



Facial Treatments

UV Digital Complexion Analysis 20 min \$ 40.00

This new technology assists your therapist to choose the best possible treatment and documents the condition of your skin and the effectiveness of your treatments and daily care regime. It will evaluate the following factors; Bacterial content, UV spots that indicate sun damage, pore size, wrinkles, vascular problems, hydration, skin tone variations.

GUINOT All Natural Botanical Cosmetic
INSTITUT • PARIS

Aromatic Cleansing + Exfoliating + Massage + Hydrating Mask. Your skin will feel fresh, clean and hydrated 60 min \$ 90.00

Hydradermie Ionization + Oxygenation + Lifting Massage + Mask Your face appears remarkably rested and beautiful at the end of this treatment 75 min \$ 105.00

Hydradermie Lift Detoxifying drainage + Muscle stimulation + Modelling massage + Mask. This is a high tech lifting treatment with visible result from the first session 75 min \$ 105.00

Deluxe Hydradermie & Lift Ionization + Oxygenation + Muscle stimulation + Modeling Massage + Mask At the end of the treatment your face looks smoother and firmer 90 min \$ 150.00

Beaute Neuve Gentle fruit acids recreate a new skin that radiates beauty, lightens spots and enhances the complexion 60 min \$ 96.00

Liftosome Firming radiance-boosting treatment for a younger looking complexion with Instant lifting and firming mask and Vitamin C concentrate 75 min \$ 96.00

Lifting EYE Treatment for younger looking eye contours 30 min \$ 45.00
If added to any facial treatment \$ 25.00

DARPHIN Blend of Fine Aromatic Plants and Essential Oils
PARIS

Hydra SOS Instant Moisture Infusion 70 min \$ 105.00

Pristine Clean Purifying Treatment 70 min \$ 105.00

Calming Cocoon Aroma-Relaxation Treatment 70 min \$ 105.00

Quick Lift: Rejuvenating Treatment 75 min \$ 117.00

Vitality Surge Treatment Anti-aging 90 min \$ 150.00
Your concerns: Loss of vitality and energy, fatigue
Result: Invigorated, glowing and refreshed skin 90 min

Time-Defier Treatment Youthful Promise \$ 150.00
Your concerns: Loss of firmness and elasticity, fatigue
Result: Firm glowing and toned skin 90 min

Purifying Treatment \$ 120.00
for Overactive, Shiny, Oily Skin
Result: Clear, fresh, matte skin 75 min

Prelude to Seduction Treatment \$ 120.00
Pleasure & Pampering
Recommended before an important occasion, wedding or rendezvous 75 min

eyebrow tinting and shaping \$ 34.00

Eyelash tinting \$ 34.00

Eyelash and Brow tinting \$ 56.00

If eyes are the window to the soul, then your skin is the doorway to your spirit. Allow it to glow with the healthful radiance and calm you deserve. Each facial is customized to meet your individual skin care needs and begins with a personalized evaluation. Home care information will be provided to maximize and extend your facial results. Our passionate skin care providers have the knowledge and the skillful touch to give you the luxurious, results-oriented facial treatments your skin and your spirit have been longing for.

Men's Grooming

Hydrating Deep Cleansing Facial \$ 90.00
Result: Matt, clear, smooth skin. 60 min

Age-Defying Facial \$ 128.00
Result: Supple, comfortable skin with improved firmness and elasticity. 75 min

Blackberry Manicure \$ 30.00

Sport Pedicure \$ 60.00

You'll receive 10% discount when you return for your next Facial Treatment within 5 weeks. When you maintain monthly facials, each time your skin care therapist will be able to check for the signals your skin sends, determine its needs and in co-operation with you she'll recommend the best daily care to suit your requirements.





Feet and Hands *For comfort, compliments & confidents*

PEDICURES: While you recline in our massaging chair your feet are soaked in an invigorating whirlpool foot-spa to soften, cleanse and optimize relaxation. Our above average treatments include shaping nails, remove calluses and a refreshing massage. Bring open-toed sandals and a pinch of patience to ensure your freshly painted nails dry thoroughly, so they stay perfect.

ASHGROVE SPA MEDI-PEDICURE \$ 60.00

We take an average of more then 5000 steps a day.
Our feet deserve this monthly to stay healthy and fresh to go. 60 min

ULTIMATE SPA PEDICURE \$ 75.00

After the Aromatic footbath your whole lower leg will be exfoliated.
Your feet will be wrapped with a nourishing, refreshing mask;
therapeutic for the feet and beautifying for the skin. 90 min

IONIZING BODY DETOXIFYING TREATMENT \$ 48.00

ION Body Cleansing is simply a very relaxing, painless procedure that
induces the human body to expel unhealthy toxins at an accelerate rate. 40 min

MEDI-PEDICURE & ION BODY CLEANSING 90 min \$98.00

MANICURES: You can tell a person's age & lifestyle from the look of their hands.
Hand care should be a vital part of any woman's beauty regime. Your treatment will
start with exfoliating scrub to prepare your hands and includes a relaxing massage
using nourishing cream to leave your skin silky.

