

## Hand & Foot Care

**Signature Manicure** 35 mins. - **\$30.00**  
Our treatment includes cuticle care, nail shaping, and a hand massage with your choice of polish or high buff shine. Natural nail care promotes healthy nail growth.  
**Service Enhancement** 15 mins. - **\$10.00**  
Add an exfoliating scrub, hydrating mask, a hand and arm massage finished with a paraffin dip.

**Rosemary Mint Manicure** 35 mins. - **\$35.00**  
A refreshing, minty-cool alternative to our Signature Manicure.

**Signature Pedicure** 45 mins. - **\$55.00**  
Relax in our exclusive pedi-lounge chairs while you experience a soothing foot soak followed by cuticle care, nail shaping, foot massage with your choice of polish or high buff shine. Natural nail care promotes healthy nail growth.  
**Service Enhancement** 15 mins. - **\$15.00**  
Add an exfoliating scrub, hydrating mask, a foot and calf massage finished with a paraffin dip or stone massage.

**Rosemary Mint Pedicure** 55 mins. - **\$59.00**  
A refreshing, minty-cool alternative to our Signature Pedicure. Complete with stone massage.

**Cuticle Care** 10 mins. - **\$10.00**  
Focus treatment to maintain the condition and appearance of the cuticle and nails promoting healthy growth and soft skin.

**Polish Change** 15 min. - Hands **\$10.00**  
Toes **\$15.00**  
Quick maintenance between your manicure or pedicure.

**Caribbean Hand and Foot Treatments**  
A tropical and aromatic getaway for your hands and feet. Enjoy all the benefits of our manicure and pedicure enhanced with special ingredients from the Caribbean. An exfoliating paste and warm seaweed masque enveloped in hot towels are wrapped around the feet and hands. Combined with healing touch this escape will improve circulation, soften skin and soothes the senses.

Caribbean Therapy Manicure 45 mins. - **\$40.00**  
Caribbean Therapy Pedicure 60 mins. - **\$68.00**  
Caribbean Manicure & Pedicure Escape 90 mins. - **\$90.00**

## Day Spa Packages

A great gift idea. Give a day at the spa! Enjoy the benefits of our specially priced packages designed for men and women.

**Hand and Foot Relief** 2 hrs. - **\$93.00**  
Signature Manicure  
Signature Pedicure  
Complete with Service Enhancements

**Soothing Escape** 2 hrs. - **\$130.00**  
Customized Massage - 60 mins.  
Elegance Signature Facial

**Mens Renewal** 2 hrs. - **\$128.00**  
Customized Massage - 60 mins.  
Enhanced Foot Care Treatment

**Pure Relief** 3 hrs. - **\$179.00**  
Elegance Signature Facial  
Signature Manicure  
Signature Pedicure  
Hair Wash and Style with a Finishing Touch of Makeup

**Caribbean Escape** 3 hrs. - **\$186.00**  
Caribbean Body Treatment  
Caribbean Manicure  
Caribbean Pedicure

**Head to Toe** 5 hrs. - **\$310.00**  
Elegance Signature Facial  
Aqua Body Polish  
Customized Massage - 45 mins.  
Signature Manicure  
Signature Pedicure  
Light Lunch  
Hair Wash and Style  
Finishing Touch of Makeup

## Formal Occasion Packages

Feel refreshed and rejuvenated by enjoying a selection of services bundled into special packages for your formal occasion - ideal for Weddings, Barmitzvah, Proms and Galas. Also a great gift idea!

1. Creative Upstyle **\$115.00**  
Full Make-up Application
2. Creative Upstyle **\$140.00**  
Signature Manicure  
Full Make-up Application
3. Creative Upstyle (includes trial Upstyle and make-up) **\$336.00**  
Soothing Back Treatment  
Signature Manicure and Pedicure  
- with Service Enhancements  
Full Make-up Application

*Series pricing available for all salon & spa services.*  
Consult Customer Care or your Spa Therapist for details.

