

GYM MEMBERSHIP

	Peak	Off Peak
Mon - Thurs	8.30am - 9.00pm	8.30am - 4.30pm
Friday	8.30am - 6.00pm	8.30am - 6.00pm
Saturday	8.30am - 5.00pm	8.30am - 5.00pm
Sunday	10.00am - 1.00pm	10.00am - 1.00pm

Off Peak = £20 per month
 Peak = £30 per month includes spa
 Induction = £20 pre pay to book appointment

1st months membership and Induction fee paid at the point of registration for immediate use.

Monthly standing order schemes.
 Initial 6 month contract.

Discount given for paying full membership.
 Discount given for group membership.

Seasonal offers please ring.

Guest and Off peak members can pay as you go to use the spa

Spa Opening Hours

Ladies	Monday & Wednesday	5.00pm - 8.45pm
Men	Tuesday & Thursday	5.00pm - 8.45pm

Please vacate wet & gym areas 15 minutes prior to closing times to allow for dressing, etc.

FITNESS CLASSES

MONDAY

5.30	Step Challenge	Advanced	Michaela
6.30	Bodytone	All	Michaela
7.30	Dancercise	All	Michaela
8.20	Bikini Body Bootcamp	All	Michaela

TUESDAY

5.30	Bodytone	Beginners	Julieann
6.30	Cardio Combat	All	Dave
7.45	Tranquil yoga	All	Collette (Pay as you go)

WEDNESDAY

5.30	Total Body Workout	All	Michaela
6.30	Leg, Bums 'n' Tums	All	Michaela
7.30	Bikini Body Bootcamp	All	Michaela
8.20	Bikini Body Bootcamp	Beginners	Michaela

THURSDAY

5.30	Simple Step + Tone	Beginners	Julieann
6.30	Body Tone	All	Caron
7.15	Yogalates	All	Caron
8.15	Zumba	All	Bev (pay as you go)

No Membership Required
 for Fitness Classes

All Classes are £4.20

Pre-pay 10 Classes for just £37.00 or all

Pre-Booking with payment advisable to
 guarantee a place.

FUNCTIONS

buffet £6.95 per head

(not available as a wedding meal)

Honey Roast Ham, Seafood Platter, Hot Pies,
 Hot Vegetarian Quiche, Hot Chicken Drumsticks
 Hot Sausage Rolls, Sausages
 Freshly Baked Bread & Butter

SALADS - Green, Cucumber, Onion, Coleslaw, Tomato
 Prawn, Tuna & Rice, Vegetarian Rice

SEASONINGS - Sage & Onion Stuffing, Mayonnaise,
 Apple Sauce & Mustard

DESSERTS available at £3.00 per head

Tea and Coffee available at the bar

buffet £9.75 per head

As above with addition of
 Hot Roast Potatoes, Desserts

Alternative food can be arranged. Room charge may apply.

Meat & Potato Pie, Vegetarian options,
 Canapes on arrival etc. Full dressed Salmon.

Just ask and we will cater to your needs.

Drinks packages can include,
 Bucks Fizz, entrance drink,

Wine on tables, Sparkling Wine Champagne toast,
 or

you could offer your guests drinks from the bar which can
 be included and unlimited

or
 to a pre-arranged amount.

Please ask, we can cater for any budget.

Booking Conditions - Read Carefully before proceeding

Non Returnable £100 deposit is required to secure booking.

Free room hire if minimum number paid for, otherwise room charge will apply.

Minimum number of guests payable: Friday 30, Saturday 60, Sunday 40.

Room only available at £125 and Bond required.

DJ/MC available at £120. Full payment required two weeks before the event.

Menus subject to Seasonal variations. No Drink to be brought onto the premises.

December and Christmas separate menu, special prices and conditions apply.

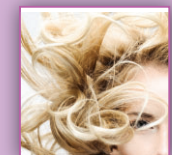
Prices subject to change at any time.

Stamford House

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Telephone: 0161 336 7006

www.stamfordhouse.com



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Hair | Beauty | Fitness | Functions

HAIR

All prices based on short hair and are from:	From £
Fringe cut	2.00
Dry cut	9.75
Wet cut	10.75
Restyle wet cut	15.50
Under 5 dry cut - Tue, Wed 9-5pm	6.00
Shampoo and blow	10.75
Long hair shampoo and blow	16.00
Cut/shampoo and blow - short	21.50
Cut/shampoo and blow - long	28.00
Re-Style cut and blow	28.50
straighteners after blow	3.00
straighteners only (no wash/dry) above shoulders	6.00
straighteners only (no wash/dry) below shoulders	10.00
Cut/shampoo and set	15.00
Shampoo and set	9.50
Curls with GHD's	25.00
Braiding/Pleat	20.00
Party Hair - short	25.00
Party Hair - long	30.00

PERMANENT WAVING

Fashionform	from 28.00
Soft and Lasting	from 35.00
Spiral perms	from 50.00

Cut is included in all perm prices	
blow-wave is extra	8.00
set is extra	6.50

SENIOR CITIZENS 10% DISCOUNT:

Tues/Weds 9.00 -3.00pm on cut/blow, shampoo/set, cut/shampoo/set, colours and perms (our choice of stylist).

