

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 \$269

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

Element of Renewal 2 HOURS \$129

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

Element of Harmony 2.5 HOURS \$184

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

Element of Focus 3.5 HOURS \$224

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 and shampoo and style.

Couples Therapy 3.5 HOURS \$334

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 \$75 and up
The GQ Men's \$30 and up
Junior GQ - 16 and under \$22
GQ with Colour or Streaks \$65 and up
Children - under 8 \$20
Young adults - age 9-15 \$40 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

NOVEMBER 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

~ GIFT CERTIFICATES ~

REDKEN
5TH AVENUE NYC

AVEDA
the art and science of pure flower and plant essences

face

ELEMENTAL NATURE FACIALS

60 MIN \$99
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 discolouration through botanical resurfacing.

Add a plant peel treatment to any facial for \$30

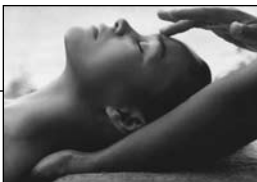
Microdermabrasion \$130 Additional sessions \$110

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, smoothing 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.
30 MIN \$45 60 MIN \$84 90 MIN \$105



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

Brow & Lip Wax \$29 and up

Lip or Chin Wax \$18 and up

Brow Tint \$18 and up

Brow Wax & Tint \$29 and up

Eyelash Tint \$25 and up

Lash Tint &

Brow Wax \$35 and up

Regular Bikini Wax ... \$35 and up

Brazilian Wax \$65 and up

One-Half Legs \$45 and up

Full Legs \$75 and up

Back or Chest Wax. . . \$55 and up

Full Back & Chest . . . \$69 and up

Underarms \$25 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