



Stylishly entering our fifth decade providing  
Professional Hair & Beauty Services



Hair & Beauty Menu



Our mission is to ensure guests receive the 'Q'uintessential experience in a friendly and professional atmosphere. We aim to provide a welcoming and nurturing environment for all our team members encouraging growth, happiness and personal development.

Q Hair & Beauty Ltd provides a high quality service. The team are passionate about what they do and are committed to you enjoying the 'Q' experience in our beautiful home.



Anthony, owner of the salon began hairdressing aged 14 and continued to compete and demonstrate for almost 30 years nationally and internationally, he established his first salon in Chichester in the 1970's before proceeding to open Q at 37 North Street.

A listed building, and former school, 37 North Street was built in 1820, it retains its historic atmosphere despite a fire in the 1980s and all interior work carried out since then has been sympathetically designed to incorporate the original architectural and structural features.

Excellent standards of training and acquiring customer skills are an important part of the team's philosophy. Through our passion for improvement Q now offers a range of services provided by a growing team over four floors.



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## Complimentary refreshments

**Coffee** Fairtrade Filter Coffee  
Cafe Creme  
Cafe au Lait  
Cappuccino  
Double/Single Espresso  
Decaffeinated Coffee

**Tea** Regular  
Herbal/Fruit  
Earl Grey  
Darjeeling  
Green Tea  
Decaffeinated Tea

**Other drinks available include:**

Hot Chocolate  
Moccachino  
Espreschoc  
Squash  
Sparkling/Still Water

“I’m a great believer in luck and I find the harder I work, the more I have of it.”

Thomas Jefferson

# Hair

## Salon Owner

Cut & Finish first visit	£68.00
Cut & Finish	£63.00
Men's Cut & Finish	£42.00
Finish	£38.00

## Creative Director

Cut & Finish	£56.00
Men's Cut & Finish	£38.00
Finish	£33.00

## Senior Artistic Director

Cut & Finish	£52.00
Men's Cut & Finish	£35.00
Finish	£32.00

## Artistic Director

Cut & Finish	£48.00
Men's Cut & Finish	£31.00
Finish	£28.00

## Director

Cut & Finish	£43.00
Men's Cut & Finish	£29.00
Finish	£26.00

## Senior Designer

Cut & Finish	£37.00
Men's Cut & Finish	£27.00
Finish	£22.00

## Designer

Cut & Finish	£33.00
Men's Cut & Finish	£24.00
Finish	£21.00

## Senior Stylist

Cut & Finish	£28.00
Men's Cut & Finish	£20.00
Finish	£18.00

## The Blow-dry Bar £14.00

Book yourself in our blow dry bar and experience a professional Shampoo & Finish with our Future Professional. *(Excludes Wednesday's) 45 minutes*

Cut and styling from as little as £16.00

## Graduate Stylist

Cut & Finish	£23.00
Men's Cut & Finish	£18.00
Finish	£17.00

## Children's Cut's

(Graduate/Senior Stylist's only)

Under 8 Dry Cut £8.00

Under 12 Shampoo  
Cut & Finish £12.00

## Standby

Rates from £18.00  
(limited availability)

## Perming\*

Luxury £68.00

## Bridal hair/Put Ups

By quotation

## Model Prices

Cut & Finish	£16.00
Highlights*	£46.00
Tint*	£25.00
Semi*	£18.00
PERM*	£33.00

\*Excluding Cut & Finish



Tel: 01243 781585 or 01243 782489

# The Color Bar Menu

Welcome to the Color Bar, where we encourage you to dream in colour. Try a delicious hue to update your look, or indulge in an entirely new you. The choice is yours!

## Lunchtime Colour

Spend your lunch break with us and get luscious colour amazing condition and incredible shine. £43.00

## A New Dimension

Explore a lush palate of multi-tonal colour placement designed uniquely for you by your stylist. £59.00

## Shift into Neutral

Change gears and shift into neutral with Paul Mitchell the color. Whether you want a subtly sexy tune-up or a complete glamour over haul. £48.00

## Summer Solstice or Winter Warmer

Let long summer days guide your way to beautiful ethereal hair colour.	Full head	£78.00
	Half head	£56.00
Indulge in a rich fusion of blonde hues for a dazzling sun-kissed glow.	Additional Colour	£19.00
	Individual Meche	£5.00

Satisfy your longing for warm shades or go bold with hues that gleam.

