

# All Services are preformed by Licensed Professionals

## Massage

**Gold Canyon Massage** (light to firm touch) 30min/\$45, 60min/\$80, 90min/\$130, 2hrs/\$170

This Swedish massage is a gentle and relaxing full body massage that promotes circulation, relaxation and reduces muscle tension. Our therapist adapt their techniques to fit your needs.

**Deep Tissue** 60min/\$100, 90min/\$150

Both a therapeutic and firm massage that focuses on specific areas to relieve tension and restore flexibility. Using various strokes and deep pressure, specific muscle tension is released and flexibility is restored.

**The Eagle** (passive stretching) 30min/\$50, 60min/\$90, 90min/\$135

Especially created for our golfers & other sports enthusiasts. Slow, lengthening movements release muscle tension & will aid in increasing your range of motion.

**Superstition Hot Stone Therapy** (firm touch) 60min/\$100, 90min/\$145

Native American cultures have used hot stones to bring the elements of Mother Nature to relief tense muscles, stressed emotions and a weary spirit. As you are massaged with heated smooth lava stones you will experience deep relaxation as your muscles release tension

**Expectant Mother** 60min/\$80, 90min/\$120

This massage therapy is specifically tailored for the expectant mother's needs. It focuses on your individual needs at this special time when your body needs extra care and nurturing.

**Side By Side** (light to firm touch; upgradable for additional cost) 60min/\$200

Experience a massage together in our whimsical rock room

**Chakra Balancing** 75min/\$115

This massage experience promotes balance with chakra energy system by utilizing deep tissue massage, foot reflexology, energy work and guided meditation. Aveda's Chakra Balancing blends will enhance your senses and insight.

**Thai** (table/floor) 60min/\$95

Thai method uses point pressure, muscle stretching and compression, done in a rhythmic movement of gentle rocking. The Therapist not only uses their hands but incorporates their feet, forearms, knees and elbows as well. Working with deep muscle tension and joint mobility as well as nerve, muscle and ligament balancing. Is not a painful massage but can be intense. (client should wear comfortable loose clothing that allows for movement. No oils or lotions are applied) Not recommended for high blood pressure, blood thinners patients, recent surgery, pregnancy or cancer patients

*Next three Modalities can be preformed on serious health concerns or terminal illnesses which can help relax the mind and body during these tough times*

**Reflexology** (fully clothed modality) 30min/\$50

An ancient Chinese modality using pressure point massage, this foot and/or hand therapy restores the flow of energy to the entire body and promotes a sense of well-being.

**Shiatsu** (loose fitting comfortable clothing is recommended) 60min/\$105

A traditional Japanese massage technique designed to balance the body's energy flow and eliminate energy blockages by applying acupressure to body meridians. Good for stress reduction, wellness and balance.

## Body Treatments (Aveda product line)

**Aqua Body Polish** 30min/\$50 (can be preformed as is or add-onto a massage)

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea Salts along with skin conditioning oils. Leaving skin feeling soft and smooth. (Does not include a massage)

**Rosemary Mint Awakening Body Wrap** 60min/\$110 Couples 60min/\$230

Renew body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. Your body is dry brush exfoliated, smoothed, softened and wrapped. During your wrap enjoy a scalp and foot massage to balance the whole body.

**Caribbean Therapy Body Treatment** 90min/\$160

This island inspired ritual promotes the aromas of the Caribbean to create inner calmness and rejuvenation. Begin with dry brush exfoliation, followed by a warm, seaweed body masque and wrap; to smooth and detoxify the body and mind.

## Skincare (Aveda product line)

**Elemental Nature Pure Focus** 30min/\$55

Discover your skin's potential as we spend 30 minutes focusing on corrective techniques. Choose from skin exfoliation, face and neck massage or masque treatment.

**Elemental Nature Facial** 60min/\$85

This customized facial is to restore balance to your skin's specific needs, as revealed by Aveda's signature Elemental Nature Questionnaire. Your esthetician will consult with you to design a facial treatment that includes personalized products and essential oil aromas. A truly beautiful facial.

