

GOOD HAIR DOESN'T HAPPEN BY ACCIDENT.

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your hair is constantly losing strength, moisture and shine.

That's where treatments come in.

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This is an **essential** part of any hair service

This is a **Guarantee** on your investment

This is where the **Integrity** of your hair is protected

Best part is your hair will **LOVE** you for it ❤️

Why do I need a Treatment you may ask, here's WHY;

- Rebuild damage (not just hide it)
- Keep the longevity of your colour
- Enhance Shine, Softness + Manageability
- Prevention is better than cure ! Just like breakage lets protect your hair before it starts
- Rehydrates dry, frizzy or unmanageable hair
- Protects Fine hair from chemical damage which is essential for this type of hair

At The Rumours Are True, we don't just "do hair" —
we maintain it properly so it keeps getting better every visit.

Because the goal isn't just good hair today...

it's better hair every time you leave.

HAIR REHAB.

Your hair's comeback era

This revolutionary repair treatment works deep inside the hair fibre to rebuild strength, density and resilience.

Think of it as a **filler for your hair**, restoring what's been lost through colouring, heat styling, extensions and everyday wear.

- fills and reinforces damaged areas of the hair
- makes hair feel thicker, stronger + healthier
- smooths and seals split ends
- leaves hair visibly shinier and more polished
- lasts 3-4 months

This is real repair with instant and noticeable results

EXPRESS

Your blow-dry, but better

- instantly softer, smoother ends
- adds shine + polish without weighing hair down
- perfect add-on for that “finished” look
- massage and hot towel included

VIBE: The glow-up your blow-dry needed

TIME: Instant treatment

INVESTMENT: \$150

FULL RESET

When your hair is as extra as you

- rebuilds damaged, weakened hair from within
- makes hair feel thicker, stronger + healthier
- seals and smooths split ends
- massage, waterfall and steam included

VIBE: Think stronger, fuller, healthier-feeling hair in one hit

TIME: 20 minutes

INVESTMENT: \$180

👉 ONCE YOU TRY THIS, THERE'S NO GOING BACK

MAKE YOUR HAIR MAKE SENSE.

Less effort. Better hair days.

Lifes hard enough, your hair doesnt have to be.

If you feel like you're constantly battling your hair — frizz, puffiness, dryness, spending way too long styling it, you're not the problem.

The more we fight our hair with heat, tools and over-styling, the more damage we create — which makes it even harder to manage.

👉 *It's a cycle.*

These treatments are designed to break that cycle — softening, smoothing and reshaping the hair so it actually works with you.

KERATIN SMOOTHING TREATMENT

Frizz gone. Life easier.

Keratin smoothing works by softening and refining the hair's surface, reducing frizz and making your day-to-day styling so much easier, while still keeping natural movement and body.

It's perfect if you want smoother, more manageable hair without losing that lived-in feel — just less effort, better results, every time you style it.

VIBE: Your hair... but easier to deal with

LONGEVITY: 4–6 months

TIME: Approx. 4 hours

INVESTMENT: From \$365

NANOPLASTY

Smooth, controlled, low-maintenance hair

If you're ready to stop fighting your hair completely, nanoplasty is your upgrade.

Using advanced smoothing technology, this treatment works deeper within the hair to soften, restructure and create a sleeker, more polished finish — tailored to how smooth you actually want to go.

VIBE: Wake up and it just... behaves

LONGEVITY: 9–12 months

TIME Approx. 3.5 hours

INVESTMENT: From \$397

THE RUMOURS SPA EDIT.

Your permission slip to switch off

We created the Spa Edit as your space to slow down. Away from the salon floor, this is where you come to relax — knowing your hair and scalp are still being looked after by the people who know it best.

It's not just about good hair.

It's about taking a moment for yourself, while we reset, rebalance and properly care for your scalp and hair from the root up.

Because when your scalp is healthy, everything else works better — your colour lasts longer, your hair feels softer, and your whole result just hits differently.

You don't have to choose between self-care and good hair — this is both

WHAT MAKES IT DIFFERENT

private upstairs space
waterfall head spa experience
steam + targeted treatments
longer, more intentional service
performed by the team that actually knows your hair

THE SPA EDIT EXPERIENCE

90 minutes of proper care

Your Spa Edit is a 90-minute, fully guided experience designed to care for your scalp, your hair and you.

From the moment you arrive upstairs, everything is tailored to you — your needs, your mood, your moment.