## Backtrack

Need help with a colour mishap? Rewind and revamp. Let your stylist help you get back on the right track with beautiful professional hair colour. £15.00

## Heavenly Henna

An organic alternative to Paul Mitchell colour. Henna is an oriental shrub known since ancient times for its benefits. Gives body to the hair and protects for harsh weather conditions. No oxidiser and no ammonia. £36.00

## HD Colour

Substantially higher colour intensity creating vivid tones, leaving you with glorious condition and shine from £60.00

**NB.** Skin tests must be carried out at least 48 hours before any colour services. No colour service will be carried out without a valid skin test

# Colouring for Men

## Flash Back

Take 10 years off in 10 minutes. Ask your stylist about the quick way to conquer grey.

£10.00

## Shoe Shine

Get the sophisticated dimension and natural looking colour you crave. Ask your stylist to create a vacation inspired new look for you today.

£10.00

## Guy Lights

This handsome blend of Light and Dark colour will give you a modern texture that is casual, yet sophisticated. Let your stylist take your look from ordinary to debonair with Paul Mitchell Professional hair colour.

£51.00

## Express Shine

Put the brakes on warm tones and play it cool with an express shine. Whether you want a look that's blended or bold your stylist can create a colour just for you.

£39.00

## Tailor Made

Customised high lights according to your preference and current style.

£26.00



Before



After

**NB.** Skin tests must be carried out at least 48 hours before any colour services. No colour service will be carried out without a valid skin test

“Whether you think you can or whether you think you can’t, you’re right.”

Henry Ford

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# The Wash House

## **The Wash House Menu**

**Relax, and let your stylist treat you to the perfect pampering experience. Indulge in one of our first class sensory experiences for £13 and you will receive a take home kit for FREE!**

### **T3 Tingly Treatment**

A retreat for your mind, body and soul. Stimulate your senses with a tingly treat that pampers while it cleanses.

### **T3 Tension Tamer**

Stressful days, sleepless night? Sooth frazzled nerves and take comfort in some herbal relaxation with a serious dose of hydration.

### **Body Beautiful**

Looking for some body? The super body builder is the perfect choice if you are looking for volume, improved thickness and shine.

### **T3 with a Twist**

Boost tired spirits and worn down locks let lemon sage and tea tree come to the rescue. This rejuvenating service adds volume and thickens every strand leaving hair lush and manageable.

### **Skinny dip**

Slip into smooth and get the perfect prep for a lustrous, silky blow dry. A fresh apple fragrance which tames frizz and smooths even the most unruly locks into submission.

### **Inner Strength**

Repair, rebuild, replenish. Make hair buff and beautiful from the inside out. The perfect strengthening service after lightening or relaxing hair

### **All about Hue**

Get bold and brilliant with flower power. Sun flower extract provides a natural sun screen that charges up your hair colour and extends its life

### **Thirst Quencher**

Soak up some serious hydration with this thirst quenching cocktail. Moisture rich nutrients repair from the inside out leaving locks revitalised and super shiny.

### **Serious Detox**

Give your hair a break from the daily grind. Revive overworked locks with our special detox blend.

### **Bling on Blonde**

Give your blonde some bold beautiful bling. The finest ingredients renew sparkle and shine for blonde, white or grey hair.

### **Moroccan Mask**

Restore and repair damaged or chemically treated hair. The mask penetrates deep into the hair shaft. The unique formula will help bring out the hairs inner beauty leaving it feeling soft and shiny.

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# Beauty

## Face and Body

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### **Clarins TriActive Facial** £53.00

6 Brand new, highly personalised results-driven facial treatments that are clinically proven to increase skins firmness by 10.3% and increases hydration by 46%. *Appointment time 1 hour 30 minutes*

### **Clarins Aromatic Balancer** £40.00

The classic facial for men and women tailored for specific problems - fine lines, loss of firmness, skin congestion, lack of radiance and skin sensitivity. *Appointment time 60 minutes*

### **Clarins Purifying Facial and Back Treatment** £40.00

For men and women with oily skin and blemish problems. *Appointment time 60 minutes*

### **Clarins Mini Facial** £24.00

Suitable for men and women on the go includes cleanse, exfoliate, facial mask and moisturise. *Appointment time 30 minutes*

