

2012
Spa Menu



European Skin and Body Care
for Wellness and Beauty



Day Spa Packages A great way to re-energize, escape from stress and let your body relax. Allowing your body and mind to relax from time to time is essential to your wellbeing.

# 1 THE ULTIMATE SPA DAY 6 Hours	505.00
Intensive Facial Treatment + Ultimate Spa Pedicure + Classic Manicure + Body Softening with Mud Wrap Treatment + Rejuvenating Bath Cure + 1 Hour Massage + Light Lunch	
# 2 THE GIFT OF WELL-BEING 4.5 Hours	370.00
Treatment Facial + Wellness Pedicure + Classic Manicure + Rejuvenating Bath Cure+ 1 Hour Massage Therapy + Light Lunch	
# 3 RELAX – DESTRESS – REJUVENATE 4 Hours	280.00
Hydradermie Facial + Wellness Pedicure + Classic Manicure + Body softening Treatment + Refreshments	
# 4 SPA SAMPLER 3 ½ Hours	225.00
AS European Signature Facial + 30 Minutes Massage + Wellness Pedicure + Classic Manicure + Refreshments	
# 5 MINI VACATION 2 ½ Hours	205.00
Softness and Pleasure Body Treatment + AS European Signature Facial Treatment + Make-Up Style Update + Refreshments	
# 6 TIME OUT 2 ½ Hours	176.00
1 Hour Massage + Wellness Pedicure + Classic Manicure + Refreshments	
# 7 INSTANT STRESS RELIEF 2 ½ Hours	154.00
Body Softening + 1 Hour Massage + Refreshments	
# 8 THE MAN DESERVES A BREAK TOO 3 Hours	260.00
1 Hour Massage + Sport Pedicure + Age-Defying Facial + Refreshments	
# 9 THE BRIDAL RITUAL 6 ½ Hours	545.00
Body Softening Treatment + Rejuvenating Bath Cure + 1 Hour Aroma Therapy Massage + Facial Treatment + Wellness Pedicure + French Manicure + Eyelash & Eyebrow Tinting and Shaping + Glamour Make-Up Application + Light Lunch	
# 10 SPA DATE FOR THE TWO OF YOU 2 Hours	358.00
1 Hour Couple Massage + AS European Signature Facial Treatments For The Two Of You + Refreshments	

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.

BODY SOFTENING 50 min	80.00
Exfoliation of the whole body, shower and a gentle softening massage will make your skin silky.	
BODY SOFTENING & MUD WRAP 60 min	98.00
Treatment for your skin and for aching joints	
DOUBLE THE PLEASURE 90 min	
Body softening followed by 1 hour massage treatment.....	140.00 with RMT 154.00
When massage is performed by RMT	150.00
Body softening followed by Hydra bath cure.....	140.00

Rejuvenating Bath Cures with Kneipp

Melissa ~	Calms anxiety and nervous tension, reduce insomnia and promotes restful sleep
Juniper, Arnica ~	Soothes tired, sore muscles and helps rid the body of toxins
Spruce & Pine ~	For warmth & energy, strengthens the body's defenses and eases tension muscle pain
Rosemary ~	Invigorating "pick me up" energy bath to combat fatigue
Red Poppy ~	From the strain of every day, this Cure provides a sense of well-being, relaxation and peace of mind
Eucalyptus ~	Cleans the sinus and relieve the senses, great for allergy season or cold symptoms

• Hydro Bath 30 minutes.....	70.00
• Hydro Bath with 30 minute massage	110.00.....with RMT 118.00
• Hydro Bath with 1 hour massage	140.00.....with RMT 154.00
• Hydro Bath with 90 minute massage.....	with RMT 203.00

Ashgrove SPA Facial Treatments Each facial is customized to meet your individual skin care needs and begins with a personalized evaluation.

