



Facial Treatments

UV Digital Complexion Analysis 20 min..... \$ 40

We will evaluate and document the current condition of your skin: sun damage, vascular problems, signs of premature aging, dehydrated areas and bacterial contents. This technology assist your therapist in choosing the best possible treatment for you and it will measure the effectiveness of your treatment program and daily care regime over time.

Ashgrove Signature Facials

Aromatic Facial 60 min..... \$ 95
Teen Facial 45 min..... \$ 70
Men's Refreshing Facial..... \$ 95

OXYGEN FACIAL Treatment **NEW** 90 min..... \$ 140

Loved by celebrities; the cool mist of high pressure Oxygen spray gives a boost of energy for a deeply hydrated, refreshed and rejuvenated skin with new vitality. This treatment combines medical grade Oxygen, 99% Collagen and LED technology to achieve immediate result.



All Natural Botanical Cosmetic

Signature Hydradermie & Lift program:

This fantastic breakthrough in skin care uses low frequency stimulation current to tone the muscles of the face, eye and neck area and rejuvenate the skin.

Delux Hydradermie Lift 105 min..... \$ 170
Hydradermie Lift 90 min / Face only..... \$ 140
Hydradermie Facial 75 min..... \$ 120
Fruit Acid Double Peel (AHA) 60 min..... \$ 95
Lifting Eye Treatment..... \$ 40



Blend of Fine Aromatic Plants and Essential Oils

The high concentration of the most rare and luxurious essential oils with botanical formulas and exclusive massage technique offer the most targeted and complete treatment for immediate visible result.

Kiwi & Pomegranate - Intensive Hydrating Treatment 60 min..... \$ 105
Chamomile & Honey - Soothing Treatment 60 min..... \$ 115
Mimosa & Iris - Instant Glow Treatment 60 min..... \$ 115
Rosewood & Shea butter - Anti-aging Treatment 75 min..... \$ 130
Ylang Ylang & Sweet Orange - Anti wrinkle Treatment 90 min..... \$ 170
Divine 8 Flower..... \$ 210
 Ultimate total Anti-aging and Lifting treatment 105min
Tangerin - Enviro-recovery Vitamin Infusion Treatment 60 min..... \$ 105

CLAYTON SHAGAL **NEW**

This skin care contains 99% Collagen totally compatible to human skin and able to penetrate into the living matrix of the skin. It is also recommended by medical professionals to accelerate healing of traumatized tissue and to enhance the repair process of weathered skin.

Express Facial 40 min..... \$ 65
Signature Collagen-Elastin Treatment 60 min..... \$ 95
Collagen-Elastin with Ultrasonic Treatment 90min..... \$ 125

eyebrow tinting and shaping..... \$ 34
eyelash tinting..... \$ 34
eyelash and Brow tinting..... \$ 56

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..... \$ 95
 Result: Matt, clear, smooth skin. 60 min

Age-Defying Facial..... \$ 128
 Result: Supple, comfortable skin with improved firmness and elasticity. 75 min

Blackberry Manicure..... \$ 30

Sport Pedicure..... \$ 60

You'll receive 10% discount when you return for your next Facial Treatment within 1 month. 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 & confidants

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 min \$ 60

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

ULTIMATE SPA PEDICURE 90 min \$ 75

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.

DETOX IONIC FOOT BATH 40 min \$ 40

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

MEDIPEDICURE & ION BODY CLEANSING 90 min \$ 98

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

Recommended weekly. 30 min

FRENCH MANICURE \$ 36

Adds sophistication. 45 min

PARAFFIN WRAP FOR HANDS \$ 18

For beautifying and pampering your hands

BIO-GEL OVERLAY \$ 50

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

BIO-GEL OVERLAY NEW SET \$ 60

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

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

PCA Peel & Oxygen Spray: Excellent for oily, acne prone skin to control excess sebum production and reduce bacterial caused infection. (includes after care product) \$ 185

Detox Gel Deep Pore Treatment: Reduces inflammation, black heads, excess cell debris. Your skin will be hydrated, purified and clear. \$ 98

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

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

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

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

Microdermabrasion & OXYGEN Facial Treatment \$ 185

Ultrasonic facial treatment: This is a sophisticated sound wave technology to penetrate products deep below the surface of the skin. It promotes cellular repair, increases blood circulation and lymphatic drainage, reduces swelling. Also tones facial muscles.