### **Clarins Skin Smoothing Eye Treatment** £26.00

An intense treatment specifically for the eyes to prevent fine lines includes cleanse, massage, eye mask, eye make up and eyebrow shape. *Appointment time 60 minutes*

### **Clarins Extra Relaxing Facial** £46.00

Includes full facial and half an hour back massage includes light make up. *Appointment time 90 minutes*

### **Clarins Make-up One-to-One** £22.00

#### **Getting married soon? Going somewhere special?**

Need advice on updating your make-up? A Clarins expert will guide you through a full make-up application, so you learn the tricks of the trade and can give your make-up a professional finish in the future. *Appointment time 40 minutes*

### **Clarins Make-up to go** £19.00

**Heading back to the office or out to dinner?** Book in for a high-speed makeover and let an expert apply everything from your foundation base to your lipstick, in your choice of shades, to create a look that suits you and the occasion. *Appointment time 20 minutes*

### **Clarins Bridal Make-up** £51.00

Includes one hour trial prior to make up application on the day. *Appointment time 60 minutes*

### **Clarins Triactive Body** £53.00

3 highly personalised body treatments to choose from. It is a results driven treatment that delivers a feeling of total well being. *Appointment time 90 minutes*

### **The Diary Date** £67.00

The good grooming priority tailored for hectic lifestyles includes mini facial, make up, half leg wax, eyelash tint and manicure. *Appointment time 135 minutes*

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## Beauty cont.

### **Holiday Countdown**

£77.00

The perfect pre-holiday appointment. Includes mini facial, half leg, bikini and underarm wax, eyelash tint, eyebrow shape, manicure and Pedicure. *Appointment 195 minutes*  
*Can be customised if required*

### **Clarins Mother-to-be and New Mum Treatment**

£38.00

For Mother's to be. A relaxing treatment which includes; facial, back, hand and foot massage  
*Appointment time 75 minutes*

### **Clarins So Natural Self Tanner**

£36.00

Provides a safe and natural all over golden glow at any time of the year. *Appointment time 75 minutes*

### **Clarins Aromatic Polisher**

£37.00

Skin is buffed, polished and exfoliated with revitalising body scrub using the Clarins touch leaving the skin super soft and radiant. *Appointment time 45 minutes*

### **Clarins Aromatic Body Balancer**

£35.00

An aromatherapy treatment Individually tailored to suit all needs, ideal for easing stress, recharging the batteries or sheer indulgent pampering. Aromatic oils are massaged into the skin during an hour of pure pleasure. *Appointment time 60 minutes*

## Massage

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### **Swedish Back, shoulder and neck massage**

£20.00

*Appointment time 30 minutes*

### **Swedish Full Body Massage**

£37.00

*Appointment time 60 minutes*

### **The Clarins Back Blitz**

£37.00

A facial for the back, cleanse, exfoliate, massage, mask and moisturise. *Appointment time 45 minutes*

### **Clarins Detoxifying**

£57.00

Full Body exfoliation & Massage. *Appointment time 90 minutes*

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**Indian Head Massage** £24.00  
 A massage to the upper back, neck, upper arm, scalp and face. Ideal for the relief of tension headaches, insomnia and promotes relaxation. First appointment 45 minutes includes consultation. Thereafter 30 minutes £18.00

**Reflexology** £37.00  
 A massage to treat the reflex points in the feet and balance energy levels within the body.  
 First appointment 75 minutes includes consultation.  
 Thereafter 60 minutes £31.00

**Hot Stone Fusion Massage**  
 Relaxation is instant, the warmth of the stones radiates through the body boosting circulation and releasing muscle tension.

One massage stroke with a warm stone is equivalent to 5 to 10 with your hands.  
 45 minutes £22.00  
 90 minutes £40.00

## Waxing

For temporary removal of unwanted hair we are proud of our hygienic practise reputation the PHD waxing system meets all the criteria that we demand- clean, hygienic and effective with the use of disposable applicators.