ASHGROVE SPA SIGNATURE MANICURE \$ 32.00

Recommended weekly. 30 min

FRENCH MANICURE \$ 36.00

Adds sophistication. 45 min

PARAFFIN WRAP FOR HANDS \$ 18.00

For beautifying and pampering your hands

BIO-GEL OVERLAY \$ 50.00

Low maintenance, looks always fresh, protects and enhances nail growth

BIO-GEL OVERLAY NEW SET \$ 60.00

A fresh start for beautiful looking nails

Medi-spa Treatments *The art of science and technology for a new, youthful you.*



Sensi Peel Treatment: Gentle solution for sensitive, rosacea or ethnic skin. Provides anti-inflammatory, anti-acne and antibacterial action, while strengthen and brighten the skin. (includes after care product) \$ 145.00

Ultra Peel: Formulated to treat dehydrated, maturing skin, excellent for smokers. Your result is plump, hydrated and ultra soft skin. (includes after care product) \$ 145.00

Detox Gel Deep Pore Treatment: Reduces inflammation, black heads, excess cell debris. Your skin will be hydrated, purified and clear. \$ 98.00

Oxygenating Treatment: Antioxident therapy to correct and prevent free radical damage, this most significant contributors to the aging process. Your result is a radiant healthy look. Recommended 2-3 days before a special event. \$ 128.00

Pumpkin Peel Treatment: Exfoliates and draws impurities out of the skin while introducing vitamin A, C, Beta-Carotene, Enzymes and Nutrients into the skin. Promotes healing and stimulates circulation. Your skin will have a healthy glow following this treatment. \$ 110.00

Microdermabrasion Facial Treatment: The controlled and gentle removal of the outer skin layers eradicates damaged and premature aged skin. This treatment promotes new collagen and skin cell growth resulting in a clean, fresh lustrous tone. \$ 140.00

Microdermabrasion & PCA Peel: The combination of the two treatments, exfoliation with anti bacterial action. Resulting a healthy glowing skin. Excellent anti-aging treatment. (includes after care product) \$ 185.00

Ultrasonic facial treatment: This warm and wonderful treatment can be used alone, or in combination with other skin care Treatments. We use a sophisticated sound wave technology to penetrate deep below the surface of the skin promoting cellular renewal and repair, toning muscles, increasing blood circulation, encouraging lymphatic drainage and reducing swelling and edema. \$ 120.00

PALOMAR Photo Facials This advance laser skin therapy gives the best results for lightening pigmented lesions, sunspots or aging spots. Excellent for rosacea condition, reducing vascular lesions on face, neck, décollete and on hands. A series of 2-4 treatments gives the most result.

Photo Facial for the Face only \$ 270.00

Photo Facial for the Face and Neck \$ 345.00

Photo Facial for the Face, Neck and Décollete \$ 445.00

Hand Rejuvenation and pigment reduction \$ 135.00

When you prepay 4 Photo Facial Treatments, we'll give you a credit of 20 % off the total price for home care products.



Permanent Make-up

Also known as Micro Pigmentation or Cosmetic Tattooing. This state of the art procedure can be performed for a variety of make-up enhancements to assure you look your best all the time, where ever you are.

- Eye Contour** Defines the lash line, enhances the eye shape. from \$ 350.00
- Eye Liner** The thickness and colour is your choice. from \$ 400.00
- Eyebrows** Simulated hair strokes and very light shading for light or missing hair will give you a more youthful looking frame above your eyes and balances your face. from \$ 380.00
- Lip Liner** Defines the existing lip line, also can augment the size of the lip, camouflage scars. from \$ 370.00
- Lip liner and Shading** Loss of natural lip colour benefits dramatically from this procedure. from \$ 560.00

jane iredale Make-UP what is healthy for your skin
THE SKIN CARE MAKEUP®

- Make-up style update** You'll find your new youthful look again and sure will get many compliments. \$ 40.00
- Glamour Make-up application** A special evening, an important photo shoot or just learn the secret of celebrities. \$ 60.00
- Bride's Make-up with trial** You'll look natural and most beautiful throughout your special day and evening. \$ 95.00
- Make-up Lesson** 1 Hour \$ 75.00

Waxing

Brow shaping	\$ 17	Side of face	\$ 31	Back	\$ 36
Brow & lip	\$ 25	Full facial	\$ 48	Back+shoulder	\$ 48
Brow, lip & chin	\$ 36	Shoulder	\$ 27	Bikini line	\$ 33
Lip	\$ 12	Chest	\$ 47	Brazilian bikini	\$ 58
Chin	\$ 20	Underarms	\$ 30	Upper legs	\$ 41
Lip & chin	\$ 27	Lower arms	\$ 28	Lower legs	\$ 32

Threading is available on face, prices vary by areas and the time spent.

