

SPA INFORMATION

Our Mission

Our mission at Body, Health and Mind Spa and Salon is to provide the best customer experience, through professional team members, education, exceptional products and services. It is our deepest desire upon your departure from Body, Health and Mind that we have been able to relax your body, promote your health, and ease your mind through a range of our outstanding services.

Gift Certificates

A Spa Gift Certificate provides the ideal pampering gift for any special occasion. Gift Certificates can be purchased for a service or a dollar amount, tips may be included. Our Gift Certificates are available in spa, by phone and online at bodyhealthandmind.com. Gift Certificates do not expire, however there is a suggested five-year expiration date printed. If you come to that time without using the certificate, please give us a call to extend. Gift Certificates may not be redeemed for cash and are non-refundable. Gift Certificates can be used for the service purchased or the dollar amount available for other services as well as products. Gift Certificates may be transferred. Gift Certificates must be presented at time of service.

Arrival

We ask that you arrive at least 15 minutes prior to your first service appointment to allow time for check-in. Upon your arrival, you will be asked to fill out a confidential health history form, which will allow our service providers to adjust your treatments accordingly. Late arrivals may be subject to shortened service time or cancellation.

Cancellation Policy

Because salon and spa services are reserved especially for you, we ask that you notify us 24 hours in advance to change or cancel appointments. Our reception team may call, text or email you prior to your appointment for confirmation. Should you not cancel 12 hours in advance or if you fail to show for your appointment your credit card or gift certificate will be charged for 50% of your day's total services. Cancellations may be made by telephone or email, including after hour notifications.

Consultation

Prior to each service your service provider will work with you through an in-depth consultation. At this time, they will assess your hair, skin, nails and body needs to determine the best possible treatments and products to use during your salon and spa experience. They will make product recommendations to help you maintain your look and feel.

Reservations

We highly recommend making reservations in advance, however, feel free to call on short notice, as we may have an opening or cancellation. You may book online at bodyhealthandmind.com as well. A credit card will be necessary to hold your reservation.

Lunch

Our lunches are catered especially for you. Upon your arrival, you will be given a menu to select your lunch preference. Lunches can include salad, sandwich, vegetarian and vegan options along with sides, chips, cookie and drink. A Spa Lunch may be added to any extended spa visit for \$15 per person.

Parking

We have two parking lots behind our building for your convenience. If you require special assistance please call ahead, we will be happy to accommodate your needs.

Considerations

To ensure the ultimate experience for yourself and other guests, please refrain from bringing children. Cell phones and other electronic devices need to be silenced while in the spa, and please no telephone conversations inside. A quiet environment is necessary in providing a true spa experience for our guest. Any form of smoking or vaping is not permitted on spa property.

Payments

We accept cash, checks, Visa, Mastercard, Discover, American Express and our Gift Certificates. Payment is due in full at time of service. We do honor some third-party gift certificates including Spa Finder, Spa Wellness, and Yelp. A credit card or gift card will be required when scheduling your salon and spa services. Gratuities are at your discretion and are graciously accepted by our talented team of professionals.

Returns

We offer 100% satisfaction guarantee on all our products. If you decide that a product is not right for you, you may return the un-used portion within 10 days of original purchase to exchange for another product. No cash or credit card refunds, exchanges only.

*All treatments and service prices are subject to change.

AVEDA
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES



BODY HEALTH + MIND

SPA & SALON



MASSAGE TREATMENTS

Aveda Aroma Massage

Stress, muscle tension, and lack of energy can all be addressed with a customized massage treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques, which can include Swedish/relaxation, deep tissue, foot reflexology, acupressure, chakra techniques, subtle energy work, expectant mother, or heat therapy – the possibilities are limitless. Massage treatments are recommended on a weekly, monthly, or quarterly basis to achieve and maintain optimal results. Please specify your massage preference when reserving your appointment.

90 Minute Massage / \$120+

Customized full-body massage and additional intensive work on 1-2 areas of focus

60 Minute Massage / \$80+

Customized full-body or customized massage with intensive work on 1-2 areas of focus

30 Minute Massage / \$55+

Customized massage with intensive work on one area of focus

Seated Chair Massage / 10 minutes / \$20

Sinus Treatment 30 minutes/\$55+

The Sinus Treatment is designed to relieve sinus pressure and pain. This treatment includes a head, face, neck, pressure point, and lymphatic drainage massage and uses specific techniques to relieve nasal congestion along with aromatherapy steam inhalation.