WHAT'S INCLUDED

a full scalp and hair consultation
deep cleansing + targeted treatments
extended massage + steam
signature waterfall head spa experience
finished with a professional blow-dry

MAKE IT YOURS

choose your music or enjoy the quiet
set your vibe — relax, switch off, or just be
take a moment without distraction
no small talk required

GOOD TO KNOW

suitable for all hair types
coloured, natural, extensions — we've got you
designed for clients who already care about their hair and want to take it further

VIBE: You don't have to choose between self-care and good hair — this is both

TIME: 90 minutes

INVESTMENT: From \$149

COLOUR GAME, STRONG.

Why just colour your hair when you can protect it too?

These treatments are built directly into your colour service

— working while your colour processes to protect, strengthen and repair your hair in real time.

- ☛ Smarter colour
- ☛ Stronger hair
- ☛ Better results

STRUCTURE COMPLEX TREATMENT

Protect it while you perfect it

Colouring your hair can weaken the internal bonds that keep it strong, smooth and healthy — this is where Structure steps in.

Hair is held together by internal bonds that give it strength and elasticity. When you colour, those bonds break. This treatment helps protect and reinforce them while your colour develops.

Why you need it:

- protects the hair during colouring (not after the damage is done)
- helps prevent breakage + weakness
- keeps hair stronger, smoother + more resilient
- supports long-term hair goals (longer, healthier hair)
- massage and hot towel included

VIBE: *This is how you colour your hair AND keep it healthy*

TIME: Instant

INVESTMENT: \$47

K-REVIVE

Australia's Leading and newest technology currently on the market

Powered by advanced peptide technology, K-Revive works deeper than traditional treatments — targeting the inner structure of the hair to rebuild strength from within.

Peptides and bond-repair systems help reconnect and reinforce the hair's internal structure, improving strength, elasticity and overall condition. Think skincare, but for your hair

Why it hits different:

- penetrates deeper into the hair fibre (not just surface level)
- rebuilds strength from the inside out
- improves elasticity + reduces breakage
- leaves hair stronger, smoother + visibly healthier

VIBE: *Be forgiven for everything you've put your hair through*

TIME: Instant + leave-in

INVESTMENT: \$79

IT'S GIVING SHINE.

Nothing screams main character energy like glossy hair
Your hair might be healthy... but is it shiny?

Over time, colour work, heat styling and everyday wear can leave the hair
looking dull, flat and a little lifeless.

This treatment is designed to smooth the cuticle, enhance your existing
colour and bring back that reflective, light-catching shine your hair's
been missing.

Not more colour — just better hair

WHY IT MATTERS

- adds high-gloss shine + reflection
- makes your colour look fresher + more expensive
- gives that "just had it done" finish

VIBE: Shine is what makes good hair look great

TIME: 30 minutes

INVESTMENT: \$107

EVERYBODY DESERVES A CLEAN SLATE.

Your scalp's reset button

Your scalp is one of the most overlooked parts of your hair routine — but it's where everything starts.

Over time, product, oil, dry shampoo and extension wear build up at the root and regular shampoo can't always fix that.

This treatment is designed to properly cleanse, reset and rebalance your scalp so your hair can actually perform the way it's meant to.

☛ *We take care of your hair... this is how we take care of your scalp*

WHY IT MATTERS

- removes buildup, oil + residue properly
- deeply cleans around extension rows
- helps your blow-dries last longer
- creates the foundation for healthier hair

VIBE Good hair starts at the scalp — always

EXTENSION GIRLS — THIS ONE'S FOR YOU

If you wear extensions, this isn't optional.

Buildup around your rows can:

- cause irritation + heaviness
- affect how your extensions sit
- stop your hair from feeling clean, even after washing

VIBE: Good hair starts at the scalp — always

TIME: 15 minutes

INVESTMENT: \$53

TREATMENT DROPS.

Small, but they do the most

These targeted treatment drops are designed to deliver an instant boost of hydration or repair exactly where your hair needs it.

Infused with amino acids, nourishing lipids and skin-loving ingredients, they work deep within the hair to improve strength, softness and overall condition — all in just a few minutes.

Quick, effective, and actually makes a difference

QUENCH

For thirsty hair

Adds instant hydration, softness and shine — bringing dry, dull hair back to life and making it easier to manage.

FORTIFY

For damaged, overworked hair

Strengthens and reinforces the hair from within — helping to reduce breakage and restore overall condition.

PERFECT FOR YOU IF;

your hair feels dry, dull or brittle
your ends are breaking or weak
you're colouring or lightening regularly
you want a quick boost without adding time

GOOD TO KNOW

applied at the basin in minutes
no extra time added to your service
can be doubled up for hydration + repair
hot towel and massage included

VIBE: Small add-on. Big difference.

TIME: Instant

INVESTMENT: \$40

WANT US TO
LEAD THE WAY?

Chat to us now!

