [/cottagenorwich](https://www.facebook.com/cottagenorwich)

Instagram [/thecottage_norwich](https://www.instagram.com/thecottage_norwich)

Opening Times

Monday to Friday
9:00 till late

Saturdays
9:00 till 5:00

Sundays
(Every Other)
9:00 till 5:00

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Finding Us

