



Fife College

Inspired Salons



Hairdressing, Barbering, and Beauty

Price List

INSPIRED

Welcome to our Inspired Salons.

Our hairdressing, barbering, beauty, and nail services treatments are open to all, providing an affordable way to treat yourself. You will be welcomed in to our salons and looked after by our experienced staff and their students, who are training towards accredited qualifications.

All of our treatments and services are carried out by students in a supervised training environment and as a result, in some cases, they may take longer than professional timings.

Treatments are available at Dunfermline, Kirkcaldy and Levenmouth Campuses however, not all treatments are available at all locations.

Due to the order of teaching, the availability of treatments will vary throughout the year, with no provision during the months of July and August. Our salon reception staff will be able to advise accordingly when you make your appointment.

It is requested that 24 hours' notice of cancellation of treatment is given. Please call the salon reception to cancel or change your appointment. Contact can also be on our Facebook page [hair&beauty@fife](https://www.facebook.com/hair&beauty@fife)

Gift vouchers for all of our hair and beauty treatments can be purchased from our salon receptions, where we also stock a range of professional products for retail sale.

Please note:

- The College cannot accept responsibility for any damage to clothing or personal belongings whilst visiting our salons.
- A full consultation is carried out for every client and all information gathered is confidential.
- For health and safety reasons, children under 16 are not permitted within our salons.
- Price list is correct at time of printing and may be subject to change.
- **Colour and other chemical treatments are not available to under 16s. Proof of age will be required for treatments marked with 16**
- **Parental consent will be required for treatments marked with P**
- **Skin tests may be required for treatments marked with !. Skin testing must be carried out 24-48 hours prior to the treatment.**

Hairdressing

Cutting and Styling

Blow-dry	£3.00
Cut and Style	£0.00
Hair-up	from £5.00
Professional Conditioning Treatments	from £3.00

Colouring ! 16	Short Hair	Long Hair
Toner	£10.00	£12.00
Quasi Permanent	£17.00	£19.00
Tint Regrowth	from £16.00	
Full Head Colour	£23.00	£26.00
Highlights/Lowlights (Level 2)	£23.00	£26.00
Highlights/Lowlights (Level 3)	£26.00	£28.00
Wella Plex	£10.00	

Combination Colouring ! 16

Complex Service Using Multiple Colours	Up to £40
Colour Correction/Reduction	Up to £40

Barbering

Gents Cut	£0
Gents Perm	£10
Gents Hair Colour	£10
Toner	£10

Beauty Therapy Treatments

The medical conditions listed below may restrict, prevent or require medical consent for some or all of our treatments:

- Cancer/cancer treatments within the last two years
- Diabetes
- Epilepsy
- Heart problems
- Recent operations
- Heavy medication
- Thyroid conditions
- Varicose veins (severe)
- Deep vein thrombosis
- Skin diseases (e.g. impetigo, cold sores etc.)
- Multiple sclerosis (MS)
- Myalgic encephalomyelitis (ME)

As with any professional salon, we reserve the right to refuse any treatment should we feel it is necessary to do so.

Please ensure that, if you have booked a course of treatments, you attend until the course is complete as this is required for student assessment evidence.

ⓘ Some treatments may require a skin test 24-48 hours prior to your appointment - you will be advised of this at time of booking.

Facial Treatments

Specialist facial treatments, using professional products, are tailored to your individual skin care needs.

Manual ⓘ

£7 or 3 for £18

Treatment time 1 hour – 1 hour 15 minutes

Includes deep cleansing, steam/hot compress, exfoliation, massage and mask.

Electrical ⓘ

£8 or 3 for £20

Treatment time 1 hour – 1 hour 30 minutes

Treatment will begin with deep cleansing and may include steam/hot compress, exfoliation, massage and mask. Therapist will advise appropriate treatment, which may incorporate:

- Non-surgical facial – facial contour lifting
- Galvanic – deep cleansing or nourishing; aids penetration of specially selected products into the deeper layers of the skin
- High Frequency – deep cleansing or nourishing
- Vacuum Suction – lymphatic drainage, beneficial to most skin types

Microdermabrasion ⓘ

£12 or 3 for £30

Treatment time 45 minutes – 1 hour

Intensive exfoliation suitable for most skin types apart from sensitive skins. Micro crystals are used to lift away dead skin cells. Especially beneficial for scarring, open pores, fine lines and stretch marks.