Electrolysis 10 Minutes \$ 15.00 15 Minutes \$ 20.00

Laser Hair Removal

Arrange a complimentary consultation about your concerns
Test spots \$ 50.00 (will be credited @ first treatment)

Upper lip	from \$ 90	Upper arms	from \$ 120
Chin	from \$ 100	Lower arms	from \$ 120
Lip&Chin	from \$ 140	Bikini Line (no inner thigh)	from \$ 100
Lower face	from \$ 160	Bikini&Inner thigh	from \$ 150
Full face	from \$ 250	Brazilian Bikini	from \$ 250
Entire Neck	from \$ 150	Lower legs	from \$ 220
Chest	from \$ 250	Upper legs	from \$ 250
Shoulders	from \$ 150	Under arms	from \$ 120
Upper back	from \$ 190	Feet&Toes	from \$ 90
Lower back	from \$ 190	Hands&Fingers	from \$ 90
Full back&Shoulder	from \$ 390		

Please inquire for special price if more than 3 areas treated
Prepaid of 6 treatments 15% off
Prepaid of 8 treatments 20% off
Additional touch ups on persistent areas 30% off



4 weeks prior & during your treatments, make sure to avoid waxing, sun tanning, use of tanning bed or self tanning product.



Body therapies WELLNESS TREATMENTS

Creates the ideal balance between body and soul

MASSAGES: An effective and immediate remedial treatment for relaxation and relieving physical and emotional tension, also help to improve joint and muscle function, flexibility and general body tone.

When performed by an RMT, most extended health care plans provide full or partial coverage.

Recommended every 2-4 weeks, for maintaining a healthy body.

MASSAGE TREATMENTS with RMT

1 Hour	\$ 80.00
30 Minutes	\$ 46.00
90 Minutes	\$ 115.00

RELAXATION MASSAGE with Esthetician

1 Hour	\$ 70.00
30 Min	\$ 40.00

DEEP TISSUE-SPORTS MASSAGE with RMT 1 Hour \$ 90.00
Helps to relieve pain and stiffness, prevents muscle injuries due to repetitive usage.

PRE-NATAL MASSAGE with RMT 1 Hour \$ 80.00
This therapeutic massage treatment is especially beneficial at reducing pain in lower back, hips and shoulder during pregnancy.

AROMA THERAPY MASSAGE 1 Hour \$ 90.00
Eliminates tension and recharges energy with the essences chosen just for you.

LA'STONE MASSAGE 1 Hour \$ 135.00
This healing and relaxing massage, combined with water heated lava stones, transmits soothing warmth to release tension. Deeply relaxing, leaves you in a complete healing state.

COUPLES MASSAGE: Enjoy any of our massages in the same room. Perfect for couples, mothers and daughters, or best friends.

Well Being BODY TREATMENTS

To feel beautiful and good about yourself, pamper your body as much as your face. You'll have the pleasure of a comfortable velvety skin. If your goal is to keep your body young and beautiful, these treatments are recommended monthly.

SOFTNESS AND PLEASURE 50 min \$ 80.00
Exfoliation of the whole body with sugar-kiwi scrub and a gentle softening massage will make your skin silky. A must before vacation.

BODY SOFTENING & MUD WRAP 60 min \$ 98.00
This therapy helps to detoxify, nourish and re-mineralize the skin, melts away stress and muscular tension.

BODY SOFTENING & ONE HOUR MASSAGE 75 min \$ 130.00
When massage performed by RMT \$ 150.00
Exfoliating, moisturizing and relaxing the whole body. Feels like a little vacation.

IONIZING BODY DETOX \$ 48.00

EAR CANDLING \$ 44.00

Through this simple process of convection, softer waxes and toxins are drawn from the ear and sinus regions. An ancient alternative therapy, dating back to 2500 BC. It is a pleasant, relaxing and time-proven procedure.