**Note:** Taxes and gratuity not included in pricing.

## Elegance Hair Salon

Our Salon is continually growing and evolving to meet our guests' needs. Fashion focus and innovation pushes our team to new lengths year after year. Our holistic approach to beauty and wellness allows our Stylists to see you as a whole person - creating a desired image that suites your personal style. Hair styling services include a stress relieving head, neck and shoulder massage, a touch of make-up for women and a skincare hot towel treatment for men.

**Cut & Style:**  
Master Stylist & Director from **\$75.00**  
Associate Stylist from **\$60.00**  
Advanced Stylists from **\$50.00**  
Salon Stylists **\$40.00**

**Men's** from **\$40.00**

**Children's** 2 yrs. to 8 yrs. - **\$20.00**  
9 yrs. to 12 yrs. - **\$30.00**  
12 and over regular Stylist pricing applies.

**Hair Wash & Style** from **\$30.00**

## Technical Services

**Servicing Men and Women** - We offer the most advanced methods and techniques available. Aveda hair colour and permanent texture enhancements will leave your hair looking naturally beautiful. Consultations are recommended to discuss your specific needs and to ensure adequate time and pricing is arranged. Hair styling services are priced extra.

**Hair Colouring** from **\$55.00**  
**Glossing Treatment** from **\$50.00**  
**Highlites** from **\$85.00**  
**Texture Enhancements (Perms)** from **\$75.00**  
**Botanical Hair & Scalp Treatment**

60 mins. - **\$60.00**  
30 mins. - **\$30.00**

## Extensions

Create volume for naturally thin or flat hair. Extend the length of your hair. Get creative with a versatile colour selection. Accent your hair without permanence. Elegance extension specialists use fusion bonded 100% human hair strands to achieve your desired result.

## Creative Up Styling

Our Stylists are able to provide you with the latest styles for any occasion. Priced according to time and detail. Consultations recommended. from **\$75.00**  
**Note:** See our Formal Occasion packages.

## 'Aveda' by Mail

All Aveda products are available by mail order to anywhere in Canada. Simply call Customer Care to assist you. Visa and Mastercard accepted. Additional shipping and handling fees apply.

## Give a Gift of Rejuvenation...

Gift certificates are available for any Salon or Day Spa services, and at any dollar amount. We may personalize your gift as requested. Gift certificates may be purchased by phone or in person.  
**Note:** RMT receipts cannot be issued for services paid for by a gift certificate.

## Client Feedback

Your comments and suggestions are vital to us if we are to provide the quality of service that is aligned with our mission statement. We appreciate and are open to them. Visit our website to fill out our client survey.

## Scheduling

When reserving multiple salon and/or spa services we require a major credit card. To ensure your desired date and time, we recommend you make your next reservation prior to leaving. Confirmation calls are made 48 hours prior to your appointment date as a courtesy reminder to ensure your reservation.

## Cancellation Policy

As a courtesy to our team, we respectfully request a minimum of 24 hours notice when cancelling your scheduled reservation in order to avoid late cancellation fees. No shows are charged 50% of the reserved services.

**Punctuality:** To assure timely service to all our guests, we recommend that you check in 10 minutes prior to the start of your appointment to allow for check in procedures. Lateness may result in service changes to accommodate our scheduled day.

Wheelchair accessible and limited on-site parking available.

Extra parking available on Athol St. and in the municipal parking lot at the corner of Colborne Street & Green Street.

Sunday & Monday ..... Closed  
Tuesday ..... 9 am to 6 pm  
Wednesday & Thursday ..... 10 am to 8 pm  
Friday ..... 9 am to 6 pm  
Saturday ..... 9 am to 4 pm

**Tel: 905-666-2311**  
**Fax: 905-666-4389**  
**www.elegancesalonspa.com**

We reserve the right to adjust prices without notice.  
Printed on recycled paper. Please recycle.

Rev. April 2009



*Over 20 beautiful years  
of service excellence.*

123 Athol Street  
Whitby, Ontario  
905-666-2311  
**www.elegancesalonspa.com**



Elegance Salon Spa is where beauty and wellness meet. Fresh with urban style and personal touches offering quality service and products in a nurturing green environment.

