

AVEDA LIFESTYLE SALON & SPA

COVENT GARDEN | SERVICE MENU



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AVEDA
THE ART AND SCIENCE OF PURE
FLOWER AND PLANT ESSENCES

WELCOME TO THE AVEDA LIFESTYLE SALON & SPA

The **Aveda Lifestyle Salon & Spa** is the premier location to experience the Aveda brand in its entirety, from complimentary rituals to the personal touch you receive from our expert stylists, colour technicians, spa therapists and retail advisors.

Over 80 of London's leading hair and beauty experts are based at our flagship location, which boasts an environmentally responsible interior, in keeping with Aveda's mission—for example the salon's unique interior features wood reclaimed from Canadian riverbeds.

Aveda's 'Art and Science of Pure Flower and Plant Essences' calls for ingredients of the highest integrity. Sourcing ingredients from local communities around the world allows Aveda to connect with its mission of environmental and social responsibility, based on a holistic approach to beauty, wellness, environment, fashion & art since 1978.



OUR MISSION AT AVEDA IS TO CARE FOR THE WORLD WE LIVE IN,
FROM THE PRODUCTS WE MAKE TO THE WAYS IN WHICH
WE GIVE BACK TO SOCIETY. AT AVEDA, WE STRIVE TO SET
AN EXAMPLE FOR ENVIRONMENTAL LEADERSHIP AND RESPONSIBILITY,
NOT JUST IN THE WORLD OF BEAUTY, BUT AROUND THE WORLD.

HORST REHELbacher, FOUNDER

HAIR SERVICES

Our team of stylists are highly experienced in working with all hair types and textures. After a personalised consultation, enjoy an Aveda Sensory Journey using natural essential oils and a Stress-Relieving Scalp and Shoulder Ritual before your service.

STYLIST	NEW TALENT	STYLIST	TOP STYLIST	MASTER DIRECTOR	CREATIVE DIRECTOR	ADVANCED CREATIVE DIRECTOR	ARTISTIC DIRECTOR
Ladies' Cut and Style	£54	£66	£71	£76	£85	£96	£106
Men's Cut and Finish	£48	£56	£58	£63	£69	£85	£90
Blow Dry	£42	£49	£51	£56	£62	£71	£77





AVEDA HAIR COLOUR

Our colour uses plant power instead of petrochemicals and is manufactured with 100% certified wind power, immersing hair in up to 96% naturally derived* formulas for essentially damage-free results.

COLOUR	NEW TALENT	TECHNICIAN	MASTER TECHNICIAN	CREATIVE TECHNICIAN	ADVANCED CREATIVE DIRECTOR
Full Head Highlights	£129	£144	£160	£175	from £186
Half Head Highlights & Tint	£129	£144	£160	£175	from £186
Half Head Highlights	£106	£119	£136	£150	from £164
Balayage	£106	£119	£136	£150	from £164
Enlightener Blonding & Toner	£69	£81	£92	£97	from £110
Permanent Tint	£58	£70	£75	£80	from £86
Semi-permanent Tint	£47	£64	£67	£72	from £77
Glossing and Toning	£30	£30	£30	£30	from £30

Bespoke Colour Services available on consultation.

Add a blow dry after hair colour services for £15.

A skin sensitivity test is required at least 48 hours prior to your appointment if you have not had Aveda colour in the last 6 months.

*From plants, non-petroleum minerals or water. Learn more at aveda.com.



BLOW-DRY BAR

From express styles and quick fixes, to ultimate blow dries and special occasion hair, our stylists can create the perfect look for you.

Ultimate Aveda Blow Dry	£54	Express Hair Up (includes express braided styles)	£30
Breakfast Blow Dry (8-10am) - includes breakfast* at Le Pain Quotidien	£35	Dry Styling	£16
Express Blow Dry	£35	Blow Dry after colour	£15
		Hair up, special occasions and weddings	Price upon consultation

BOTANICAL THERAPY HAIR TREATMENT

This treatment uses innovative plant micro technology which penetrates strands for intense moisture, perfect for dry or damaged hair which is lacking shine.