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 **Photo Facial for the Face, Neck and Decollete** \$ 445

Photo Facial for the Face and Neck \$ 345 **Hand Rejuvenation and pigment reduction** \$ 135

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
- Eye Liner** The thickness and colour is your choice..... from \$ 400
- Eyebrows** Simulated hair strokes and very light shading..... from \$ 380
for light or missing hair will give you a more youthful looking
frame above your eyes and balances your face.
- Lip Liner** Defines the existing lip line, also can augment..... from \$ 370
the size of the lip, camouflage scars.
- Lip liner and Shading** Loss of natural lip colour benefits from \$ 560
dramatically from this procedure.

jane iredale
THE SKIN CARE MAKEUP®

**The Mineral Make-up what is healthy
for your skin and provides natural all
day SPF 15-20 protection.**

- Make-up style update** You'll find your new youthful look again \$ 40
and sure will get many compliments.
- Glamour Make-up application** A special evening, an important..... \$ 60
photo shoot or just learn the secret of celebrities.
- Bride's Make-up with trial** You'll look natural and most beautiful \$ 95
throughout your special day and evening.
- Make-up Lesson** 1 Hour..... \$ 75

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 15 Minutes \$ 20

Laser Hair Removal

**Arrange a complimentary consultation about your concerns
Test spots \$ 50 (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.**



Massage TREATMENTS

BODY MESSAGES: 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 THERAPY with RMT 1 Hour \$ 84
 30 Min \$ 48
 90 Min \$ 120

RELAXATION MASSAGE with Esthetician 1 Hour \$ 70
 30 Min \$ 40

DEEP TISSUE-SPORTS MASSAGE with RMT 1 Hour \$ 90
 Helps to relieve pain and stiffness, prevents muscle injuries due to repetitive usage.

PRE-NATAL MASSAGE with RMT 1 Hour \$ 80
 This therapeutic massage treatment is especially beneficial at reducing pain in lower back, hips and shoulder during pregnancy.

AROMA THERAPY MASSAGE 1 Hour \$ 90
 Eliminates tension and recharges energy with the essences chosen just for you.

LA'STONE MASSAGE 1 Hour \$ 135
 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.

Wellness BODY TREATMENTS

If your goal is to keep your body young and beautiful, these treatments are recommended monthly. You'll always have the pleasure of a comfortable velvety skin.

Alpha LED Oxy-Light Therapy **NEW** 30 min \$ 60
 Your choice of program: Stress Relief, Energy, Body-Detox, Weight control, SAD, Pain relief, Cold/Flue relief, Meditation, Sleep/Insomnia, Pre- Post Massage
 Combined with Massage or Facial..... **30 min \$ 40 20 min \$ 30**

BODY SOFTENING 50 min \$ 80
 Exfoliation of the whole body with sugar-kiwi scrub, shower and a gentle softening massage will make your skin silky. A must before your vacation, great preparation for self tanning cream.

BODY SOFTENING & MUD WRAP 60 min \$ 98
 Treatment for your skin and for aching joints

BODY SOFTENING & LED-OXYGEN TREATMENT 75 min \$ 120
 The best and quick solution for dry, itchy skin.

DOUBLE THE PLEASURE 90 min
 Body softening followed by one hour massage treatment \$ 130
 When massage performed by RMT..... \$ 150

DETOX IONIC FOOTH BATH \$ 40

EAR CANDLING \$ 44

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.

