

# Inspired Training Salons at York College

Appointment Only

**01904 770254 | [inspired@yorkcollege.ac.uk](mailto:inspired@yorkcollege.ac.uk)**

# Contra-Indications to Treatment

The range of treatments available in the salon may not be suitable for every individual. If you are taking medication, or have certain medical conditions, some treatment may be inadvisable, restricted or require a doctors or health professional consent note in advance.

Individual suitability for treatment will be assessed personally by the session tutor and will be at their discretion.

## Contra-Indications Include:

- Contagious infections/diseases/infestations
- Viral/fungal/bacterial infections
- Broken bones/recent scar tissue/fractures/sprains
- Cuts/abrasions/undiagnosed lumps and swellings
- High/low blood pressure/circulatory conditions
- During chemotherapy/radiotherapy
- Recent operations (in the last 12 months)
- Varicose veins/deep vein thrombosis/phlebitis
- Hyper-keratosis/severe nail separation
- Sever skin conditions/eczema/psoriasis
- Heart problems
- Diabetes
- Hormone imbalances
- Systemic diseases
- Epilepsy
- Thyroid conditions
- Allergies/skin disorders
- Asthma
- HIV/AIDS
- ME
- MS
- Eye infections

## Covid 19

Covid 19 symptoms include:

- **A high temperature**  
this means feeling hot to touch on your chest or back.
- **A new continuous cough**  
this means coughing a lot for more than an hour or three or more coughing episodes in 24 hours (if you usually have a cough it may be worse).

# Skin Testing Information for Hair & Beauty Treatments

As a duty of care to our clients, a skin test is required prior to a colour application, for both hair and beauty. This only takes a couple of minutes, please ask at reception for details.

**Hairdressing Skin Testing:** required a minimum of 48 hours and a maximum of 7 days before a hair colour application.

**Beauty Skin Testing:** required a minimum of 24 hours and a maximum of 48 hours before eyelash and eyebrow tinting.

If you have a reaction to any of the skin tests you must notify the salon straight away. If it becomes very uncomfortable you must seek medical advice. A reaction can be identified by redness, the skin can become swollen, itchy and you could get a headache. If you experience any of these things, you must not have the colour applied directly to your scalp.

This is the only precautionary test that we do as a College to safeguard our clients and although this test has been carried out, there is no guarantee that a reaction may not occur as a result of colouring. No under 16's can have any colour application.



# Inspired Hair and Beauty Training Salons at York College

At York College it is our aim to educate and train our students and it is important we focus on their needs. As a result of this we need to operate in a different way from a high street salon. This is reflected in our prices. All our services and treatments are carried out by students, under the supervision of highly qualified staff.

**Treatments and services may take longer than in a normal salon, as students, on occasion, need support and guidance from their tutors.**

We endeavour to maintain professionalism at all times and to deliver a high level of customer service.

Provision of some services and treatments will be at the tutor's discretion.

To ensure fair access to assessment opportunities, and equal opportunities for all students, and a diverse range of clients, it is not possible for clients to request a specific student to work on them.

All clients need to report to the Hair & Beauty Reception prior to treatments commencing in compliance with health and safety guidelines.

20% treatment  
& retail discount  
for St. Leonards  
staff



**We politely request that you observe the following salon guidelines:**

- In the event of a fire all clients are required to follow College evacuation procedure.
- For the comfort and relaxation of yourself and other clients please switch off mobile phones or put them on silent.
- Food is not permitted in any of the salons or treatment rooms.
- Please enter treatment rooms quietly in respect of other clients who may be enjoying a relaxing and peaceful treatment.
- Treatments may be restricted if effected by contra-indications. Please see page 2.
- Children under the age of 5 years of age are not permitted in any of our Training Salons due to health and safety.
- Anyone under the age of 16 must be accompanied by a parent or legal guardian at all times whilst at the salon.
- Persons under 18 are only allowed in the salons if attending for a permitted treatment, and have written consent from a parent or legal guardian.
- The College are not responsible for any loss or damage of personal belongings.

**We welcome your feedback and endeavour to make your visit to our salons enjoyable, if you have any suggestions or comments please do not hesitate to let us know.**



# Beauty and Massage Therapy Treatments

Treatments are available to both men and women. We only use professional branded products such as Eve Taylor skin care and CND nail polishes.