GUINOT * DARPIN * LUZERN * PEVONIA

AS Signature European Facial 60 min.....	95.00
Hydradermie Treatment 75 min.....	120.00
Hydradermie Lift Treatment 90 min.....	140.00
Delux Hydradermie Lift Treatment 105 min.....	170.00
Fruit Acid Double Peel (AHA) Treatment 60 min.....	95.00
Intensive Hydrating Treatment 60 min.....	115.00
Sensitive Skin Treatment 60 min.....	115.00
Rejuvenating Treatment 75 min.....	130.00
Anti-wrinkle Treatment 90 min.....	170.00
Ultimate Luxurious "The Fountain of Youth" Treatment 105min.....	210.00
Rosacea Facial Treatment 60 min.....	115.00
Hypersensitive Skin Treatment 60 min.....	115.00
Teen Facial Treatment 45 min.....	70.00
Oxygen Facial Treatment 90 min.....	140.00

Add an extra to any facial treatment for optimum results:

Oxygen Spray Treatment.....	40.00
Ultrasonic Treatment.....	35.00
Microdermabrasion Treatment.....	75.00
Anti-aging Eye Treatment.....	40.00
Eyebrow tinting and shaping.....	34.00
Eyelash tinting.....	34.00
Eyelash and Brow tinting.....	56.00

LASTING AND EFFECTIVE RESULTS NEED REPETITION. 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 TREATMENT AND DAILY CARE TO SUIT YOUR REQUIREMENTS. PROGRAMS: WITH 5 PRE-PAID MONTHLY FACIAL TREATMENTS RECEIVE 1 FREE OR PAY AS YOU GO. WE WILL APPLY A 10% DISCOUNT TO YOUR MONTHLY FACIAL TREATMENT.

Feet and Hands For Wellness, Comfort, Compliments and Confidence

PEDICURES 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. **Return for a pedicure within a month and receive a 10% discount.**

WE TAKE AN AVERAGE OF MORE THEN 5000 STEPS A DAY. OUR FEET NEED TO STAY HEALTHY AND FRESH TO TAKE US WHERE WE WANT TO GO.

Ashgrove Spa Wellness Pedicure.....	60 min	60.00
Ultimate Spa Pedicure.....	90 min	75.00
Sport Pedicure.....	60 min	60.00

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 and man's beauty regime. Your treatment will start with an exfoliating scrub to prepare your hands and will finish with a relaxing massage using a nourishing cream to leave your skin silky.

Ashgrove Spa Classic Manicure.....	30 min	32.00
Shellac Manicure.....		45.00
French Manicures.....	add 5.00	gel removal 10.00
Paraffin Wrap for Hands.....		18.00
Teen (under 16).....	manicure 27.00	pedicure 53.00
Little Princess (under 12).....	manicure 22.00	pedicure 48.00

Return for a manicure within a week and receive a 10% discount.

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

UV Digital Complexion Analysis 20 min30.00

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.

PCA SKIN PROFESSIONAL TREATMENTS ARE SCIENTIFICALLY FORMULATED TO GENTLY STIMULATE, FIRM AND TIGHTEN SKIN. YOUR THERAPIST WILL CHOOSE THE FORMULATION (AHA, TCA, BHA) ACCORDING TO YOUR SKIN NEEDS TO REDUCE FINE LINES, DISCOLORATION AND REDNESS, SMOOTH ROUGH SKIN TEXTURE OR FOR CLEARING ACNEIC/BLEMISHED SKIN.

PCA Peel Treatment150.00

Detox Gel Deep Pore Treatment98.00

Reduces inflammation, black heads, excess cell debris. Your skin will be hydrated, purified and clear

Microdermabrasion Facial Treatment140.00

The controlled and gentleremoval of the outer skin layers eradicates damaged and premature aged skin resulting in a clean, fresh lustrous tone

Microdermabrasion & PCA Peel205.00

The combination of the two treatments, exfoliation with anti bacterial action will result in a healthy glowing skin. Excellent anti-aging treatment.

Microdermabrasion with OXYGEN Facial Treatment.....175.00

The Ultrasonic Facial Treatment can be added to any facials. This sophisticated sound wave technology tones facial muscles and penetrates products deep below the surface of the skin. It promotes cellular repair, increases blood circulation and lymphatic drainage.

OXYGEN SPRAY TREATMENT CAN BE ADDED TO ANY FACIAL. OXYGEN IS VITAL FOR HEALTHY, YOUTHFUL SKIN. OXYGENATING THE SURFACE OF THE SKIN GIVES A PHENOMENAL VISUAL RESULT. THIS TREATMENT IS IDEAL BEFORE ALL OCCASIONS WHERE SKIN NEEDS AN INSTANT BOOST.

PALOMAR Photo Facials This advanced 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 optimal 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

Prepaid 4 Photo Facial Treatments 20 % off.

