

# spa packages

## **The Ultimate** 6.5 HOURS \$394

An Aromatherapy Steam session, custom aromatic walnut body scrub, 60 minute relaxation massage, spa lunch - customized, "elemental facial", spa manicure and spa pedicure.

## **Element of Relaxation** 5 HOURS \$264

Aromatherapy steam session, customized "Elemental" nature facial, 30 minute massage, spa lunch, spa manicure and spa pedicure.

## **Element of Renewal** 2 HOURS \$124

Aqua Polish (Salt Glow) treatment, followed by a "Rainforest" hydrotherapy shower, 30 minute massage.

## **Element of Harmony** 2.5 HOURS \$179

Rosemary mint body wrap, aromatherapy steam session, customized "elemental" nature facial.

## **Element of Focus** 3.5 HOURS \$219

Aromatherapy steam session, "Elemental" facial, spa manicure and spa pedicure.

## **Spa Package for Him** 2 HOURS \$99

Aromatherapy steam, 30 minute massage, sport pedicure.

## **The Essential** 2.5 HOURS \$140

Rainforest hydrotherapy shower, 30 minute massage, regular pedicure and express manicure.

## **Executive Decision** 1.5 HOUR \$75

Aromatherapy steam, 30 minute massage, scalp massage and shampoo and style.

## **Couples Therapy** 3.5 HOURS \$329

Couples aromatherapy steam session, Gentlemen's 60 minute massage, Women's "elemental" facial, couples spa lunch, followed by couples spa pedicures - delightful!

## **The Finishing Touch** 2.5 HOURS \$169

Steam, elemental facial, makeup application, shampoo and style.

# creative cuts and styling

The Women's ..... \$50 and up  
The Shampoo and Style ..... \$30 and up  
Upstyling ..... \$70 and up  
The GQ Men's ..... \$30 and up  
Junior GQ - 16 and under ..... \$20  
GQ with Colour or Streaks ..... \$65 and up  
Children - under 8 ..... \$18  
Young adults - age 9-15 ..... \$37 and up  
*Long hair may be subject to extra charges in all chemical or technical services.*

Colour Retouch ..... \$90 and up  
New Colour ..... \$99 and up  
Foils ..... Partial \$95 and up  
..... Full \$110 and up  
Permanent Wave ..... \$99 and up

## the ritual of restoring balance

As living beings we are in a constant state of flux as we strive for equilibrium to combat stresses that affect our balance and well being each day. At Ardeo Spa Salon, our goal is to design custom treatments to bring you back into balance using a nurturing, high touch approach, and a unique sensory experience, given by our therapists to sooth the mind and body with innovative 97% pure flower and plant formulas.

### HOW TO ENJOY

Please arrive 15 to 20 minutes prior to your scheduled time, to prepare and enjoy. Robes, slippers, towels and personal lockers are provided when receiving any body wraps, salt glows, rainforest shower, hydrotherapy and custom aromatherapy steam sessions. For personal comfort it is suggested than an extra pair of underwear or bathing suit is brought - we also will provide disposable garments for your convenience. This time is also required for your Sensory Aveda Experience, beginning with an "Elemental Nature" consultation for you and your therapist to customize all of your treatments. To enjoy your time here we ask that cell phones and pagers are turned off for the need for relaxation and quietness. Your treatments are reserved especially for you so our cancellation policy requires a minimum 24 hour notice to schedule or cancel. **Less than 24 hour notice you will be charged 50% of the services booked and gift certificates will be reduced to half of their value.**

*Prices subject to change without notice*  
MARCH 2009



## The nurturing touch of our exclusive Aveda Aromatherapy treatments

Monday - Saturday  
9:00 am - 5:00 pm

*Evening appointments by request*

**250.374.8881**

267 4th Avenue  
Kamloops, B.C. V2C 3N9

[www.ardeospa.com](http://www.ardeospa.com)

~ GIFT CERTIFICATES ~

**REDKEN**  
5TH AVENUE NYC

**AVEDA**  
the art and science of pure flower and plant essences

# face

## ELEMENTAL NATURE FACIALS

60 MIN \$94  
Restore healthy balance to your skin with a

custom essential aroma plant extract treatment. Visible results and long term benefits encourage skin care focus at home as well.

### Aveda Enhanced Facials:

**Acne - Outer Peace** 90 MIN \$109

Discover the most botanical control of acne ever - tamanu oil, saw palmetto and boswellia extracts - heal skin, control sebum, increase anti-oxident activity.

**Tourmaline Radiant Facial** 90 MIN \$109

Mineral rich in Aveda's "exclusive treatment" line improves mature or tired skins natural radiance by increasing your natural cellular renewal activity. It's Aveda's natural approach to microdermabrasion.

**Green Science Facial** 90 MIN \$109

Aveda's most powerful firming and lifting facial. Our skin renewing blend of glucosamine, organic argon oil, and peptides to promote surface cell turnover to improve visible skin firmness.

**Enbrightenment Facial** 90 MIN \$109

Through the use of powerful antioxidants and minerals Aveda's blend will kick start your professional treatment of dark spots and discoloration through botanical resurfacing.

*Add a plant peel treatment to any facial for \$25*

**Microdermabrasion** \$130 *Additional sessions \$110*

**Amino Acid Resurfacing** \$95



# body

**Back Treatment**  
60 MIN \$79

Designed to bring purity and balance to the skin.