## Electrical Face/Body Therapy Treatment Information

**Electrical/Microcurrent Facials** a more advanced facial treatment incorporating electrical equipment.

**Electrical Body Treatments** a range of non-invasive procedures, designed for your individual needs. They include:

**Faradic:**

helps to strengthen and tone muscles to improve body contours

**Galvanic:**

helps to reduce the appearance of cellulite

**Vacusage:**

aids detoxification and improves lymphatic drainage, helping to reduce swelling

**Micro-current:**

stimulates muscles to contract, enabling them to become more toned

Following a consultation, your therapist will select the most appropriate electrical facial/body equipment for your individual needs.

A course of four treatments is recommended (the 4th treatment being free of charge).

**Electrical face and body treatments may vary in order to meet the individual assessment needs of our students. We thank you for your patience and understanding.**



## Facial Treatment Information

Eve Taylor Prescriptive Facials incorporate luxurious blends of skin care botanicals, tailored to your individual needs and skin type. After consultation, your therapist will cleanse, tone, moisturise and exfoliate your skin. A face mask is included in the treatment, followed by a wonderfully relaxing face, neck and shoulder massage. The Eve Taylor Prescriptive range includes a targeted system of products, including our best-selling anti-ageing skin care. To maintain your treatment at home, most products can be purchased individually or as a set, from the hair and beauty reception.

York College staff  
and students receive  
20% discount on  
all listed prices and  
retail on production  
of a valid staff badge.



# Treatment Price List

Face	
Cleanse & Make-Over (For make-up tips, ideas & special occasions) (60 mins)	£10.00
Eve Taylor Prescriptive Facial (60 mins)	£15.00
Electrical Facial/Microcurrent Facial	£20.00
Case Study (Course of 4)	£60.00
Eyes	
Eyebrow Shape (30 mins)	£5.00
Eyebrow Re-shape (30 mins)	£6.00
Eyelash Tint (30 mins) <i>skin test required</i>	£5.50
Eyebrow Tint (30 mins) <i>skin test required</i>	£4.00
Lash & Brow Tint (45 mins) <i>skin test required</i>	£8.00
Strip Lashes <i>skin test required</i>	£7.00
Cluster/Individual Lashes <i>skin test required</i>	£10.00
Hands & Feet	
File & Polish (30 mins)	£7.00
Manicure (45 mins)	£10.00
Luxury Manicure (60 mins)	£12.00
Pedicure (45 mins)	£10.00
Luxury Pedicure (60 mins)	£12.00
Waxing	
Back (60 mins)	£12.00
Full Leg (60 mins)	£15.00
Full Leg & Bikini (90 mins)	£20.00



Half Leg (45 mins)	£10.00
Underarm (30 mins)	£8.00
Forearm (45 mins)	£8.00
Bikini (30 mins)	£8.00
Upper Lip (30 mins)	£4.00
Chin (30 mins)	£4.00
Upper Lip & Chin (30 mins)	£6.50
Eyebrow (30 mins)	£5.00
Eyebrow Wax & Tint (30 mins) <i>skin test required</i>	£8.00
<b>Body Treatments &amp; Massage</b>	
Full Body Massage (60 mins)	£20.00
Back, Neck & Shoulder Massage (30 mins)	£12.00
Hot Stone Massage; Full Body (60 mins)	£25.00
Hot Stone Massage; Back, Neck & Shoulder (30 mins)	£15.00
Indian Head Massage (60 mins)	£12.00
Electrical Body Treatment	£12.00
Reflexology (60 mins)	£20.00
Case Study (Course of 4)	£36.00

*PLEASE NOTE: All timings are approximate. The duration of your treatment may be longer or shorter than the time suggested, due to us being a training salon. We thank you for your patience and understanding.*

Competitive prices on a wide selection of Eve Taylor natural skin care and body products.

Please visit our Hair and Beauty Reception for professional skin care advice or to sample the products and discuss your individual skin concerns.