Intense indulgent treatment with blow dry	60 mins £50	Express booster add-on to your styling or colour service	20 mins £20
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*Breakfast includes hot or cold beverage and pastry.



AVEDA MEN'S BARBERSHOP

The Grooming Destination

The merging of traditional barbering and holistic wellbeing, bringing you the best in grooming and men's maintenance, all from one chair. Walk in appointments welcome, subject to availability.

GROOMED TO GO

Eye brow | Face Threading £10

Express Manicure £15

Express Facial £15

Detoxifying Scalp Cleanse £15

All Over Clipper Cut £19

Trim and Tidy from £19

Beard Perfection 30 mins | £37

Barber's Cut-throat Shave 30 mins | £37

30-MINUTE FACIAL 30 mins | £30

Bespoke deep cleansing facial including exfoliation, massage and moisturising techniques with a hot towel ritual.

	<i>BARBER</i>	<i>SENIOR BARBER</i>	<i>MASTER BARBER</i>
EXPRESS CUT 30 mins	£35	£37	£39

Shampoo and Condition, Clipper Cut and Style

MASTER CUT 45 mins	£52	£54	£56
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Shampoo and Condition with Scalp Massage, Scissor Cut and Style

SIGNATURE GROOMING SERVICE	£70	£72	£74
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Shampoo, Condition and Aveda Sensory Journey with stress-relieving shoulder and scalp massage including a wet shave/beard design.

EXPRESS BEAUTY BAR

All services 15-30 minutes

THREADING

Upper Lip or Chin or Sides 15 mins | £15

Eyebrows 15 mins | £15

TINTING

Eyebrows* 15 mins | £15

Eyelashes* 30 mins | £30



BEAUTY

Glow Facial 15 mins | £15

Revitalising Eye 15 mins | £15

EXPRESS NAILS

Express Polish on Hands 15 mins | £15

Express Manicure 30 mins | £30

Shape & Shellac
(excluding cuticle work and
Shellac removal) 30 mins | £30



AVEDA SPA

Experience the fusion of performance driven plant-based skin and bodycare products alongside the art of high-touch experience at Aveda. All treatments include a thorough Elemental Nature™ consultation to curate the perfect personalised treatment.

tulasāra™ FACIAL TREATMENT

Dry, oily, ageing, uneven, sensitive and blemish conditions can all be addressed with a customised **tulasāra™** facial treatment. After a thorough consultation, your therapist will select the best combination of products, personalised Aveda aromas and techniques to design a customised treatment to move your skin towards balance and reveal its natural beauty.

A customised facial with 30 minutes of intense work on one area of focus or additional work on a second focus. 90 mins | £125

A customised facial with 20 minutes of intense work on one area of focus. 60 mins | £90

A customised facial with work on one area of focus; most effective in a treatment course. 30 mins | £57



*A sensitivity test is required 24 hours prior to any tinting service if you have not had an Aveda lash or brow tint in the last 12 months



AVEDA FACIALS

Aveda's plant powered alternatives to microdermabrasion and chemical peels

DUAL EXFOLIATION PEEL

The latest advancement in non-invasive, skin renewing treatments, this innovative treatment combines Aveda's naturally derived* mechanical and biochemical exfoliation methods into one powerful service, transforming and rejuvenating the look of skin. This treatment immediately improves the appearance of skin texture and radiance and smoothes the appearance of fine, dry lines and pores.

BOTANICAL SKIN RESURFACING TREATMENT

Go beyond microdermabrasion and energise the look of your skin with our resurfacing treatment. Help to smooth the look of skin's texture and the size of pores whilst significantly increasing radiance; all with less visible redness and irritation than a microdermabrasion procedure.

90 mins | £125

60 mins | £90

30 mins | £57

PERFECTING PLANT PEEL™

Advancing the science of chemical peels, this treatment helps retexturise skin's appearance, smooth the look of fine dry lines and pores whilst restoring radiance. Safe for blemished skin, the Perfecting Plant Peel™ can be performed as a standalone treatment or added to any other facial treatment any time the skin needs the exfoliation and radiance benefits of a 30% glycolic peel procedure with less of the associated redness and irritation.