**Enbrightenment Discoloration Treatment** 60min/\$90

Traditional reflexology massage techniques combine with 100% naturally derived Brightening Blend to help diminish the appearance of dark spots and improve skin's visible clarity.

**Green Science Skin Renewing Treatment** 60min/\$95 (add \$15 for plant peel)

This unique, rejuvenating manipulations enhance the high-tech plant technology of Green Science, clinically proven to lift and firm the skin while reducing the appearance of fine line and wrinkles. The treatment is customized to target areas prone to show premature signs of aging, such as eye area, lips, neck and décolleté and hands.

**OuterPeace Acne Facial** 60min/\$95

This botanical approach to treating skin breakouts to clear your skin without over drying and irritating effects. With our professional touch to correct as well as prevent future blemishes by extracting, exfoliating and reducing redness. Your skin's appearance will look beautiful.

**Botanical Skin Resurfacing Facial** 60min/\$110

Aveda's botanical alternative to salon micro-dermabrasion. This resurfacing facial reveals a truly radiant complexion and smoother skin without the irritation or redness. Better than the harmful inhaling of crystals from salon's mechanical system.

**Aveda -Back Facial** 60min/\$100

For the hard to reach and problem area on the back. This facial will aid the process of clarifying and rejuvenating of the skin. Skin will look great and feel refreshed.

## Skincare Extras

Soothing Eye Treatment.....\$20

Lip Treatment.....\$20

## Waxing Services

Brow...\$20 Ears...\$10 Lip...\$10 Nose...\$10 Chin...\$10 Checks ...\$15

Face (Brow, Check, Chin & Lip)...\$45

Arms (forearms)...\$30 Underarm ...\$25 Chest ...\$50 Full Back ...\$60

Lower Leg ...\$35 Upper Leg ...\$45 Full Leg ...\$70

Bikini Line ...\$30\*\*

\*\*client should wear old underwear or bathing suit; otherwise a disposable underwear (supplied) during hair removal process; also bikini line defined as no more than one inch from where underwear line sits will be removed

Brazilian (client should exfoliate and trim if necessary prior to scheduled appointment)...\$65+

## Nails Services

### Hand Treatments:

*While our professional nail technicians perform little miracles on your hands gaze out our picture window at Gold Canyon's natural beauty.*

**Paraffin Dip** \$15

Can be added to any service. This warm nurturing wax treatment is great for arthritic hands and/or feet. Warm oils penetrate deep into the skin.

**Gold Canyon Manicure** 30min/\$25

Includes; cut/trim, filing, shaping, buffing of nails. Soaking in warm water with cuticle softener to help soften dry cracked cuticles. Cuticle removal or just pushing back the over growth of the cuticle to encourage healthy nail beds. A gentle massage of hands and forearm with Aveda's hand treatment lotion. Leaving your hands feeling soft and smooth. Choose from our selection of OPI polishes to complete your hand beautification. (French applied for additional charge of \$5)

**Paraffin Manicure** 45min/\$35

After basic manicure is performed; hands are dipped in warm paraffin wax with the warm oils penetrate deep into the skin, nourishing and softening the hands. French polish additional charge of \$5 (Excellent treatment for clients with dry arthritic hands)

**Stress Fix Manicure** 60min/\$45

For the client looking for something more than just a manicure but will aid in relieving stress. This manicure is what you've been looking for. Aroma of Lavender, Lavandin, Clary Sage, Vetiver and Frankincense will clear the stress away. By incorporating a manicure and add Aveda's Stress Fix Scrub to exfoliate and soften the skin followed by a warm soothing towel wrap. A light massage to the hands and forearm. This beautifying hand treatment is followed by with your choice of color from our OPI polish selections. French polish additional charge

**Gentleman's Manicure** 20min/\$18

This manicure for the guy in mind; soak, cut/trim nails, push back cuticles (removal), lotion massage of hands and forearms. Buff nails to a high shine. (No polish applied)

**Child's Manicure** 20min/\$15

Trim, file, lotion massage hands and forearms. Choice of polish (no soaking). Ages 4-12