### Our Mission

To exceed our guests' expectations.

To offer innovative rejuvenating services, and personal images that suit one's lifestyle, by methods of a holistic approach.

To provide a team of associates that are proud and dedicated to their craft.

To inspire our guests to nurture and protect themselves and our environment.

### "Aveda" the Word

Is derived from Ayurveda, a Sanskrit term that means the "science of longevity." A holistic approach to maintaining and regaining health.

We are proud to be an accredited **Aveda Concept Salon Spa since 1994**. We align ourselves with Aveda for it reflects our commitment to offer our guests the highest quality in service and product purity. Aveda is a lifestyle product, derived from organically grown flower and plant essences, reflecting our environmental commitment to the community and our planet.

*Join in our journey!*

## Elegance Day Spa

Treat your mind, body and spirit to a holistic and exclusive experience at Elegance's Day Spa. Our facials, body treatments, and massages renew, refresh, and revitalize.

### Body Treatments

#### **Caribbean Body Treatment** 90 mins. - **\$99.00**

An aromatic journey to the tropics. A detoxifying masque and wrap of seaweed, ginger, lime and rose leaves you refreshed and renewed. Includes a restorative scalp, face, and body massage using nurturing island techniques.

#### **Aqua Body Polish** 60 mins. - **\$80.00**

The therapeutic benefits of marine elements and natural minerals found in the Dead Sea Salts exfoliate and refine the skin of the entire body. Followed by a refreshing shower and an application of customized warmed hydrating formula, leaving the skin feeling soft, smooth and conditioned.

#### **Awakening Body Wrap** 60 mins. - **\$80.00**

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, smoothed and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balances the whole body.

#### **Soothing Back Treatment** 60 mins. - **\$80.00**

Perfect if you are having skin challenges on your back, or for a special occasion the 60 minute back treatment will focus on skin exfoliation, extractions (if needed) to remove impurities, finished with a stone back massage.

#### **Customized Massage - R.M.T.**

30 mins. - **\$50.00** 60 mins. - **\$80.00**

45 mins. - **\$60.00** 90 mins. - **\$100.00**

Rejuvenate your body, promote healing and restore energy. Enjoy an overall body massage or focus on a specific area according to your needs. Professional massage techniques combined with a custom blend of essential oils melts away tension, aches and pains.

#### **Fusion Stone Massage** 75 mins. - **\$90.00**

Experience an ancient massage technique that uses smooth palm size stones that are warmed in water and treated with essential oils. The body is massaged using the stones, helping bring relief to tense muscles and sore joints. The heat increases circulation to promote a deep state of relaxation and to balance energy.

## Body Treatments

#### **Chakra™ Balancing Massage** 60 mins. - **\$90.00**

An innovative in-spa ritual steeped in the tradition of Ayurveda - the ancient healing art of India. Merges massage and guided meditation with our Chakra™ Balancing Blend of aromas open to balance the chakras-energy centers of the body. Features deep tissue massage, on the back and spinal muscles, energy work through the chakras, and hand and foot reflexology.

#### **Chakra™ Balancing Foot Reflexology**

30 mins. - **\$50.00**

Experience a conditioning foot scrub, hot towel wrap, and Chakra™ foot reflexology to stimulate reflex areas associated with the chakras.

#### **Reiki Treatment** 60 mins. - **\$60.00**

During a Reiki treatment, practitioners use specific hand positions that correspond to the physical body, its organs and the seven chakras (centers of energy). Reiki gently balances the chakras and energy field that surrounds the body as well as soothing physical and emotion complaints. A gently therapy, Reiki is excellent for:

- Alleviating persisting pain or discomfort from illness, injury, disease, trauma or stress
- Increasing energy levels that are depleted from illness, injury, trauma, or life change
- Creating harmony and balance in the body, mind and spirit

## Service Enhancements

To further customize your service experience, add an enhancement to a facial or body treatment.