Prices subject to change anytime

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HAIR

TINTS	From £
Full head tint	29.00
Half head tint	20.00
Highlighting with cap bleach	27.00
Highlighting with cap tint	29.00
Slices top section	28.00
Extra colours (price per colour)	15.00
Spatula high/low lights	42.00
Foil high/low lights	49.00
Top section foils	30.00
Roots - maximum 6 weeks growth since last treatment with us	25.00
Spatula roots	32.00
Section high/low lights (spatula)	28.00
Cut & Blow (after highlighting/colouring)	each from 8.00
Blow (after colour) - long	12.00
Set (after colour or perm)	6.50
Restyle cut (after colour)	10.00

MEN'S HAIRDRESSING

Mens restyle dry cut	8.50
Male head shave	5.00
Male dry cut	7.00
Male wet cut	8.00
Male cut and blow	9.50
Men's full colour (short hair)	20.00
Hi / Low lights (cap)	19.50
Cut (after colour)	6.50

TERMS & CONDITIONS

Our prices maybe subject to change without prior notice. Please give at least 24hours notice for cancellation of any treatments to avoid a cancellation fee. Deposits required for bookings of extensive treatments. Payment is requested for courses at the start of the first treatment. We regret we cannot transfer courses or make refunds. Gift vouchers are not refundable and usable only on Services supplied by Stamford House Direct. Tint tests maybe required for new clients 24hours prior to appointment. Consultations required prior to some appointments as a trial may be necessary.

HAIR SALON

Open Tuesday, Wednesday and Thursday 9.00am - 9.00pm
Friday 9.00am - 5.00pm Saturday 9.00am - 5.00pm

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BEAUTY

FACE AND BODY	Approx Time	£
Mini Facial	30mins	20.00
Perfect for those with a busy lifestyle. This facial will leave your skin with a healthy glow.		
Deluxe Facial	60mins	30.00
A lasting and luxurious facial which includes a neck and shoulder massage. A truly pampering treat whatever you skin type.		
Relax Facial & Back Treat	1hr 15mins	40.00
15 min Back, neck and shoulder massage combined with a 1 hour Relax Facial.		
Cleanse and Make up (Trial advised)	30mins	20.00
Dermalift non surgical face lift (Course of 10 pre-paid)	50mins	25.00 200.00
Hopi Ear Candles	30mins	23.00
Deep Tissue Back Massage	30mins	21.00
Deep Tissue Full Body Massage	60mins	35.00
Hot Stone Back Massage	30mins	25.00
Hot Stone Full Body Massage	60mins	38.00
Indian Head Massage	30mins	23.00

A consultation is carried out to discuss your skin type.

Eye Treatments

Eyebrow shape (trim and/or wax)	6.25
Eyebrow tinting	4.25
Eyelash tinting	6.75
Duralash extensions - upper	from 16.50
Duralash extensions - replacements per lash	80p

Aesthetics

We have visiting self employed professionals for Derma Fillers, Muscle Relaxing, Chiropody, Sports and personal training.

Spa & Beauty Packages available at special prices. Deposits may be required for extensive treatments.

Beauty treatments continued over -

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BEAUTY

ELECTROLYSIS - BLEND	FROM £
10 minutes	10.00
15 minutes	14.00
Course of four 10 minute sessions	35.00
Course of four 15 minute sessions	40.00
WAXING	£
Half Leg (both legs including knees)	11.75
Three quarter leg	15.00
Full leg (including bikini line)	22.00
Bikini Line	7.00
Brazilian	15.00
Chin	4.00
Full arm	7.50
Lip	4.00
Lip and Chin	6.25
Underarm	5.25

HAND & FOOT CARE

File and Varnish	6.75
- with French Polish	8.25
Pedicure	19.00
- with French Polish	21.00
Deluxe Pedicure	24.00
Manicure	15.00
- with French Polish	16.00
- with Mitts	18.00
Wonder nails	20.00
Acrylic nails - White Tips	20.00
- Natural Tips	25.00
Natural Nail Overlay	17.50
- Infills	15.00
Paraffin wax for hands/feet	6.00
Shellac or Pro-polish (gel overlay - coloured or french polish)	22.00

TANNING (Please ring for pre-treatment advice)	£
St. Tropez Mist - one session, Full body	25.00
St. Tropez Mist - 2nd session, Full body, top-up if needed within 2 days	10.00
St. Tropez Mist - Half Body - one session	13.00
St. Tropez Mist - one session + Full body exfoliation	35.00

MENS TREATMENTS

File and Buff	5.00
Brow Shape	6.50
Full Back Wax	15.00
Upper Back and Shoulders	11.00
Upper Body and Shoulders	11.00
Full Front Torso	21.00

BEAUTY SALON

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