



| Hair Cutting                            | Senior Stylist  | Salon Director   | <u>Specialty Color</u>                     | Senior Stylist                                 | Salon Director |  |
|---|-----------------|------------------|--|--|----------------|--|
| Women's Cut                             | \$53+           | \$68+            | Specialty Blonde                           | Consult for pricing                            |                |  |
| Men's Cut                               | \$32+           | \$37+            | Color Correction                           | Consult for pricing                            |                |  |
| Kids Cut (up to age 12)                 | \$32+           | \$37+            |  |  |                |  |
|   |                 |                  |  |  |                |  |
|   |                 |                  | Add on to Color                            |  |                |  |
| Styling                                 |                 |                  | B <sub>3</sub> Add in                      | \$15+  | \$15+          |  |
| Blowout- Long                           | \$42+           | \$42+            | Toner                                      | \$33+  | \$33+          |  |
| Blowout- Med                            | \$37+           | \$37+            | Eyebrow Tinting                            | \$15+  | \$15+          |  |
| Blowout Short                           | \$32+           | \$32+            |  |  |                |  |
| Curling/Straightening                   | \$32+           | \$32+            | Brazilian Blowout                          |  |                |  |
| Updos                                   | \$70+           | N/A              | Full BBO w/After Care (1st Treatment Only) | \$375+   | \$375+         |  |
| Add on to Styling                       |                 |                  | Full BBO                                   | \$325+   | \$325+         |  |
| Add on to Styling Curling/Straightening | \$18+           | \$18+            | Nape BBO                                   | \$125+   | \$125+         |  |
| Hair Treatments                         | ·               | ·                | Hairline                                   | \$100+   | \$100+         |  |
| naii freatifierits                      | \$15+           | \$15+            |  |  |                |  |
| Hair Color                              | Senior Stylist  | Salon Director   |  |  |                |  |
| Touch Up                                | \$63+           | \$68+            | Waxing                                     |  |                |  |
| Touch Up with Partial                   | \$03+<br>\$147+ | \$163+           | Brow                                       | \$22+  | \$22+          |  |
| Touch Up with Full                      | \$179+          | \$103+<br>\$194+ | Lip  | \$15+  | \$15+          |  |
| Mini Highlight                          | , 5             | \$194°<br>\$63+  | Chin                                       | \$15+  | \$15+          |  |
| Partial Highlight                       | \$53+<br>\$84+  | _                | Any 2                                      | \$26+  | \$26+          |  |
| Full Highlight                          | \$04±<br>\$120+ | \$95+            | All 3                                      | \$40+  | \$40+          |  |
| r on riiginigitt                        | \$120+          | \$140+           |  |  |                |  |
| All Over Color                          |                 |                  |  |  |                |  |
| Long                                    | \$90+           | \$100+           |  |  |                |  |
| Med                                     | \$90+<br>\$85+  |                  |  |  |                |  |
| Short                                   | \$80+           | \$95+<br>\$85+   |  |  |                |  |
| 511011                                  | ΨOO 1           | <b>→</b> ○⊃ '    | We offer Complimenta                       | We offer Complimentary 15 minute Consultations |                |  |
|   |                 |                  | JJ 1                                       | - JJ   |                |  |

| Massage Therapy     | Director                         | Package Deals:   | Director                                |  |
|---------------------|----------------------------------|--|---|--|
| 45 minute           | \$75                             | 3 X 45 minute  | \$215                                   |  |
| 6o minute           | \$95                             | 3 X 6o minute  | \$265                                   |  |
| 90 minutes          | \$130                            | 3 X 90 minutes   | \$360                                   |  |
| 75 minute Hot Stone | \$130                            |  | – excludes Hot Stone and Chair Massage. |  |
| 15 minutes Chair    | \$30                             |  |   |  |
| 30 minutes Chair    | \$60                             |  |   |  |
|                     |                                  |  |   |  |
| Add ons             | \$10                             | Every Massage therapy treatment is individually based on the |   |  |
|                     | Aromatherapy, Muscle Relief, CBD | client's needs, health, mobility and comfort level.          |   |  |

## We incorporate the following modalities:

- Holistic/Swedish Massage: Perfect to de-stress and unwind. This massage is performed with light to medium pressure soothing your body and mind, transporting you to a tranquil state of relaxation.
- Deep Tissue Massage: Alleviates tension and tightness caused by overworked muscles. By focusing on specific problem areas, the muscles are warmed up and then deep pressure is applied during the treatment. This method breaks up muscle fibers by repairing and restoring muscular movement.
- Sports/Therapeutic Massage: Combines the techniques of Deep Tissue Massage with stretching and compression to improve athletic performance and reduce the risk of injury. This massage reduces muscle pain and joint soreness, promotes increased flexibility and speeds up recovery time from injuries or overworked muscles (Do not book if you have a fresh injury, please refer to your doctor first).
- Trigger Point Therapy: Involves applying pressure to tender muscle tissues referred to as "trigger points" (also described as knots, lumps, muscles fibers which are causing pain) to relieve tension on those areas and areas nearby. This technique is commonly added to Deep Tissue or Sports Massage Treatments.
- Pregnancy Massage: Specifically tailored for the expectant mother's needs and is applied during the 2nd and 3rd trimesters ONLY. Massage during pregnancy is done lying on the side using pillows for support between the legs and wherever else extra support is needed. It is a gentle and nurturing way to alleviate the discomfort associated with pregnancy. Receiving massage during pregnancy promotes health and well being for both mom and baby (Must be out of 1st Trimester and notify doctor that you will be receiving a massage. A box on the consultation form must be checked saying that your doctor has been informed)
- Indian Head Massage: This treatment incorporates various massage techniques including the use of acupressure on the upper back, shoulders, face and scalp, promoting a deep sense of wellness.
- Manual Lymphatic Drainage Massage: Uses very light pressure along with soft "pump-like" movements in the direction of the lymph nodes. It is known to have a positive effect on people with fluid retention or puffiness.
- Hot Stone Massage: (availability may be limited, inquire for additional details) This treatment incorporates small Basalt stones which are pre-heated and placed on key energy points, whilst warmed oils are massaged deeply into the body for maximum relaxation. The hot stones increase circulation and blood flow by expanding the blood vessels via heat transference.
- Chair Massage: A fast and effective way to relieve tension and is done while sitting. It is great for anyone on the go, or someone who is unable to lie down comfortably. Chair massage can use a combination of many of the above massage techniques.