



Massage Therapy

Relaxing Body Treatments

Neck, back & shoulders | 30 min £14

Full body massage | 60-75 min £20

Your therapist will assess your needs and use a combination of techniques to relax, de-stress, and ease muscular tension. Treatments may also include complimentary skin warming or mechanical massage.

Aromatherapy massage | 60 min £25

A personalised full body massage using blended essential oils and essences tailored to your needs.

Indian head massage | 30-40 min £10

A calming, holistic treatment using acupressure to deeply relax the body and soothe the mind.

Reflexology | 60 min £15

Pressure is applied to specific points on the feet that correspond with different organs and systems in the body.

Body Firm & Tone | approx 90 min £12

Your therapist will carry out a thorough body consultation and design a personalised treatment plan using advanced electrotherapy equipment. This treatment targets specific areas such as the buttocks, thighs, and abdomen to help tone muscles and reduce the appearance of cellulite.

Essential Skincare

Facial Treatments

Luxury Facial | 60 mins £15

A relaxing facial treatment using Kaeso's natural, cruelty-free skincare range. Treatment includes cleanse, tone, exfoliation, facial massage, mask, and moisturiser, plus a complimentary hand massage.

Advanced Skincare

Our advanced facials use Monu skincare, uniquely formulated with natural plant extracts, herbs, minerals, and essential oils.

Microdermabrasion £26 or £88 for four

A non-surgical treatment that gently exfoliates the skin to reveal a brighter, smoother, and more even complexion.*

May include complimentary body microdermabrasion.

Microcurrent

Anti-aging & Firming

1.5 hours - 2 hours

£26 or £88 for four

Customised lifting and toning facial for aging skin that may include a complimentary bust or arm treatment.*

EMS

Firming and tightening 75 mins **£26 or £88 for four**

A luxury cleansing, toning and tightening facial. All skin types.*

Galvanic

Prescription & Deep cleanse 75 mins **£26 or £88 for four**

A therapeutic facial treatment to regenerate, rehydrate and deep cleanse using galvanic, High Frequency and prescription gels.

Suitable for all skin types. **

*Can be booked weekly

** Recommended monthly

Advanced

Laser Hair Removal

A long-lasting hair reduction treatment using advanced laser technology for smooth, hair-free skin. Patch test required.

Underarms	£10
Forearms	£20
Bikini	£15
Underarms & Bikini	£20
½ Leg	£20
½ Leg & Bikini	£30
Full Leg	£30
Full Leg & Bikini	£40
Lip & Chin	£18
Lip	£12
Chin	£12

Ultimate Skin Rejuvenation

A non-invasive treatment using Intense Pulsed Light to improve skin tone and texture, reduce redness and pigmentation, and give your skin a brighter, more youthful appearance. Patch test required.

Rejuvenate/Anti aging facial treatment	£35
Pigmentation (including patch test)	from £20
¼ face	£29
½ face	£38
¾ face	£46
Full Face	£46
Decolletage	£46
Front or Back of Neck	£38
Vascular (Capillaries) Single and patch test	£20

Hair removal

Waxing Treatments

Hair removal using warm or hot wax, tailored to suit the area and your individual needs.

Half leg	£9
Full leg	£12
Bikini	£7
Full leg and bikini	£15
Underarm	£7
Eyebrow	£6
Lip	£6
Chin	£6

Enhance your eyes

Lash & Brow Treatments

Lash or eyebrow tint	£7
Lash Lift	£15
Lift & curl your natural lashes	
Lash lift & tint	£20
Brow Lamination	£15
Set & shape your natural brows for a fuller, more defined look	
Brow Lamination & tint	£20

Nail Care

Hands & Feet

Remember to bring your flip flops if you're having toenails polished!

Manicure | 60 mins **£12**

A full manicure followed by regular polish of your choice.

Luxury Manicure | 75 mins **£15**

A full manicure with a warm oil treatment to nourish dry nails and cuticles, with hand mask/thermal mitts to deeply moisturise the skin, followed by regular polish of your choice.

Pedicure | 60 mins **£12**

A full pedicure followed by regular polish of your choice.

Luxury Pedicure | 75 mins **£15**

A full pedicure with a foot mask/ thermal mitts to deeply moisturise the skin or foot mask/ paraffin wax treatment, followed by regular polish of your choice.

Gel Mani / Pedi **£15**

Treatment includes file, shape, cuticle work and a massage to nourish the skin, followed by a gel polish of your choice.

Gel polish removal that was previously applied here is £5 extra

We will not remove nail extensions or gel polish that were done at another salon.

Hairdressing

Essential Haircare

	Level 2	Level 3
Cut & Blowdry	£9	£15
Blowdry	£12	
Hair up	£7	£9
Conditioning Treatment	£11	

Hair Colouring Services

	Level 2	Level 3
Roots retouch	£16	£20
Full head application	£19	£25
Semi permanent	£9	£15
Quasi permanent	£16	£25
Bespoke colour correction		<i>from</i> £31
Balayage <i>includes toner</i>	<i>from</i> £31	<i>from</i> £46
Toner	£11	£12
1/4 head highlights	£16	£21
1/2 head highlights	£20	£26
Full head highlights	£26	£33
1/4 head highlights & flood colour		£28
1/2 head highlights & flood colour		£37
Full head highlights & flood colour		£41

Barbering

Essential Haircare

Level 2

Mens cut & Finish	£6
Blowdry	£12
Hair up	£15
Conditioning Treatment	£7

To Book

Call: 01273 667790

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Opening times

Metro reception is open term-time only Monday - Friday 9am - 5pm

Treatment availability throughout the week depends on course timetable and can be changed at any time.

Please check the main college website for term dates.

Treatment availability varies throughout the year:

September–December: Very limited hair and beauty services

January–May: All treatments widely available for hair and beauty

June–July: Very limited hair & beauty services

August: Closed.

Please note

For many of our students, this is their first experience working with the public, and your cooperation helps build their confidence and prepares them for their future careers in the industry.

Your treatment is part of our students' training and helps them develop their skills for assessment. Because of this, appointments may occasionally need to be changed or cancelled. If you'd like more information, please chat with one of our METRO Salon Coordinators.

We kindly ask all clients to be patient, supportive and respectful to both staff and students during their visit.

- Clients must be 16 or over to attend the salon.
- We warmly welcome clients of all identities and backgrounds.
- Appointments may last 3–5 hours or longer, and clients may be required to remain for the full session.
- We recommend you bring your own food & bottled water.
- Cancellations require at least 24 hours' notice.
- Treatments are carried out by students trained to a high standard and closely supervised by experienced professionals.
- As this is a learning environment, our prices reflect the training level of the students.