30 mins | £57

15 mins add on | £20

Pre book x4 30 min treatments and get your 5th free

*From plants, non-petroleum minerals or water. Learn more at [aveda.com](https://www.aveda.com).

MASSAGE TREATMENTS

Stress, muscle tension and lack of energy can all be addressed with a customised massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalised Aveda aromas and massage techniques including: Swedish/relaxation, deep tissue, foot reflexology, acupressure, Chakra techniques, subtle energy work and pregnancy massage.

Massage treatments are recommended on a weekly, monthly or quarterly basis to achieve and maintain optimum results. Your massage therapist will develop a comprehensive treatment plan for you.

AVEDA AROMA MASSAGE

Customised body massage with intensive work on 1–2 areas of focus.

90 mins | £125

60 mins | £90

30 mins | £57

WE LOVE: AVEDA AROMA SCALP MASSAGE

This 15 minute scalp massage customised with a pure flower and plant essences Aveda aroma is a perfect enhancement to any treatment.

15 mins add on | £15



BODY TREATMENTS

Our treatments help the skin to feel smoother, softer and more hydrated, while helping to detoxify the body. After a thorough consultation your spa therapist will provide you with the best combination of products and personalised Aveda aromas while performing the techniques needed to achieve your chosen focus.

AVEDA AROMA BODY POLISH TREATMENT

An exfoliating body treatment featuring customised Aveda bodycare products and aromas. This treatment includes an exfoliation and full-body application of moisturiser, including scalp and foot reflexology techniques.

60 mins | £90

AVEDA AROMA BACK TREATMENT

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

60 mins | £90

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



NAIL TREATMENTS

Aveda manicures and pedicures are treatments that care for the hands and 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.

MANICURES AND PEDICURES

Manicure	45 mins £40
Pedicure	60 mins £48
Manicure and Pedicure	60 mins £80

SHELLAC

Up to 14-day wear, high gloss shine, zero dry time.

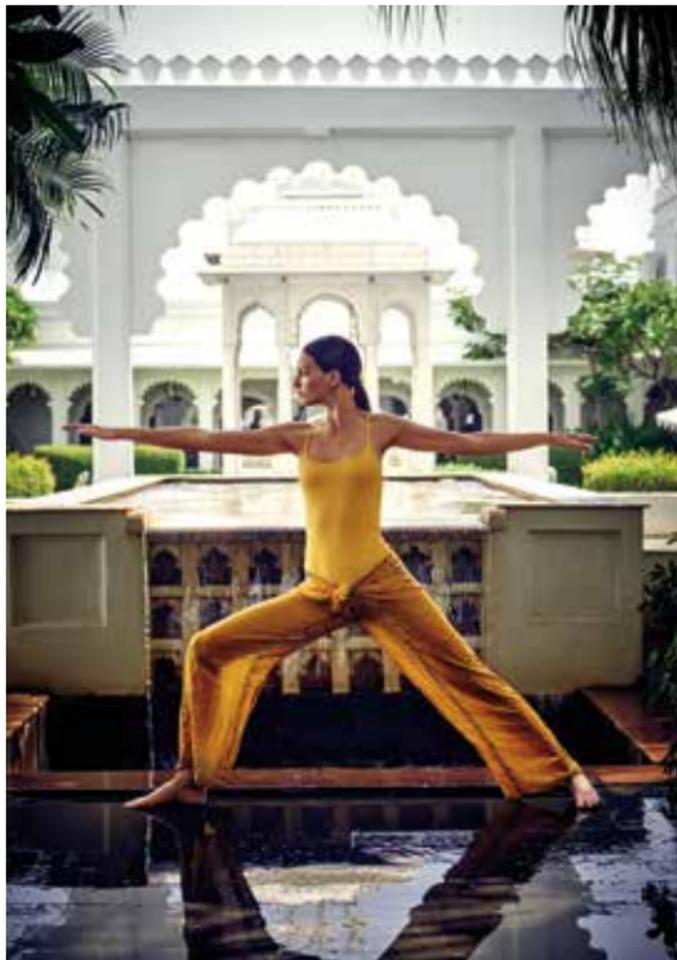
Shellac removal only	£10
Shellac application on hands or feet	£43
Shellac removal followed by application on hands or feet	£53

WAXING

Aveda waxing treatments ensure that the skin is properly cared for both before and after hair removal. Our waxing therapists will consult with you to determine the skin and body care products to cleanse, exfoliate and hydrate your skin, providing the best result with the highest level of comfort.