A combination of cleansing, exfoliation, massage and masque therapy leave you feeling soothed and relieved

**Rosemary Mint Awakening Body Wrap** 60 MIN \$84

Renew body and mind with this stimulating and nurturing wrap. You are exfoliating, smoothed, softened, then wrapped. essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balance the whole body.



**Aqua Polish (Salt Glow)** 45 MIN \$84

A full body exfoliation and refinement using the therapeutic benefits of marine elements. Dead Sea salts, plant oils and enhanced with a personal aromatic blend followed with a Rainforest Shower session to complete this heavenly experience. The result is the most conditioned soft skin you'll ever experience!

**Detox Steam Wrap/Facial** 90 MIN \$125

First envelope yourself with a custom aromatherapy steam, followed by a warm wrap infused with your "elemental nature" essential oils, as you melt away a renewing facial is performed.

**Rainforest Remineralize** 60 MIN \$115

An application of a warmed hydrating herbal mixture is followed by a loofah exfoliation. You then are wrapped and warmed. A Rainforest Shower session rinses your body and masque away, finished by Aveda's own deep penetrating body lotion.

**Citrus Glow** 60 MIN \$79

A fresh grapefruit is cut and rubbed on your skin, so the fruits citric acid can loosen dead skin cells. A stimulating dry rub is next, followed by a hot towel compress and the finale of rosemary mint lotion is applied to rejuvenate - wonderful!

**Caribbean Therapy** 90 MIN \$135

A rejuvenating and nurturing body wrap that uses the healing touch and plant ingredients from the Caribbean to nurture and restore the body and senses. Dry exfoliation, soothing and detoxifying seaweed masque wrap followed by Rainforest Hydrotherapy shower to cleanse you. Finished with caribbean cream.

# massage

## Elemental Nature

A personalized experience based upon the Aveda philosophy and your favourite aroma. Depending on your needs a variety of massage techniques will be utilized.

60 MIN \$84 90 MIN \$105

## Deep Tissue/Sport/Accident

A R.M.T. can work on conjunction with the paramedical aspect. Advance pre-booking required.

30 MIN \$45 60 MIN \$84

## Fusion Stone Massage

A seamless integration of soothing stone therapy, relaxing techniques and aromology are combined. The benefits of both warm and cool stones impart supreme benefits and heightened stress release.

60 MIN \$90 90 MIN \$119

# esthetics

## MANICURES

**Spa** 60 MIN \$49

A hand relieving treatment which includes care of nails and cuticles, a soft scrub, massage and either a paraffin dip or an intense hydrating masque.

**Express** 30 MIN \$30

Simply to maintain and for last minute touchups, including shaping, buffing, hydrating and polish.

**Gentlemen's** 30 MIN \$30

Nail care therapy, shaping, cuticles, combined with an excellent hand massage and completed with a buff for a healthy shine.



## BIO GEL NAILS

The industry's #1 botanical resin gel which is 80% non-toxic.

**Regular Set** .....\$85 and up

**French Set** .....\$90 and up

**Regular Overlay** .....\$65 and up

**French Overlay** .....\$75 and up

**French Overlay on toes** .....\$55 and up

**Colour Overlay on toes** .....\$45 and up

**Regular Fill** .....\$45 and up

**French Fill** .....\$50 and up

*All fills over four weeks, add \$15*

## PEDICURES

**Caribbean** 90 MIN \$90

Soak in a milky oasis of Amyris flowers. Savour a mask of green and brown algae with sugar cane and ginger that detoxifies and exfoliates your feet. Next enjoy a soothing foot rub with Caribbean mango and cocoa butter. Finally enjoy a dip in Eucalyptis parafin.

**Rosemary Mint** 90 MIN \$79

A cool refreshing spin on our spa pedicure. Exclusive to Aveda only. Deliciously invigorating!

**Spa** 90 MIN \$75

A foot relieving treatment, complete with river rock foot bath, sea salt scrub, aromatic steam towels, cuticle and callous removal, as well as a divine massage, paraffin dip and polish application.

**The Original** 60 MIN \$65

A maintenance pedicure which includes basic nail care, cuticle and callous removal, as well as a nourishing foot relieving massage, with polish to finish

*Add a gel overlay with your pedicure \$45*

**Men's** 50 MIN \$54

The attention he's needed! Cuticles, callouses, stress and tension are all taken away! Deep massage and buffing of nails are a must.

*Add a Rainforest Shower or Aromatherapy Steam session before any treatment \$15.*

**Enhance with paraffin - Hands or Feet** ..... \$10

**Both hands and feet** ..... \$18

*Add French Polish to any manicure or pedicure \$10.*

## PURE PLANT WAXING

**Brow Wax** .....\$19 and up **Regular Bikini Wax** ...\$35 and up

**Brow & Lip Wax** .....\$29 and up **Brazilian Wax** .....\$65 and up

**Lip or Chin Wax** .....\$18 and up **One-Half Legs** .....\$45 and up

**Brow Tint** .....\$18 and up **Full Legs** .....\$75 and up

**Brow Wax & Tint** .....\$29 and up **Back or Chest Wax** ...\$55 and up

**Eyelash Tint** .....\$25 and up **Full Back & Chest** ...\$69 and up

**Lash Tint &** **Underarms** .....\$25 and up

**Brow Wax** .....\$35 and up **Arms** .....\$30 and up

## MAKEUP

**Full Lash Extensions** ..... \$59 and up

**Personalized Makeup Application** ..... 45 MIN \$40

**Bridal** ..... 60 MIN \$50

**Makeup Lesson** ..... 60 MIN \$50