Hand and Foot Treatments ^(P)

Using professional salon products

Manicure – conditions and enhances the hands and nails. With French finish or coloured polish	£5.00
Specialist Manicure – may include exfoliation, hot oil, paraffin wax or treatment mask (polish may not be advised)	£7.00
Pedicure – conditions and enhances the feet and nails. With French finish or coloured polish	£5.00
Specialist Pedicure - may include exfoliation, hot oil, paraffin wax or treatment mask (polish may not be advised)	£7.00
Nail Art – specialised nail art designs incorporated within a manicure or pedicure	£7.00
Artificial Nails – gel or acrylic may be used	£12.00 for set
Artificial Nail with Nail Art or Gel Polish	£17.00
Infill and rebalance	£7.50
Removal	£5.00
Natural Nail Overlay (without extension)	£5.00
Gel Polish for Hands or Feet	£10.00
Gel Polish Removal	£5.00

Tanning Treatments ^(P)

Full body manual	£10.00
Spray Tan	£8.00

Body Treatments ^(P) ⁽¹⁶⁾

You may undergo postural diagnosis, exercise and lifestyle advice during your treatment to facilitate students' case study work.

Massage ^(P)

Back Massage - 30 minutes	£5
Full Body Massage - 1 hour	£6 or 4 for £20
Hot Stone Massage - 1 hour 15 minutes	£10

Using techniques to aid relaxation and relief from tension and muscle ache. Pre-blended aromatherapy oils may be used.

Aromatherapy Massage (including Pre-blended Aromatherapy) ⁽¹⁶⁾

Single session - 1 hour	£8.00
Course of 3 treatments	£18.00
Course of 6 treatments	£34.00

Using essential oils tailored to meet your individual requirements. A course of treatments may be required to facilitate students' case studies.

Body Electrical Treatments ⁽¹⁶⁾	£6 or 3 for £15
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Therapist will advise on appropriate treatment, which may include:

- Faradic (body toning)
- Galvanic (anti-cellulite)
- G5 Massage (deep tissue massage)
- Vacuum Suction (lymphatic drainage)

Indian Head Massage ^(P)	£5 or 4 for £15
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Deeply relaxing massage performed through clothing with the client seated.

Eye Treatments ¹⁶ [!]

Eyebrow Tidy/Reshape	£2.00
Eyelash Tint	£5.00
Eyebrow Tint	£3.00
Eyelash Lift (includes tint)	£8.00
Weekend Lashes	£5.00
Strip Lashes	£4.00
Package – eyelash and brow tint, eyebrow tidy	£8.00
Lash Lift	£10.00
Semi-permanent Lashes	£15.00

Waxing ^P

Temporary hair removal using warm or hot wax.

Results can last for 4-6 weeks depending on natural hair growth cycle.

Eyebrow	£3.00
Lip or Chin	£2.00
Lip and Chin	£2.50
Chest or Back	from £5.00
Underarms	£3.00
Forearms	£4.00
½ Leg	£5.00
¾ Leg	£7.00
Full Leg	£8.00
Bikini Line	£3.00

Waxing Packages ^P

½ Leg, Underarm, Bikini	£8.00
Full Leg, Underarm, Bikini	£12.00

Skin Clinic ¹⁸

Cosmetic Peeling	£20
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The treatment stimulates new cell growth: Helping to reveal fresher, clearer, brighter skin and to treat skin conditions such as fine lines and wrinkles, acne, hyper-pigmentation and sun damage.

Electrolysis	£10 for 15 minutes
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Electrolysis is a safe, effective and permanent method of removing unwanted hair using a fine probe directly into the hair follicle.

Advanced Electrolysis	£15 for 15 minutes
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A skin blemish removal treatment that removes warts, skin tags and thread veins, with excellent results for all skin types.

Skin Needling	£30
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Microneedling is a safe and effective procedure that can improve the appearance of the skin. It may reduce wrinkles, diminish scarring, and tighten or rejuvenate loose or ageing skin.

Laser Treatments

Laser treatments can be used for skin rejuvenation, acne scarring and permanent hair removal. Patch test required before treatment.

Skin rejuvenation

Face/neck	£25
Localised area	£10

Permanent hair removal

Chin/lip	£8
Underarm	£10
Bikini	£15
Half leg	£15
Chest/breast	£15
Abdomen	£15
Back/Full leg	£20

Keep up-to-date with what's going on

Fife.ac.uk

0344 248 0115

info@fife.ac.uk



Inspired Salons

Our excellent facilities provide the perfect professional environment for you to relax, unwind and pamper yourself.

Dunfermline Campus

Pittsburgh Road
Dunfermline
KY11 8DY
01383 559 111

Levenmouth Campus

Methilhaven Road
Buckhaven
KY8 1HL
01592 223 268

Kirkcaldy Campus

St Brycedale Avenue
Kirkcaldy
KY1 1EX
01592 223 530



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