# Hairdressing Price List

Hairdressing Services	L2	L3
Dry or Wet Cut	£10.00	N/A
Conditioning Treatment	£15.00	N/A
Cut & Blow Dry	£15.00	£20.00
Wash & Blow Dry	£10.00	£12.00
Cut, Shampoo & Set	£15.00	£20.00
Shampoo & Set	£10.00	£12.00
Plaiting/Hair up	£10.00	£12.00
Children's Cut & Blow Dry	£12.00	£15.00
Barbering (Hair Cut Only)	£7.00	£8.00
Barbering (Hair & Beard Trim)	£9.00	£11.00
<b>Colouring</b> <i>all require skin test</i>		
Cap Highlights	£25.00	
Full Head Interwoven Highlights; Short - Medium Hair*	£30.00	from £35.00
Full Head Interwoven Highlights; Medium - Long Hair*	£40.00	from £45.00
Permanent Hair Colour: Full Head; Short - Medium Hair*	£30.00	from £35.00
Permanent Hair Colour: Full Head; Medium - Long Hair*	£35.00	from £40.00
Tint Re-growth*	£25.00	from £30.00

Semi-Permanent Colour; Short - Medium Hair*	£20.00	from £25.00
Semi-Permanent Colour; Medium - Long Hair*	£25.00	from £30.00
* Price does not include toner. If toner is used, there will be an additional cost for this and it is not discountable - see right.	from £15.00 Not discountable	from £15.00 Not discountable
Toner	from £15.00	from £15.00
Colour Correction Services	N/A	Price on consult
Half Head Highlights Short - Medium	£25.00	from £30.00
Half Head Highlights Medium - Long	£30.00	from £35.00
<b>Perming</b>		
Acid Perm; Short Hair	£25.00	£30.00
Acid Perm; Long Hair	£35.00	£40.00
Alkali Perm; Short Hair	£20.00	£25.00
Alkali Perm; Long Hair	£28.00	£32.00
Root Perm	£20.00	£25.00

**PLEASE NOTE:** Colouring and Perming services are inclusive of finish but do not include cutting. Time permitting, cuts will be charged additionally as a wet cut.

**Our Hairdressing students are working to achieve the following qualifications:**

### **VRQ Level 2 in Hairdressing:**

prepares students for work in the hairdressing industry.

### **VRQ Level 3 Hairdressing:**

students have already achieved the Level 2 Hairdressing qualification and are advancing their skills to Level 3 Hairdressing.





## Pamper Days

Available on various dates throughout the year.  
Please check the York College salon website or  
enquire at reception for further details.

Pamper days can include a range of hair & beauty  
treatments and lunch or refreshments in  
The Cookery Restaurant.

It is possible for you to tailor your own pamper day,  
please discuss your individual requirements with  
a member of the Hair & Beauty Reception Team.

# Opening Hours

Monday:	8.00am - 7.00pm
Tuesday:	8.00am - 4.30pm
Wednesday:	9.00am - 7.00pm
Thursday:	8.00am - 4.30pm
Friday:	8.00am - 3.00pm
Saturday:	Closed
Sunday:	Closed

20% OFF  
treatments for  
York Carers



# Trees For The Future

**We are supporting 'Trees for the Future.org' with one of our product partner's Eve Taylor London.**

**We're giving a tree back to nature with every product purchased.**







A close-up photograph of a white ceramic mortar and pestle. Inside the mortar are several bright green, serrated mint leaves and small, light green, translucent crystals. The pestle is resting inside the mortar. To the right, a white textured towel is partially visible.

# Hair & Beauty Retail

Order forms & information  
available from Reception







# STUDENT CALENDAR 2025 - 2026

AUGUST 2025							
WK	M	T	W	T	F	S	S
1					1	2	3
2	4	5	6	7	8	9	10
3	11	12	13	14	15	16	17
4	18	19	20	21	22	23	24
5	25	26	27	28	29	30	31

SEPTEMBER 2025							
WK	M	T	W	T	F	S	S
6	1	2	3	4	5	6	7
7	8	9	10	11	12	13	14
8	15	16	17	18	19	20	21
9	22	23	24	25	26	27	28
10	29	30					

DECEMBER 2025							
WK	M	T	W	T	F	S	S
19	1	2	3	4	5	6	7
20	8	9	10	11	12	13	14
21	15	16	17	18	19	20	21
22	22	23	24	25	26	27	28
23	29	30	31				

JANUARY 2026							
WK	M	T	W	T	F	S	S
23				1	2	3	4
24	5	6	7	8	9	10	11
25	12	13	14	15	16	17	18
26	19	20	21	22	23	24	25
27	26	27	28	29	30	31	

APRIL 2026							
WK	M	T	W	T	F	S	S
36			1	2	3	4	5
37	6	7	8	9	10	11	12
38	13	14	15	16	17	18	19
39	20	21	22	23	24	25	26
40	27	28	29	30			

MAY 2026							
WK	M	T	W	T	F	S	S
40					1	2	3
41	4	5	6	7	8	9	10
42	11	12	13	14	15	16	17
43	18	19	20	21	22	23	24
44	25	26	27	28	29	30	31

