



**AVEDA**  
THE ART AND SCIENCE OF PURE FLOWERS AND FLIGHT ESSENCE



**Service Menu**  
**Booking Online**

## **WELCOME TO THE JOSHUA TREE AVEDA CONCEPT SALON & SPA**

In April 2002, the Joshua Tree opened its doors & became the first Aveda salon to launch in Nottingham.

Based in leafy West Bridgford, with ample free parking next to Roko Health Club, it has pioneered the concept of providing the ultimate salon experience alongside high end quality products that are cruelty free, kind to the environment & completely sign up to the ethos of 'Beauty with a conscience'.

Aveda and Joshua Tree has been built on the belief that beauty engages the whole person, and that to look beautiful, we must feel it. That's why we take a holistic approach with everything we do.

From the aromas of our products to the extra touches with every salon and spa appointment – it all centres around your wellbeing.

**JOSHUA TREE, EXPERIENCE SOMETHING MORE...**

A collection of citrus-related items arranged around the word "SPA". The items include a branch with white and pink flowers, a single white flower, a green citrus flower bud, a green leaf, a yellow citrus peel, a green leaf with a white flower, a yellow citrus peel, and several dark brown, charred pieces. The word "SPA" is written in a bold, green, sans-serif font in the center.

**SPA**



## EXPERIENCE SOMETHING MORE...

How do you want to feel today? As no two people are the same, we believe every spa treatment should be completely customised.

Which is why we merge the science of results-driven, plant-based products with the art of high-touch experience based on your specific needs that day. From stress to low energy and signs of premature ageing, we offer help through the powerful combination of aroma, breath, and touch leaving you with a profoundly increased sense of wellbeing.

## DE-STRESS WITH AN AVEDA MASSAGE

All Aveda Spa Treatments are an additional 15 minutes longer than listed. During this time, you will enjoy a consultation and homecare advice. This will enable us to create a holistic therapy that is designed just for you.

Treatment Time	Price
30 mins	£35
60 mins	£60
90 mins	£80

## MASSAGE

### Stress - Fix™ Body Massage

Swedish and deep tissue massages are combined with foot reflexology and acupuncture points.

### Pregnancy Massage

Suitable from 14 weeks gestation until baby's birth.

### Chakra™ Balancing Massage

Deep tissue massage, foot reflexology and energy work.

### Back Neck & Shoulder

A strong firm massage to relieve tight muscle tension.

### Stone Fusion Massage

A combination of warm and cold stones is used for deep relaxation of the muscles.

### Aroma Massage

A customised experience with your choice of Aveda aromas and tailored massage techniques.

### Indian Head Massage

A deeply relaxing holistic massage.

\*Maximum of 30mins for Indian head

\*Maximum of 60mins for back, Neck & shoulder

## BEAUTIFY WITH AN AVEDA FACIAL AVEDA CUSTOMISED FACIAL TREATMENTS

All Aveda Spa Treatments are an additional 15 minutes longer than listed. During this time, you will enjoy a consultation, and homecare advice. This will enable us to create a holistic therapy that is designed just for you.

Treatment Time	Price
30 mins	£35
60 mins	£60
90 mins	£80

Facial treatments are recommended on a weekly or monthly basis to achieve and maintain optimal results. Your skin therapist will develop a comprehensive treatment plan designed to meet your individual needs and expectations.

## TULASARA

Dry, oily, ageing, uneven, sensitive, acneic skin and eye concerns can all be addressed with a customised Tulasara-facial treatment. After a thorough consultation, your skin therapist will provide the best combination of products.

## DUAL EXFOLIATION

The dual exfoliation peel is Aveda's answer to non-invasive skin renewing treatments. Combining Aveda's naturally derived mechanical and biochemical alternative to microdermabrasion and glycolic peels. This powerful treatment transforms, rejuvenates, retexturizes, smooths lines & wrinkles, refines pores, and restores radiance.

## VITAMIN C

Creating radiance with a blend of deep tissue facial massage, relaxing pressure points and Vitamin C. This Facial helps combat fine lines, dehydration and will leave you glowing all day.



## SPA INDULGENCE

Carefully crafted by our spa experts, opt for one of our packages to enjoy the full Joshua Tree spa experience. Whether it is top to toe or just a taste with our 'Superb spa fix' these treatments make the perfect gift for anyone who deserves a little or a lot of a pamper time.

### SUPERB SPA FIX

When you need a 'quick -fix', treat yourself to a selection of any 3 of these treatments;

**Indian Head Massage**

**Stress Fix Massage**

**Beautifying Body Scrub**

**Tulasara Facial**

**Express Manicure**

**Foot Massage**

**Express Pedicure**

3 x 25-minute treatments for **£60** saving £45

Why not try 2 x 25-minute treatments for **£50!**

## NURTURE YOUR MIND

**NEW!** Indulge yourself in over two hours of spa pampering. Starting with a top-to-toe dry exfoliation so that your skin is ready to soak in your customised Aveda oil. Followed by a full body massage and finishing with relaxing facial. This also includes a 15-minute consultation

**2-hour 30 minute**

**£100**

## WELLNESS TREATMENTS

Wellness is a new range of non-clinical holistic treatments that are completely safe for those living with cancer. There is no need to gain consent from a doctor before having these treatments, they are completely adaptable for a client at any stage of their illness and use 100% certified organic wellbeing preparations from the Made for Life Foundation.

## NAILS

All our nail treatments are customised with Aveda products. We have a range of gels from Halo, Jessica and O.P.I. Our breakthrough Jessica Phenom polish simply uses natural light to dry to get its long lasting, high shine finish.

### Jessica Phenom Mini Manicure or Pedicure:

Choose a file and polish or file and cuticle work

25 mins                      £25

### Jessica Phenom Full Manicure and Pedicure:

Includes nail and cuticle work, exfoliation, massage and a polish.