Full Leg - 45 minutes	£27.00
Full Leg With Bikini - 45 minutes	£31.00
3/4 leg - 30 minutes	£22.00
Half Leg - 30 minutes	£16.00
Half Leg - knee to bikini - 30 minutes	£19.00
Bikini Line - 15 minutes	£10.00
Underarm - 15 minutes	£10.00
Lip or Chin - 5 minutes	£9.00
Lip and Chin - 10 minutes	£10.00
Brazilian - 45 minutes	£22.00
Hollywood - 45 minutes	£26.00
Forearm - 15 minutes	£12.00
Full arm - 30 minutes	£15.00
Extended Bikini - 15 minutes	£13.00

## For your eyes

<b>Eyebrow Shaping</b>	15 minutes	£10.00
<b>Eyebrow Tinting</b>	15 minutes	£9.00
<b>Eyelash Tinting</b>	30 minutes	£12.00
<b>Eyebrow Shape &amp; Tint</b>	30 minutes	£15.00
<b>Eyebrow &amp; Eyelash Tint</b>	45 minutes	£19.00

A patch test is required for eyelash and eyebrow tinting if it is a first visit to the salon or if you have not visited the salon in over a year.

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## Minx Nails

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Minx nails extend fashion to your fingertips it is the hottest trend in nail fashion today.

**Nail Tidy & Minx for hands or feet** £25.00

Upgrade any manicure or pedicure with Minx for only £12.50

## Shellac Nails

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14 days wear with mirror finish. Say hello to zero drying time and goodbye to weak, damaged nails.

**Nail Tidy & Shellac for Hands & Feet** £25.00

Upgrade any manicure or pedicure with shellac for only £12.50

## For your hands

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**Paraffin Manicure** 60 minutes £25.00

Includes shape, cuticle work, a warming paraffin wax mask, massage and paint.

**Manicure** 45 minutes £19.00

Includes shape, cuticle work, massage and paint.

**Luxury Manicure** 60 minutes £24.00

Includes shape, cuticle work, a moisturising hand mask, massage and paint.

**French Manicure** 60 minutes £22.00

**Re-Varnish** 30 minutes £12.00

**Acrylic Nails** - Introductory Prices Full Set £35.00  
Infills - £20.00

## For your Feet

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**Paraffin Pedicure** 75 minutes £30.00

Includes shape, cuticle work, a warming paraffin wax mask, massage and paint.

**Pedicure** 60 minutes £22.00

Includes cuticle and hard skin work, exfoliation, massage, shape and paint

**French Pedicure** 75 minutes £25.00

**Mini Pedicure** 45 minutes £18.00

Includes cuticle work, massage and paint

**Re-Varnish** 30 minutes £12.00

# Mens Grooming

## **Clarins Men Personal Blend Facial**

A purifying and refreshing facial that is individually tailored for all skin types. The face is cleansed and gently exfoliated followed by a relaxing aromatic face and shoulder massage. The treatment addresses all skin conditions, soothes shaving bumps and irritation. Leaving your skin re-energised and ultra smooth.

*Appointment time 60 minutes* £33.00

## **Clarins Men Reconditioning Back & Scalp Massage**

Stress, tension and anxiety all melt away with this rejuvenating treatment after the back is cleansed, gently exfoliated and treated to a purifying mask. Followed by an intense back and neck massage that revives fatigued muscles and revitalises the body. Ideal for treating congested, blemish prone skin conditions.

*Appointment time 45 minutes* £33.00

## **Clarins Body Polish**

A top to toe exfoliation to remove dry surface skin, followed by a moisturising massage. Leaving you uplifted, revived and super soft.

*Appointment time 60 minutes* £33.00

## **Clarins Men Muscle Ease Body Massage**

Suffering from tense and aching muscles? Been over doing it at the gym? This intense invigorating massage eases stress related knots and muscular tension. The calming aromatherapy oils and soothing aromatic vapours relieve overactive minds leaving you feeling rebalanced, refreshed and ready to take on the world.

*Appointment time 60 minutes* £33.00

## **Clarins Stress Buster**

Relax with a back, neck and shoulder massage while stress and tension is eased away to instantly revitalise and restore.

*Appointment time 30 minutes* £17.00

## **Handsome Hands**

The perfect treatment to help keep your hands looking their best. Your nails are filed, before being massaged with cuticle cream to promote circulation and healthy nail growth. Special attention is paid to cuticles and a hand massage is included.

*Appointment time 20 minutes* £10.00

## **Feet for Fitness**

Feet are soaked, nails filed and cuticles tidied before a foot and leg scrub is used to exfoliate and aid the removal of hard skin. The treatment includes a massage to the feet and lower legs.