Couples massage

This is a great choice for couples, friends, or relatives, and a wonderful way to introduce someone to massage. Two therapists perform Aveda Aroma Massage in the comfort of our room designed for two. This is a wonderful gift for anniversaries, birthdays and other special occasions.

30 minutes \$110

60 minutes \$160

90 minutes \$240

A 50% deposit is required to reserve an appointment for couple's massage and will be forfeited if the appointment is canceled with less than 12-hour notice.

BODY TREATMENTS

Smoother, softer skin texture, body detoxification, and hydrated skin can all be achieved with a customized body treatment where you determine the focus. After a thorough consultation, your spa body therapist will provide you with the best combination of products and personalized Aveda aromas while performing the techniques needed to achieve your chosen focus.

Aveda Aroma Body Wrap 75 minutes/\$115

The Aveda Aroma Body Wrap is a warming, detoxifying seaweed body wrap treatment customized with Aveda body care products and aromas. This treatment includes a dry exfoliation, seaweed body masque, scalp and face massage, and foot reflexology treatment.

NAILS

The care and expertise of our superior nail therapist will leave your hands and feet feeling rejuvenated and beautiful. We use **OPI** nail lacquer, an American based company. All OPI nail lacquers are DBP (dibutyl phthalate), formaldehyde and toluene free. For extended wear, we offer **OPI GEL**, a long-wearing high shine gel polish with a 14-day wear guarantee.

Open-toed sandals are recommended for pedicure services. Please do not shave within 24 hours of your pedicure to avoid irritation.

SPA NAILS

Spa Manicure / \$38

Luxurious, customized manicure treatment. Includes polish removal, trim, shaping of the nail, & cuticle work. This manicure also includes a stress-relieving massage for the hands and forearms with intense hydration, hot towel treatment, warm neck wrap, and re-polish or buff and shine. Choose from the Aveda Shampure™, Rosemary Mint, Stress-Fix™, and Beautifying collections to personalize your experience.

Spa Pedicure / \$55

Luxurious, customized pedicure treatment. Includes a foot bath in the pedicure chair with polish removal, trim, shaping of the nail, & cuticle work. This pedicure also includes callous work, a scrub and stress-relieving massage with intense hydration for the feet and lower legs, foot exfoliation, hot towel treatment, and re-polish. Choose from the Aveda Shampure™, Rosemary Mint, Stress-Fix™, and Beautifying collections to personalize your experience.

ESSENTIAL NAILS

Essential Manicure / \$28

These abbreviated treatments provide basic nail care and include polish removal, trim, shaping, cuticle work, and re-polish or buff and shine.

Essential Pedicure / \$38

These abbreviated treatments provide basic nail care and include polish removal, trim, shaping, cuticle work, and re-polish. The essential pedicure includes a foot bath in the pedicure chair.

ENHANCEMENTS & UPGRADES

OPI GEL Polish with nail service	\$15 Additional Charge
French Polish	\$ 5 Additional Charge
Artistic Nail Design	\$2 Per Nail
Polish Change for hands or feet	\$15
Clip & File for hands or feet	\$15
Paraffin for Hands or Feet	\$15
Therapeutic Foot Massage	\$15

HAIR

Haircuts & Styling

Women's Cut & Style **\$40+**

Men's Cut & Finish **\$25+**

Children's Cut & Finish (10 & younger) **\$20**

Shampoo, Blowdry & Style **\$35+**

Special Occasion Styling

• Short Hair **\$35+**

• Long Hair **\$55+**

Treatments*

Botanical Hair Therapy Conditioning Treatment

\$20 upgrade

\$55 w/shampoo, blowdry & style

Botanical Scalp Therapy Treatment

\$25 upgrade

\$60 w/ shampoo, blowdry & style

**Cannot be done the same day as a color service.*

HAIR COLOR

Experience a subtle change or a complete transformation. Your stylist will work with you to develop a customized color plan and formulate the perfect color just for you. All color services include our signature consultation, complimentary hand massage, and a natural texture blow dry. We proudly use Aveda color and professional products.