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 RMT1 Hour 84.00
 30 Minutes 48.00
 90 Minutes 120.00

RELAXATION MASSAGE with Esthetician.....1 Hour 70.00
 30 Min 40.00

DEEP TISSUE-SPORTS MASSAGE with RMT1 Hour 90.00
 Helps to relieve pain and stiffness, prevents muscle injuries due to repetitive usage

PRE-NATAL MASSAGE with RMT1 Hour 84.00
 Especially beneficial at reducing pain in lower back, hips and shoulder during pregnancy

AROMA THERAPY MASSAGE1 Hour 90.00
 Eliminates tension and recharges energy with the essences chosen just for you

LA'STONE MASSAGE.....1 Hour 110.00
 This healing and relaxing massage, combined with water heated lava stones. 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. Please request the same room at time of reservation.

Permanent Make-Up Also known as Micro Pigmentation or Cosmetic Tattooing. This state of the art procedure will assure you look your best all the time, wherever you are.

Eye Contourfrom 350.00
 Defines the lash line, enhances the eye shape

Eyebrowsfrom 380.00
 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.

Make-Up Application For Enhancing Your Natural Beauty

Make-Up Style Update40.00
 You'll find your new youthful look again and be sure to receive many compliments

Glamour Make-Up Application70.00
 For a special evening, an important photo shoot or just learn the secret of celebrities

Bride's Make-Up With Trial Session105.00
 You'll look natural and most beautiful throughout your special day and evening

Make-Up Lesson 1 Hour75.00

PALOMAR IPL Hair Removal Arrange a complimentary consultation about your concerns. Test spots \$ 50.00 (will be credited at time of first treatment). 4 weeks prior & during your treatments, make sure to avoid waxing, sun tanning, use of tanning bed or self tanning product.

Upper lip.....from 90.00	Full back&Shoulder ..from 390.00
Chin.....from 100.00	Upper arms.....from 120.00
Lip&Chin.....from 140.00	Lower arms.....from 120.00
Lower face.....from 160.00	Bikini Linefrom 100.00 (no inner thigh)
Full face.....from 250.00	Bikini&Inner thigh.....from 150.00
Entire Neck.....from 150.00	Brazilian Bikini.....from 250.00
Chest.....from 250.00	Lower legs.....from 220.00
Shoulders.....from 150.00	Upper legs.....from 250.00
Upper back.....from 190.00	Under arms.....from 120.00
Lower back.....from 190.00	

PLEASE INQUIRE FOR
 SPECIAL PRICE IF MORE
 THAN 3 AREAS TREATED

6 PREPAID TREATMENTS
20% OFF

8 PREPAID TREATMENTS
25% OFF

Waxing

Brow shaping.....17.00	Underarms.....30.00
Brow & lip.....25.00	Lower arms.....28.00
Brow, lip & chin.....36.00	Back.....36.00
Lip.....12.00	Back+shoulder.....48.00
Lip & chin.....27.00	Bikini line.....33.00
Side of face.....31.00	Brazilian bikini.....58.00
Full facial.....48.00	Upper legs.....41.00
Shoulder.....27.00	Lower legs.....32.00
Chest.....47.00	

Threading

Brow.....20.00	Brow & Lip.....30.00	Face.....40.00
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Electrolysis.....10 Minutes.....15.00 15 Minutes.....20.00

Each additional 5 minutes 5.00

Welcome To ASHGROVE SPA

Open Monday to Saturday

GIFT CERTIFICATES

Gift Certificates and Gift Cards are available to purchase at the spa or on-line at 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

Become our corporate partner. 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

 **ASHGROVE SPA**
for wellness & beauty
Since 1995
ashgrovespa.com

Our Thanks To You

REWARD POINTS:

Every time you purchase daily care products, you'll accumulate loyalty points. Ask for details.

LOYALTY DISCOUNT:

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 2 new clients 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.

RESERVATION & 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 for you to change and sip a relaxing beverage. Late arrivals will still finish at the scheduled time, while the normal treatment fee remains unchanged.

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A Message From The Owner, Marika Pelyvas

Ashgrove Spa is based on European Traditional Beauty, Wellness, Skin and Body Care

"My entire Ashgrove Spa team is committed to providing treatments which will exceed your expectation. All treatments are performed by experienced, knowledgeable and professional therapists who are passionate about your well-being and beauty. We recognize that an exceptionally sanitary environment is an essential component to your visit.

Many of our treatments compliment traditional health care. I hope you enjoy your treatments at Ashgrove Spa and please come back soon."