Day spa packages

A beautiful GIFT to show you care about a special someone. Great way to re-energize, escape from stress and let your body relax.

11 THE ULTIMATE GIFT TO YOU 6 Hours..... \$ 440
 Intensive Facial Treatment + Ultimate Pedicure + Manicure + Body Softening with Mud wrap and LED + 1 Hour Massage + Refreshments

12 INVEST IN YOUR WELL-BEING 5 Hours..... \$ 395
 Treatment Facial + Medi-Pedicure + Manicure + Body softening with LED-Oxygen Treatment + 1 Hour Massage Therapy + Refreshments

13 RELAX – DESTRESS – REFRESH 4 Hours..... \$ 300
 Hydradermie Facial + Medi-Pedicure + Manicure + Body softening with LED-Oxygen Treatment + Refreshments

14 YOUR BEAUTIFUL DAY 4 Hours..... \$ 260
 Delux Hydradermie Facial + Medi-Pedicure + Manicure + Make-up update + Refreshments

15 SPA SAMPLER 3 Hours..... \$ 220
 Aromatic Facial + 30 Minutes Massage + Medi-Pedicure + Manicure + Refreshments

16 MINI VACATION 2 ½ Hours..... \$ 199
 Softness and Pleasure Body Treatment + Aromatic Facial Treatment + Make-up style update + Refreshments

17 TIME OUT 2 ½ Hours..... \$ 172
 1 Hour Massage + Medi-Pedicure + Manicure + Refreshments

18 INSTANT STRESS RELIEF 2 ½ Hours..... \$ 190
 Body Softening + LED Oxygen Treatment + 1 Hour Massage + Refreshments

19 RELIEF DURING PREGNANCY 2 ½ Hours..... \$ 155
 1 Hour Pre-natal Massage + Ultimate Pedicure + Refreshments

21 MANSCAPING 2 Hours..... \$ 170
 Hydrating Cleansing Facial + 1 Hour Relaxing Massage + Refreshments

22 THE MAN DESERVES A BREAK TOO 3 Hours..... \$ 258
 1 Hour Massage + Sport Pedicure + Age-Defying Facial + Refreshments

31 BACHEROLETTE RITUAL 5 ½ Hours..... \$ 440
 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
 1 Hour Couple Massage + Aromatic Hydrating Facial Treatments for the two of you + Refreshments

33 YOUTH RETREAT FOR FRIENDS 3 ½ Hours..... \$ 488
 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

OPENING HOURS	Monday	12 – 9	Thursday	12 – 9
	Tuesday	10 – 5	Friday	9 – 6
	Wednesday	9 – 7	Saturday	9 – 4

A MESSAGE FROM THE OWNER, Marika Pelyvas

My entire team at Ashgrove Spa is committed to providing treatments which exceed your expectations. All Treatments shall be performed by experienced and knowledgeable professional therapists who are passionate about your well-being and comfort. We recognize that an exceptionally sanitary environment is an essential component to your visit. Our treatments are a compliment to traditional health care. Enjoy your treatments and please come back soon.

GIFT CERTIFICATES

Gift certificates and Gift Cards are available to purchase at the spa or on-line @ www.ashgrovespa.com. They can be enhanced with a special spa gift and will be always beautifully presented. We advise you to treat every gift certificate as cash. If it's lost, it cannot be replaced.

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 GUINOT, DARPIN daily care products, you'll accumulate loyalty points. Ask for more details.

LOYALTY DISCOUNT:

You'll receive a 10% discount, when you come back for your next facial, pedicure or body treatment within 1 month of your previous same treatment.

REFERRAL PROGRAM:

Bring us a new client and receive \$ 20 gift certificate for your next visit.

MONTHLY AND SEASONAL SPECIALS

When you register to be a preferred client to our spa, you'll receive monthly promotional and informative emails. Early week Specials change frequently, please inquire.

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 are looking forward to SEEING YOU SOON!