Each color service includes a natural texture blow dry to see the results of the color service. If you would like a Professional Style out after your color service, please request this when you reserve your appointment. An additional charge of \$25 will be added for a Professional Style out. If you would like re-shaping, cut or trim, please book the additional Hair Cut & Style. All color pricing varies depending on the length and thickness of your hair. Some color services will require a consultation and/or a deposit fee which will be forfeited if the appointment is canceled with less than a 12-hour notice.

Consultation	Complimentary
First Time Color	\$75+
Color Retouch or Color Balance	\$65+
Face Framing Highlights	\$60+
Glossing Treatment	\$60+
Glossing Treatment add-on	\$30+
Partial Highlights	\$90+
Full Highlights	\$120+

Highlights, lowlights, or a combination of the two are applied from the crown of the head forward to the front hair-line adding beautiful, dimensional color to the top and front body of the hair.

Corrective Color	Priced Upon Consultation
Specialty Techniques	Priced Upon Consultation

Balayage, Ombré, Hand-painting, Color Melting, & Avant-garde colors are all highly customized techniques. These services create color as unique and individual as you are.

Texture Services

Relaxer, Permanent Waves, Aveda Smooth Infusion Straightening services **priced upon consultation.**

Choose from the Aveda Shampure™, Rosemary Mint, Stress-Fix™, and Beautifying collections to personalize your experience.

Rosemary Mint Awakening Wrap / 45 minutes / \$75

The Rosemary Mint Awakening Wrap is a stimulating and nurturing dry body wrap that smooths and softens the skin and renews the body and mind. Essences of rosemary and peppermint awaken the senses while a scalp and foot massage balances the body.

Aveda Back Treatment / 45 minutes / \$75

The Aveda Back Treatment is designed to bring purity and balance to the skin on the back. This treatment focuses on cleansing, exfoliation, back massage and masque therapy, and is perfect for skin challenges on the back, seasonal skin changes, or a special occasion.

Salt Glow / 45 minutes / \$75

The Salt Glow Treatment is a skin-refining body treatment using Aveda Aqua Therapy Sea Salts enhanced with a personalized Aveda aroma and resulting in soft, smooth, polished skin. This treatment keeps skin conditioned and glowing year round.

SPA SERIES

Purchase five sessions of any spa service and receive a complimentary service. The series must be of the same service, is not shareable or transferable, and no other discounts may be applied.

SPA PACKAGES

Stress-Fix™ Signature Spa Treatment

- 60 min Stress-Fix™ Aveda Aroma Massage
- Tulasara™ 60 minute Facial Treatment
- Stress-Fix™ Spa Pedicure
- Stress-Fix™ Spa Manicure & Gel upgrade
- Shampoo, Blowdry & Style
- Lunch.

Estimated time 6 hours **\$310**

About Face

- 60 min customized Tulasara™ Facial
- Perfecting Plant Peel
- Botanical Eye Treatment
- Keratin Lash Lift and Tint
- Professional Brow Design

Estimated time 2.5 hours **\$225**

Awakening

- 30 Minute Aveda Aroma Massage
 - Rosemary Mint Awakening Wrap
 - Rosemary Mint Spa Pedicure
 - Shampoo, Blowdry & Style
- Estimated 3.5 hours **\$220**

It Takes Two

A Side by Side Treatment for Two includes:

- 60 min Aveda Aroma Massage
- Hot Stones
- Aveda Back Treatment

Estimated 2 hours **\$310**

Spa Escape

- 30 min Aveda Aroma Massage
- 30 min Customized Tulasara™ Facial
- Essential Pedicure

Estimated 2.5 hours **\$155**

FACIAL TREATMENTS

Tulasāra™ Facial Treatments

Dry, oily, aging, uneven, sensitive, and acneic skin conditions and eye concerns can all be addressed with a customized facial treatment. After a thorough consultation, your skin therapist will provide the best combination of products, personalized Aveda aromas and techniques, and design a customized treatment that will move your skin toward balance and reveal its natural beauty. 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.