**AUTUMN TERM:** 2 September 2025 – 19 December 2025

*Half Term:* 27 October 2025 – 31 October 2025

**SPRING TERM:** 5 January 2026 – 27 March 2026

*Half Term:* 16 February 2026 – 20 February 2026

**SUMMER TERM:** 13 April 2026 – 26 June 2026

*Half Term:* 25 May 2026 – 29 May 2026

**LEVEL 3 RESULTS DAY:** (including A Levels, BTECs, T Levels) 13 August 2026

### OCTOBER 2025

WK	M	T	W	T	F	S	S
10			1	2	3	4	5
11	6	7	8	9	10	11	12
12	13	14	15	16	17	18	19
13	20	21	22	23	24	25	26
14	27	28	29	30	31		

### NOVEMBER 2025

WK	M	T	W	T	F	S	S
14						1	2
15	3	4	5	6	7	8	9
16	10	11	12	13	14	15	16
17	17	18	19	20	21	22	23
18	24	25	26	27	28	29	30

### FEBRUARY 2026

WK	M	T	W	T	F	S	S
27							1
28	2	3	4	5	6	7	8
29	9	10	11	12	13	14	15
30	16	17	18	19	20	21	22
31	23	24	25	26	27	28	

### MARCH 2026

WK	M	T	W	T	F	S	S
31							1
32	2	3	4	5	6	7	8
33	9	10	11	12	13	14	15
34	16	17	18	19	20	21	22
35	23	24	25	26	27	28	29
36	30	31					

### JUNE 2026

WK	M	T	W	T	F	S	S
45	1	2	3	4	5	6	7
46	8	9	10	11	12	13	14
47	15	16	17	18	19	20	21
48	22	23	24	25	26	27	28
49	29	30					

### JULY 2026

WK	M	T	W	T	F	S	S
49			1	2	3	4	5
50	6	7	8	9	10	11	12
51	13	14	15	16	17	18	19
52	20	21	22	23	24	25	26
1	27	28	29	30	31		

#### KEY:



Bank Holiday



Student Holidays



Efficiency Closure Days



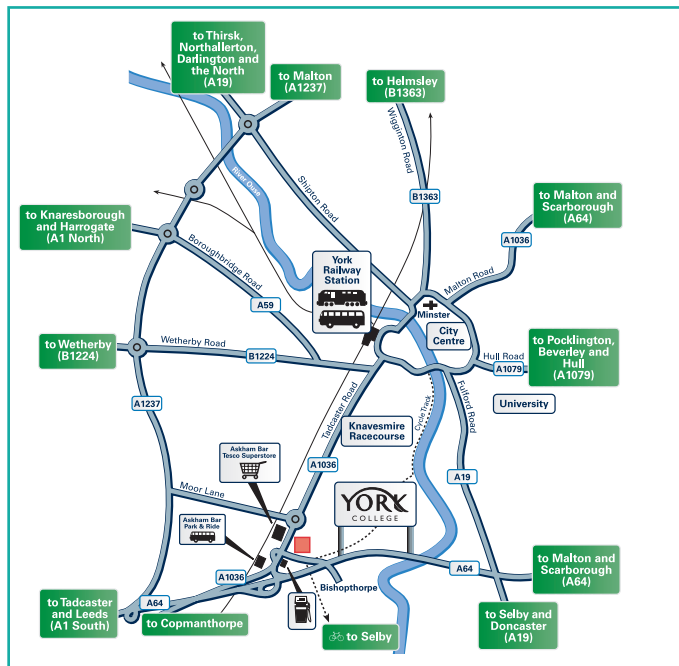
Student Enrolment, Advice & Guidance



Training Day/Week or Taster Days (Students not in College)

**LEVEL 2 RESULTS DAY:** (including GCSEs and some BTECs) 20 August 2026

# How To Find Us



## Parking On Site At York College

Clients and visitors to Inspired Training Salons  
**DO NOT** need to pay & display but **MUST SIGN IN** their vehicle  
registration number, upon arrival, on the ipads provided.

These are situated to the left of the Welcome Desk.

**Failure to do so could result in  
a parking charge notice.**



Follow us on Instagram  
**@yorkcollegehairandbeauty**

**www.yorkcollege.ac.uk | 01904 770254**

York College, Sim Balk Lane, York YO23 2BB