\*Pedicures also include foot rasp to remove hard skin

55 mins                      £35

## GEL COLOUR

Includes nail and cuticle work and gel application.

### Gel Application

Fingers or Toes

£30

### Gel Application

Fingers and Toes

£55

### Removal

£10

(essential pre re-application. We can only remove gel polish that has been applied at Joshua Tree)

\*Complimentary removal when gel is reapplied after 2-3 weeks.

Upgrade your gel polish to a full manicure or pedicure for just **£10 extra!**

## WAXING, THREADING & TINTING

Our waxing specialists strive to provide effective hair removal while ensuring maximum comfort. Using two different types of wax allows us to customise for the area of hair removal.

### Wax

Eyebrow	£14
Lip or Chin	£11
Under Arm	£18
Full Arm	£20
Basic Bikini	£20
Extended Bikini	£25
Intimate Waxing*	£35
Half Leg	£25
Full Leg	£35
Chest / Back	£25

\*Hollywood or Brazilian

### Tinting

Eyebrow Tinting	£14
Eyelash Tinting	£18

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

## HOLISTIC THERAPIES

### Hopi Ear Candles

This gentle treatment is the perfect way to clear congestion from the ears and sinus area. Commencing with a relaxing pressure point massage to help release blockages and pressure.

40 mins £35



**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 Rachelbacher**  
**Founder**



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## **GUEST INFORMATION**

### **Medical Information**

If you are taking any medication or think there is any medical reason that may affect your treatment with us, please inform us at point of booking. All clients are asked to complete a full medical questionnaire before any treatments. We reserve the right to refuse or adapt treatments based on the information you share on your medical questionnaire so that your treatment is completely safe and appropriate for your needs. Please be aware that some medical conditions may require consent from a doctor before you can have treatments with us.

**NB. We do offer a range of specialist treatments designed specifically for people living with cancer, please see our Wellness treatments or speak to one of our team for more details.**

### **Booking & Cancellation Information**

We require a booking fee for some hair treatments, spa treatments and spa day appointments and so may request credit card confirmation at the time of booking. We require 24 hours' notice to cancel an appointment or the full amount may be charged. We regret that some treatments/appointments may be necessary to treat as cancellation for clients arriving more than 15 minutes late or a shortened treatment time may be given.

### **Gift vouchers**

Gift vouchers are the perfect way to show your friends, colleagues or loved ones just how much you appreciate them. Our vouchers are valid for 6 months from the date of issue and can be redeemed against any treatment or retail product of their choice. Gift vouchers are exclusive to the Joshua Tree and cannot be redeemed at any other Aveda salon.

### **Bridal**

There are no occasions more special than your wedding day. Why not let us take the pressure off by helping you by coordinating your first bridal hair consultation and a complete beauty programme to make sure you look and feel amazing on your special day.

### **Mother to be**

We welcome mothers to be at the Joshua Tree. At or after 14 weeks, we offer treatments specifically designed for during pregnancy or breast feeding and all our treatments can be safely adapted to individual needs during pregnancy. The Aveda blended essential oils and Made for Life oils are completely safe to use during pregnancy, however, if you prefer, we will use neutral oils.

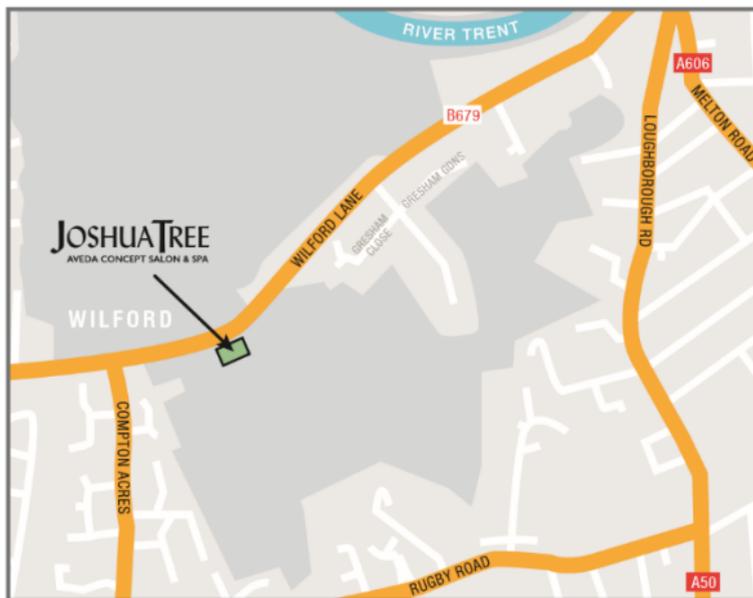
### **Children**

Children's hair appointments (12 and under) are available Monday to Thursday. Babies and small children cannot enter the spa rooms. Please be aware that guests under the age of 16 must be accompanied by an adult.

### **Relax, Unwind and Enjoy**

We hope that your visits to the Joshua Tree are always a pleasure and you enjoy the entire experience. We value all feedback so we can continue to improve our services in the future. We want you to leave us feeling totally relaxed so we respectfully ask that **mobile phones are put on silence during your visit.**

# JOSHUA TREE AVEDA CONCEPT SALON & SPA service menu



ROKO Health Club  
Wilford Lane  
West Bridgford  
Nottingham, NG2 7RN

For all bookings and enquiries  
0115 981 3111  
info@joshuatree-salon.com  
www.joshuatree-salon.com

### Opening Times

Monday	9.00	-	9.00
Tuesday	9.00	-	6.00
Wednesday	9.00	-	9.00
Thursday	9.00	-	7.00
Friday	9.00	-	6.00
Saturday	9.00	-	6.00
Sunday	10.00	-	4.00