*Appointment time 30 minutes* £13.00

## **Waxing**

Back or Chest *Appointment time 45 minutes* £18.00

Eyebrow shape *Appointment time 15 minutes* £10.00

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# Specialist treatments

**Ear Piercing** 30 minutes £18.50

**St Tropez Spray Tanning** £25.00

Full Body Spray Tan 30 minutes

Top up within 2 weeks 30 minutes £15.00

**Keratin Smoothing Treatment** from £200.00

*Price for the Smoothing Treatment is by quotation due to variation in hair thickness and length.*

Keratin Complex Smoothing Therapy by Coppola is the premium Keratin based hair treatment in the market today.

Why? Because it puts the health of your hair first, using 40% Natural Keratin to encase the hair follicle with a keratin bond. This promotes healing while keeping the toxins in the environment, such as smoke, pollution and ultraviolet rays, from entering the hair.

**Keratin Complex Express Blow Out** £120.00

This two hour in-salon service reduces frizz, curl and styling time for up to six weeks. This unique formulation infuses the highest amount of Keratin in the shortest amount of time.

Price to include the treatment, first shampoo & blow dry the day after the process. This can be upgraded to a cut & finish if desired.

**Awapuhi Wild Ginger Treatment**

Pure Indulgence for the Hair. *Appointment time 45 minutes* £20.00

KeraTriplex™ is an exclusive blend of isolated keratin proteins specially designed to repair and seal damaged hair,

- Reduces breakages by 80%
- Improves shine by 35%
- Prevents colour fade by 67%

**Vanilla Bean Keratin Treatment** £13.00

This deep conditioning treatment with bionutrient spheres of Vanilla Beans provides renewed shine and optimum nourishment, resulting in superior hair quality.

Courses of treatments are available upon request.

# Hair & Beauty Store



## **Homecare Products**

A complete range of professional retail hair and beauty products are available in our retail area. Please ask your hairdresser or beauty therapist for advice and information about suitable products for you.

## **Salon Solutions to Take Home**

Hairdressers who use and recommend Paul Mitchell® know how to help you look great and feel special. As well as providing a great in-salon service they can help you choose and use the right products for the best results at home.

## **Gifts & Vouchers**

Add a personal touch, arrange a spa day or collection of treatments for a loved one. Please ask Reservations for details or gift vouchers.

“Some people look for things that went wrong and try to fix them. I look for things that went right and try to build on them.”

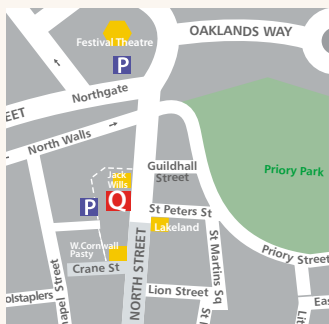
Bob Stone

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“Nothing is so contagious as enthusiasm”

Samuel Coleridge Taylor

## Activities



### Training School

Help train the next generation of Q Hairdressers. Designer cutting and styling on a budget with a Hairdresser in Training. Appointments available 9am - 6pm every Wednesday.

### Tiger Club

We offer a training session for school students aged between 14 and 16. We teach them all aspects of hairdressing in a fun, working environment. We aim to train the students to a high standard with a view to offering full time employment when they reach school leaving age.

### Guest Events

We regularly hold guest evenings showcasing new products and services. Team members and product representatives are here to help with any specific hair and beauty needs. Listen out for our upcoming events.

### Appointment Cancellation

We ask you to give 24 hours notice for cancellations otherwise you will incur a 10% charge.

### Opening Hours

Monday	9.00am - 6.00pm
Tuesday	7.30am - 7.30pm
Wednesday	9.00am - 6.00pm
Thursday	7.30am - 7.30pm
Friday	7.30am - 7.30pm
Saturday	7.30am - 5.00pm
Sunday	10.00am - 4.00pm



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Prices from October 2012. All prices include VAT  
Printed on Re-cycled paper



## Benefits:

- **TLC - Thursday Loves Colour**  
30% off colour with a cut & finish
- **Over 60's Discount**  
20% every Friday
- **Student Discount**  
20% every Friday
- **Beauty Loyalty Card**
- **Clarins Reward Points**
- **Training School Day**  
Designer cutting and styling on a budget
- **Hair & Beauty Store**  
Stocking Paul Mitchell, Moroccan Oil, Clarins and all the latest ghd models



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