WAX	STRIP WAX	HOT WAX	STRIP WAX PACKAGES	
Lip and Eyebrow	£34	£40	Half Leg and Bikini	£44
Chin or Upper Lip	£19	£21	Full Leg and Bikini	£60
Eyebrow	£22	£25	Half Leg and Brazilian	£60
Underarm	£22	£25	Full Leg and Brazilian	£75
Bikini	£22	£25		
Brazilian/Hollywood	£37	£49	HOT/STRIP WAX PACKAGES	
Half Arm	£29		Half Leg Strip and Bikini Hot	£49
Full Leg	£44		Full Leg Strip and Bikini Hot	£60
Half Leg	£29		Half Leg Strip and Brazilian	£70
Back	£36		Full Leg Strip and Brazilian	£83
Chest	£44			





PACKAGES

SELF-RENEWAL EXPERIENCE

Aveda back, neck and shoulder massage

tulasāra™ facial

90 mins | £124

POLISH AND PAMPER

Aveda Aroma body polish

Full Aveda Aroma massage

105 mins | £150

TOP TO TOE EXPERIENCE

Aveda Aroma body polish

Aveda back, neck and shoulder massage

Aveda Pedicure

Aveda Manicure

135 mins | £189

MENS EXPERIENCE

30 minute facial, bespoke shave and beard design

Shampoo, condition and cut

90 mins | £100

EVENTS

PRIVATE OR CORPORATE EVENTS

Experience unique and exclusive events at the Aveda Lifestyle Salon & Spa for you, your friends or colleagues.

Events include:

- Corporate
- Special Occasions
- Hen parties

NB: Exclusive hire of our 1st floor available on request.
Prices upon enquiry.

Contact us on 020 77597355 to discuss an event.

CORPORATE RATES AND GIFTING

Contact us at 020 7759 7355 to discuss gifting and corporate rates.

AVEDA GIFT CARDS

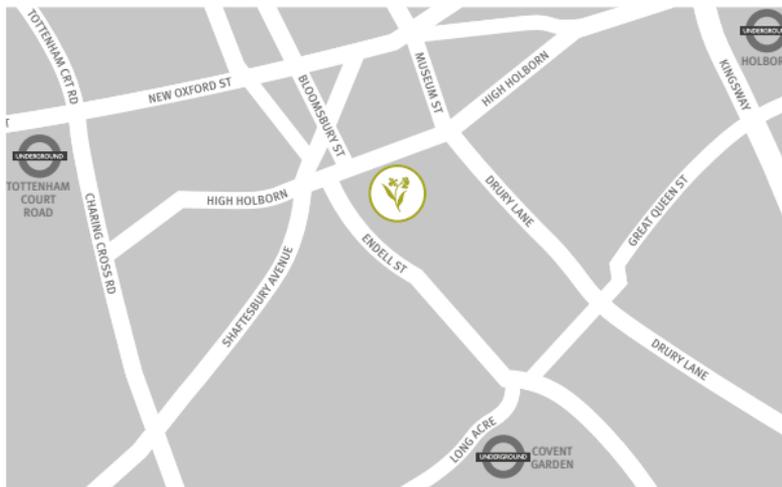
The perfect gift for both men and women for any occasions.

CANCELLATION POLICY

As a courtesy to our service providers we kindly ask you to give us 24 hours' notice for any amendments or cancellation to your booking.



AVEDA LIFESTYLE SALON & SPA



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FOR ALL BOOKINGS AND ENQUIRIES
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BOOK ONLINE NOW
www.avedainstitute.co.uk

OPENING HOURS

Monday — Friday 8am — 8pm
Saturday 8am — 6:30pm

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