**No Frills Manicure** 15min/\$15

Includes: cut/trim/file/shape of the nails and buff to high shine. (no soak, cuticle removal or polish application)

### Foot Treatments:

*Sit back and relax in our reclining, massaging spa foot baths*

**Gold Canyon Pedicure** 45min/\$40

Begin with a foot soak in our spa foot baths; nails are cut/trimmed, filed, shaped. Bottom of the feet are foot filed and Aveda's Caribbean scrub is applied, you will relax during the moisturizing foot and lower leg massage followed by the application of your favorite nail color selection. (French polish additional charge of \$5)

**Paraffin Pedicure** 60min/\$50

This is similar to the Gold Canyon pedicure but after foot and lower leg is massaged, your feet will be dipped in warm paraffin wax and wrapped in a bootie to allow the warm oils to penetrate deep into those dry and tired feet. You will relax in the massaging pedicure chair while the paraffin works its magic. Paraffin is removed after 10-15 minutes. Application of your favorite OPI color tops off the treatment. (French polish additional charge)

**Stress Fix Pedicure** 75min/\$65

Ahhhh melt away the stress with this aromatic stress relieving pedicure. Aveda's perfect blend of Lavender, Lavandin, Clary Sage, Vetiver and Frankincense will wash the stress away. Using Aveda's Stress Fix Scrub to exfoliate and soften the skin followed a light massage to moisturizing the feet. A cool soothing towel wrap is applied to the feet and a light leg massage is performed. This beautifying foot treatment is completed by with your choice of color from our OPI polish selections. (French polish additional charge)

**Gentlemen's Pedicure** 30min/\$38

For the man in mind; soak, cut/trim, shape/file of nails, foot file and application of scrub, lotion application to help moisturize the feet. Buff nails to a high shine. (no polish application)

**No Frill Feet** 20min/\$20

Includes cut/trim, shape/file of nails and buff to high shine. (no soak, scrub, cuticle removal or lotion application)

**Express Pedicure** 30min/\$30

Soak your feet in our spa foot baths; nails are cut/trimmed, filed, shaped. Bottom of the feet filed and lotion is applied. Application of your favorite OPI color selection. (no scrub included)

**Acrylic Nails or Gel Nails:**

Full Set ...90min/\$60

Pink & White Sculptured ....2 hour/\$65

Fills ...60min/\$30 (without repairs)

Back Fills (requires fill to be performed on white area and at the cuticle area)....60min/\$40

Repairs .....\$8/nail

**Polish Change** 15min/\$10 or \$15 for French (removal and re-application of polish choice)

**Nail Art** \$10+

## Hair Services (full service) Aveda product line

**Women's Cut & Style**.....\$50+

**Women's Cut Only** .....\$40+

**Men's Buzz Cut**.....\$20

**Men's Cut & Style**.....\$30

**Child's Cut & Style**.....\$20 (age 10 years old and under)

**Shampoo & Style**...30min/\$30

**Shampoo & Deep Condition** (does not include blow out or style).....\$20

**Customized Color**.....\$65+

**Highlights**.....\$70+

**Flat Iron**.....\$40

**Wave/Perm/Relaxer**.....\$60+

**Special Occasion Style** \*(no putting of the hair up).....\$45+

**Special Occasion Up-do**.....\$65+

Wedding Consultations —Free (discussion of hair types 20min)

**Wedding Trial Up-do** .....2-3hr session/\$105 (Price quote for Day of Wedding discussed during trial)

**Wedding Day w/out Trial** .....\$95

\* Reminder if receiving an up-do please wear a button down shirt

## Tinting Services :

Lashes.....\$30

Brows.....\$30

## Makeup Services

**Makeup Lesson with Application** ....45min/\$45

**Wedding Day Trial** .....\$25

**Wedding Day Application** \*.....\$25 (with trial) .....\$45 (without trial)

**Special Event Application** \*.....\$30 (Homecoming, Prom, etc.)

**Lash Application**.....\$12 (client provides) .....\$20 (salon provides)

\*Reminder if receiving make application please wear button down shirt

*-Prices are subjected to change please call a day ahead to check pricing-*