90 minutes / \$130

Customized facial with 30 minutes of intensive work on one area of focus or additional work on a second focus

60 minutes / \$75

Customized facial with 20 minutes of intensive work on one area of focus

30 minutes / \$65

Customized facial with work on one area of focus; most effective in a treatment series

AVEDA'S PLANT - POWERED ALTERNATIVES TO MICRODERMABRASION AND CHEMICAL PEELS

Dual Exfoliation Treatment & Peel

The Dual Exfoliation Treatment & Peel is Aveda's latest advancement in non-invasive, skin-renewing treatments. Using innovative techniques, this treatment combines Aveda's naturally-derived* mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliation. This treatment delivers immediate, visible results in improved skin texture and radiance; smoothed appearance of fine, dry lines; and refined pores, revealing fresher, younger-looking skin. In a clinical study, the Dual Exfoliation Treatment & Peel achieved better results than a combined microdermabrasion/30% glycolic peel treatment in both immediate smoothness and radiance, plus significantly better results in smoothness, radiance, and the appearance of skin tone one week later.

75 minutes / \$135

Series of four treatments (recommended) / \$475

Botanical Skin Resurfacing Treatment

Go beyond microdermabrasion, and energize the look of your skin with a professional facial treatment that helps smooth skin texture and reduce the appearance of lines, wrinkles, and pore size while significantly increasing radiance – all with less visible redness and irritation than a microdermabrasion procedure.

60 minutes / \$95

Series of four treatments (recommended) / \$335

Botanical Eye Treatment

Our Botanical Kinetics Energizing Eye Treatment energizes, hydrates, and moisturizes the eye area using pressure points therapy. This service addresses dark circles and puffiness with organic licorice root extract, plant-derived caffeine and organic cupuaçu butter.

15 minutes add-on / \$20

Perfecting Plant Peel™

Advancing the science of chemical peels, this professional facial treatment helps retexture skin; smooth fine, dry lines; refine the look of pores; and restore radiance. Safe for acneic skin conditions, the Perfecting Plant Peel™ can be performed as a standalone treatment or added to any other facial treatment any time skin needs the exfoliation and radiance benefits of a 30% glycolic peel procedure with less of the associated redness and irritation.

15 minutes add-on / \$35

30 minutes standalone / \$50

Series of four treatments (recommended) / \$175

*From plants, non-petroleum minerals, or water. Learn more at aveda.com.

WAXING

Aveda waxing treatments ensure that the skin is properly cared for both before and after hair removal. Our waxing therapists will consult with you to determine the skin and body care products to cleanse, exfoliate and hydrate your skin, providing the best results with the highest level of comfort. Please allow 4-6 weeks of outgrowth prior to waxing services and notify us of any prescription medication or skin care treatments you are using.

Facial Hair Removal

Brow Design \$18

Chin \$15

Full Facial Waxing \$45

Nostril or Ear \$15

Upper or Lower Lip \$15

Body Hair Removal

Abdomen Wax \$15

Arm wax Half \$35 Full \$45

Back or Chest Wax \$55+

Bikini Wax \$40

Brazilian Wax \$80

Brazilian Maintenance \$65

Foot or Hand Wax \$12

Full Leg Wax & Bikini \$100

Leg Wax Half \$50

Leg Wax Full \$80

Manzilian Wax \$95

Underarm Wax \$25

EYE ENHANCEMENTS

Lash Tint \$25

Brow Tint \$25

Keratin Lash Lift \$60 with Tint \$80

LASH EXTENSIONS

Luscious Lashes (full set)

This full set will turn you into a fabulous Lashionista. Our Lashologist will do a thorough consultation with you before enhancing each eye with 70-100 lashes; this will add length, thickness and fullness to your existing lashes.

\$275 (2 hours) fill in less than 3 weeks \$90 (1 hour)

Eye Flirtation (mini set)

This mini set is all you need to add a noticeable boost to your natural lash. Our Lashologist will do a thorough consultation with you before enhancing each eye with 30-40 lashes adding volume and length.

\$145 (1.5 hours) - fill in less than 3 weeks \$50 (45 mins)

Professional Lash Removal \$25 (15 min service)

* Fill-ins require no less than 50% of your full set remaining and are recommended every 2-3 weeks.

* All eyelashes consultations are \$25 and will be applied to the service chosen.