#### **Eye Zone Treatment** 20 mins. - **\$25.00**

The eye zone treatment helps eliminate tired, stressed under eye puffiness, softens wrinkles and diminishes fatigue circles.

#### **Flower Essence Scalp Massage** 30 mins. - **\$30.00**

A customized essential oil treatment that nourishes and stimulates your hair and scalp.

*Pre-scheduling a wash & style after your facial & body treatment is recommended.*

**Note:** Taxes and gratuity not included in pricing.

## Facials

#### **Elegance Signature Facial** 60 mins. - **\$75.00**

A nourishing blend of treatments including exfoliation, moisturizing and massage designed to renew your natural glow. Each experience will be custom designed based on your Elemental Nature and specific skin type.

#### **Elegance Essential Facial** 90 mins. - **\$99.00**

Immerse your senses with this ultimate facial experience customized according to your skin type and Elemental Nature. This head to toe experience is designed for total body relaxation and rejuvenation and includes the Eye Zone Treatment, a neck and décolleté treatment and a stone massage finish.

#### **Botanical Resurfacing Facial**

Initial - 60 mins. - **\$90.00**

Follow up - 30 mins. - **\$45.00**

This specialized treatment is a natural alternative to microdermabrasion. The power of tourmaline smooths skin texture, reduces the appearance of fine lines, and diminishes pore size while significantly increasing radiance. After the initial 60 minute treatment a series of 4 - 30 minute treatments may be recommended for optimal results.

#### **Outer Peace™ Acne Relief Facial**

Initial - 60 mins. - **\$90.00**

Follow up - 30 mins. - **\$45.00**

A facial solution customized for you that relieves and controls acne, leaving your skin clear and radiant. Includes consultation, professional exfoliation, pore extractions, redness reduction and stress-relieving techniques. Diet and other individualized tips are discussed for an acne-conscious lifestyle. After the initial 60 minute treatment a weekly series of 3 - 30 minute treatments is recommended for optimal results.

#### **Perfecting Plant Peel** 90 mins. - **\$130.00**

60 mins. - **\$95.00**

Actively smooths and retexturizes mature skin with the instant exfoliation and radiance, benefits of a 30 percent glycolic peel without the associated redness and irritation. For best results a series of 4 to 5 weekly treatments is recommended.

## Facials

#### **Green Science™ Facial**

90 mins. - **\$120.00**

60 mins. - **\$90.00**

Clinically proven to lift and firm the skin, reduce fine lines and wrinkles, improve skin's smoothness, tone and improve skins strength reducing the appearance of age spots. Aveda's signature 5 phase massage experience combines a multi-layered approach to age management. For best results we recommend a series of 4 weekly treatments followed by monthly maintenance facial that preserve skin improvement. Complete Green Science home care product line available.

*Series pricing available for all salon & spa services.*

## Hair Removal

Brow Shaping - design **\$20.00**

Brow - maintenance **\$15.00**

Bikini - first time **\$29.00**

Bikini - maintenance **\$20.00**

Full Leg w/Bikini **\$69.00**

Brazilian - first time **\$49.00**

Brazilian - maintenance **\$35.00**

Face from **\$38.00**

Lip **\$12.00**

Underarm **\$15.00**

Men's Back from **\$35.00**

Half Leg **\$36.00**

Half Leg w/Bikini from **\$49.00**

**Note:** Waxing services require 1/4" of hair growth. We regret that we cannot perform waxing on clients who are taking Acutane, Retin-A or antibiotics as these medications enhance skin sensitivity. Please consult our Spa Therapists for further details.

## Make-up Counter

Our makeup specialists will teach you personalized techniques to enhance your natural beauty while reflecting the most current fashion trends using Aveda's pure plant and flower based colour cosmetics.

**Finishing Touch** 15 mins. - **\$20.00**

**Full Application** 30 mins. - **\$45.00**

**Interactive Cosmetic Lesson** 60 mins. - **\$60.00**