

contact us

regular offers

10% rebook discount on your next appointment

we love our clients! and thats why we reward you everytime you rebook with us... its really simple! before you leave the salon from your appointment rebook your next service with us (can be any treatment at any time) and you'll enjoy 10% off! you can even enjoy the discount if you need to move it.. all we ask for is at least 24 hours notice to change the booking.

#tastertuesdays £35 cut & blow dry with selected stylists

#tuesdaytreats £20 for 30mins massage | facial | manicure | pedicure with selected therapists

#hairwednesday 25% off cut and colour when booked together with selected stylists

#colourthursday £70 full head highlights or £40 fullhead colour with selected stylists

#nct members and students enjoy 15% off mon-fri 9am-5pm

t&cs apply. visit independentmbs.com for details.

Independent mindbodysoul

AVEDA

the good spaguide

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price list: hair salon

cut & style

head	re-book	senior	re-book	stylist	re-book	
women's wash cut & finish	£65	£58.50	£60	£54	£55	£49.50
blow dry	£35	£31.50	£25	£22.50	£15	£13.50
hair- up	£45	£40.50	£43	£39.70	£40	£36
men's cut	£37.50	£33.75	£35	£31.50	£31.50	£28.35
children's all levels						
children's 10 & under			£12			
boys 11-15			£15			
girls 11-15			£20			

AVEDA colour

head	re-book	senior	re-book	stylist	re-book	
full head hi-lights	£105	£94.50	£95	£85	£85	£76.50
3/4 head hi-lights	£95	£85.50	£85	£76.50	£75	£67.50
half head hi-lights	£85	£76.50	£75	£67.50	£65	£58.50
t-section hi-lights	£70	£63	£65	£58.50	£60	£54
crown & parting hi-lights	£60	£54	£55	£49.50	£50	£45
balayage / ombre	£85	£76.50	£75	£67.50	£65	£58.50
full head tint	£60	£54	£55	£49.50	£50	£45
root tint15: up to 4 weeks regrowth all levels	£37.50	£33.75				
root tint30: 4-6 weeks regrowth all levels	£45	£40.50				
extra foils all levels	£15	£13.50				
colour correction - requires a free consultation						
AVEDA conditioning hair treatment	£10					
rough dry	£5.50					
colour services must be finished with a roughdry, blowdry or wash, cut & finish						

a patch test MUST be performed on all new IMBS clients

Independent mindbodysoul
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price list: urban spa

AVEDA massage

head	re-book	senior	re-book	therapist	re-book
elemental nature massage - 30 minutes					
£35	£31.50	£30	£27	£25	£22.50
elemental nature massage - 1 hour					
£70	£63	£60	£54	£50	£45
fusion warm stone massage / indian head massage - 30 minutes					
£45	£40.50	£40	£36	£35	£30.50
fusion warm stone massage / indian head massage - 1 hour					
£90	£81	£80	£72	£70	£63

AVEDA facials

head	re-book	senior	re-book	therapist	re-book
elemental nature express facial - 30 minutes					
£35	£31.50	£30	£27	£25	£22.50
elemental nature facial - 1 hour 15 minutes					
£70	£63	£65	£52.50	£60	£54
Tulasara - 1 hour					
£80	£72	£75	£67.50	£70	£63
dual exfoliation - 1 hour					
£100	£90	£95	£85.50	£90	£81
perfecting plant peel - 1 hour					
£65	£58.50	£60	£54	£55	£49.50

pregnancy treatments

head	re-book	senior	re-book	therapist	re-book
hydrotherm massage - 30 minutes					
£50	£45	£45	£40.50	£40	£36
hydrotherm massage - 1 hour					
£100	£90	£90	£81	£80	£72
pregnancy massage - 30 minutes					
£40	£36	£35	£31.50	£30	£27
pregnancy massage - 1 hour					
£80	£72	£70	£63	£60	£54

wellbeing treatments

head	re-book	senior	re-book	therapist	re-book
mindbodysoul tea & therapy					
£120	£108	£110	£99	£100	£90
body scrub and hydration boost - 1 hour					
£65	£58.50	£60	£54	£55	£49.50

nail services

head	re-book	senior	re-book	therapist	re-book
express manicure OR pedicure - essie lacquer - 30 mins					
£35	£31.50	£30	£27	£25	£22.50
spa manicure OR pedicure - essie lacquer - 1 hour					
£55	£49.50	£50	£45	£45	£40.50
essie gel manicure OR pedicure - essie gel - 45 minutes					
£50	£45	£45	£40.50	£40	£36

wax hair removal

eyebrows	£11	lip/chin	£7
brow&lip/lip&chin	£13	underarm/halfarm	£15
full arm	£30	reg bikini	£16
high bikini	£22	brazillian	£40
hollywood	£42	1/2 leg	£20
full leg	£33	1/2 leg bikini	£29
full leg bikini	£44	1/2 leg high bikini	£41
full leg high bikini	£48	1/2 leg brazillian	£48
full leg brazillian	£57	back	£30
topback/chest	£ back n shoulders	£35	
hot wax supplement	£4		

price list: eyes & brows

semi permanent lash extensions

lashes are made thicker and longer by attaching individual synthetic eyelashes to the natural eyelashes. they are very light and comfortable on the eyes, and to wear, and last for up to 6 weeks. Regular maintenance every 2/3 weeks will give you trouble free lashes. if looked after your lashes should last for up to 6 weeks.

head	re-book	senior	re-book
semi permanent lash extensions FULL SET			
£110	£100	£100	£90

semi permanent lash extensions HALF SET			
£55	£49.50	£45	£40.50

semi permanent lash extensions TOP UP or REMOVAL

We recommend that you top up every 2/3 weeks. We will replace lashes lost through your natural lash cycle and take you back to your original full or half set. Top ups cannot be booked without having a full or half set previously with us (within 3 weeks of above services).

head	re-book	senior	re-book
£40	£36	£40	£36

LVL lash enhance

the treatment straightens your natural eyelashes at the root, so unlike a traditional lash perm it creates the effect of longer, lifted lashes in just 40 minutes. they'll stay that way for six to eight weeks, especially when you nurture your lashes with our exclusive Nouveau Lashes Conditioning Serum. the results are immediate, plus the added lash tint creates a mascara-type effect so you are always ready to go.

head	re-book	senior	re-book	therapist	re-book
£55	£49.50	£50	£454	£45	£40.50

waxing, tinting, shaping

head	re-book
eyebrow shaping with wax	
£11	£9.90

eyebrow tinting	
£12	£10.80

eyelash tinting	
£16	£14.40

eyelash & eyebrow tinting	
£26	£23.40

EYE ENVY LVL: brow tint & shape & LVL lash enhance					
£75	£67.50	£70	£63	£65	£58.50

EYE ENVY LASH: brow tint & shape + 1/2 set lash extensions			
£75	£67.50	£70	£63