Gifts For Every Reason

Time to escape from stress or let your body relax for 2 to 5 Hours
A beautiful way to show you care about a special someone

11 CELEBRATING YOU 5 ½ Hours \$ 390.00
Vitality Surge Facial Treatment + Ultimate Pedicure + Spa Manicure + Body Softening Treatment with Mud Wrap + 1 Hour Massage + refreshments

12 YOU ARE BEAUTIFUL 4 Hours \$ 300.00
Hydradermie Facial + Medi-Pedicure + Signature Manicure + Softness and Pleasure Body Treatment + Make-up style update + refreshments

13 YOUR WELL DESERVED DAY 4 ½ Hours \$ 267.00
Aromatic Hydrating Facial Treatment + 1 Hour Massage + Ultimate Pedicure + Manicure + refreshments

14 YOUR BEAUTIFUL DAY 3 ½ Hours \$ 230.00
Deluxe Hydradermie-Lift Facial + Medi-Pedicure + Manicure + refreshments

15 SPA SAMPLER 3 Hours \$ 217.00
Aromatic Facial + 30 Minutes Massage + Medi-Pedicure + Manicure + refreshments

16 MINI VACATION 2 ½ Hours \$ 199.00
Softness and Pleasure Body Treatment + Aromatic Facial Treatment + Make-up style update + refreshments

17 TIME OUT 2 1/2 Hours \$ 172.00
1 Hour Massage + Medi-Pedicure + Manicure + refreshments

18 WRAP-SODY 2 Hours \$ 150.00
Body Softening Treatment with Mud Wrap + 1 Hour Relaxation Massage + refreshments

19 CELEBRATING A NEW LIFE 2 1/2 Hours \$ 155.00
1 Hour Pre-natal Massage + Ultimate Pedicure + refreshments

21 MANSCAPING 2 Hours \$ 170.00
Hydrating Cleansing Facial + 1 Hour Relaxing Massage + refreshments

22 THE MAN DESERVES A BREAK TOO 3 Hours \$ 258.00
1 Hour Massage + Sport Pedicure + Age-Defying Facial + refreshments

31 BACHEROLETTE RITUAL 5 1/2 Hours \$ 440.00
Body Softening + 1 Hour Aroma Therapy Massage + Aromatic Facial + Ultimate Pedicure + French Manicure + Eyelash & eyebrow Tinting and Shaping + Glamour Make-up application + refreshments

32 SPA DATE FOR THE TWO OF YOU 2 Hours \$ 330.00
1 Hour Couple Massage + Aromatic Hydrating Facial Treatments for the two of you + refreshments

33 YOUTH RETREAT FOR FRIENDS 3 1/2 Hours \$ 488.00
Vitality Surge Facials + Ultimate Pedicures and Manicures for the two of you + refreshments

Pampering Has Never Been Easier

we can create other gift packages selected by you or the preselected treatments can be changed to any others at the time of booking within the certificate's total value. dollar value gift cards also available.

We advise you to treat every gift certificate as cash. If it's lost, it cannot be replaced.



Welcome to ASHGROVE SPA

OUR MISSION

The entire team at Ashgrove Spas is committed to providing service which exceeds your expectations. All treatments shall be provided by experienced and knowledgeable providers who are passionate about your well being and comfort. We recognize that an exceptionally sanitary environment is an essential component to your visit.

GIFT CERTIFICATES

Gift Certificates are available at the spa, by telephone, or online. We will customize your gift of thoughtfulness in dollar amounts to be used as the recipient pleases or with individual services or spa packages that we have created or that you create. Gift cards may be enhanced with a special spa gift and will always be beautifully presented.

RETAIL THERAPY

Clients can extend the benefits of their spa journey by purchasing from our large selection of retail products. New clients will receive a list of recommended products and generous samples whenever possible. Products will be recommended based on your individual needs. Products may be purchased at the spa or online.

CORPORATE INCENTIVES

Ashgrove Spa's Corporate Wellness Program can be customized to meet your company's needs. Our program gives you the ability to acknowledge:

- ~ Appreciation of a job well done
- ~ Employee loyalty
- ~ Sales goals achievement
- ~ Retirement gifts
- ~ Performance recognition
- ~ Holiday rewards

Our Thanks To You

REWARD POINTS:

Every time you purchase a skin care product, you'll accumulate reward points. As your points accumulate to 20, you can convert them to \$ 20.00 and use it for your next product purchase.

REBOOKING DISCOUNT:

You'll receive a 10% discount, when you come back for your next facial, pedicure or body treatment within 5 weeks of your previous same treatment.

SPA-FRIENDS DISCOUNT:

Come the 3 of you or more and receive 10% discount

Season Specials

DAILY SPA-LIGHT SPECIALS

JUNIOR THERAPIST'S SPECIALS

Please inquire, as these will change frequently.

Spa Reservation And Cancellation Policy

A valid credit card number is required at the time of booking in order to assure your reservation.

If you need to cancel or reschedule your appointment, notification is required 48 hours in advance of your reserved time. For group of 3 or more, we require 4 days advance cancellation. 50% charge will be applied for late cancellation or missed appointments.

ARRIVAL

Please arrive 10 to 15 minutes early. This will allow time to change and sip a relaxing beverage. Late arrivals will still finish at the scheduled time, while the normal treatment fee remains unchanged.

We advise you to treat every gift certificate as cash. If it's lost, it cannot be replaced.