



the spa

HAND TREATMENT

Your personalized hand treatment is made up of three stages that will leave your hands and nails feeling pampered and beautiful. First we'll focus on cleaning up the cuticles, which includes trimming excess cuticles away as well as filing and reshaping. Next, a customized lotion will be applied to hydrate your skin while you receive a relaxing hand and arm massage. The final stage and the icing on the cake is the application of your choice of polish or nail strengthener.

Should you choose to, an upgrade can also be added to this treatment featuring a warm paraffin wax to hydrate and improve circulation.

45min. \$45

Paraffin wax upgrade \$10

FOOT TREATMENT

Your feet will thank you after this revitalizing foot treatment. Your cuticles are first trimmed and nails will be filed followed by special attention and time spent on callous removal by our certified pedologist. A customized lotion will be applied to hydrate your skin while you receive a relaxing foot massage and finally a personalized polish application.

An optional upgrade to this package includes a customized scrub and paraffin wax treatment. This warm, hydrating wax deposits essential oils into the skin and helps improve circulation.

1hr. \$75

Scrub and Paraffin wax upgrade \$15

DERMALOGICA FACIAL TREATMENT

Beginning with a Dermalogica Face Mapping evaluation, our aesthetician spends time truly getting to know your individual skin needs. Your customized facial will bring out the best in your skin through the use of a simultaneous steam and massage treatment, targeted product combinations for cleansing and exfoliation and if needed may also include deep pore cleansing (sometimes referred to as extractions). Your face will feel balanced and revived after this heavenly treatment.

1hr. \$105

Alpha Hydroxy Acids \$20

MICROZONE TREATMENTS

Targeted microzone treatments are also available for specific areas of the face including the lips, eyes or any other area that you feel is in need of special attention. Our aesthetician will evaluate and treat based on your individual needs.

30 min. \$30

BODY POLISH

Beginning with a Dermalogica Body Mapping evaluation our aesthetician spends time recognizing your body's individual skin needs. Through a combination of customized exfoliation products and application your radiant and glowing skin will be revealed. Finally, a personalized moisture treatment will leave your skin feeling hydrated and refreshed.

1hr \$80

BACK TREATMENT

After evaluating your individual needs our targeted back treatment will be customized to treat blemishes while exfoliating and hydrating the skin. This treatment is ideal for wedding season, winter getaways or any event where you're showing off your back.

1hr. \$75

(continued on next page)

the spa (cont.)

WAXING AND TINTING TREATMENTS

LASH EXTENSIONS

Individual lash clusters are applied to your own lashes to create stunning, long, thick lashes that will last for up to two weeks. Perfect for any special occasion including weddings.

LASH EXTENSIONS \$45
REMOVAL \$20
TOUCH-UPS starting at \$5

BROW TINT \$15

LASH TINT \$22

BROW & LASH TINT \$30

BROW WAX & TINT \$32

BROW WAX MAINTENANCE \$20

BROW SHAPING \$25

UPPER LIP \$10

CHIN \$15

FACE (*Brows not included*) starting at \$30

UNDERARMS \$25

1/2 ARM \$30

FULL ARM \$40

BIKINI starting at \$30

1/2 LEG \$45

FULL LEG \$65

FULL LEG & BIKINI \$85

CHEST starting at \$45

BACK starting at \$45

makeup

Ensure you're looking your absolute best by booking a makeup application session with our experienced makeup artist for bridal, special occasions and photography. For those looking to learn more about how to best enhance their features, a one hour makeup lesson including skin care education and a step by step tutorial where you both observe and participate in the application of your makeup is also available.

Makeup Lesson \$75
Application \$55

**When available our makeup artist offers complimentary touch ups for all guests.*

'be the change you wish to see in the world'
-Gandhi

karma
SALON / SPA

DECEMBER 2009 - PRICES SUBJECT TO CHANGE WITHOUT NOTICE
Unit 9 - 3802 Brentwood Road N.W. / Calgary, AB / T2L 1K8
www.karmasalonandspa.ca



massage treatments

THE TRADITIONAL MASSAGE

Excellent for releasing tension, stress, increasing blood and lymph flow and calm the nervous system. Come away feeling relaxed, restored and rejuvenated!

45min. \$65 60min. \$80 90min. \$109 120min. \$160

DEEP TISSUE MASSAGE

Revitalize oxygen deficient and fatigued musculature and effectively relieve muscle pain, stress and tension.

45min. \$70 60min. \$90 90min. \$120

COUPLES MASSAGE

Share the experience with that special someone. Enjoy the soothing classic relaxation massage or an invigorating deep tissue massage.

Traditional

45min. \$130 60min. \$160 90min. \$218 120min. \$320

Deep Tissue

45min. \$140 60min. \$180 90min. \$240

AROMATHERAPY MASSAGE

Enhance your massage by choosing any pure essential oil to suit your specific mood or need. Relax, invigorate, stimulate, balance, sooth, revitalize or energize your body, mind and spirit.

45min. \$70 60min. \$90 90min. \$120

TRADITIONAL THAI MASSAGE

Beginning with acupressure and reflexology to the feet, this full body technique is designed to open the muscular-skeletal structure and restore energy. Slow and flowing it combines facilitated yogic stretches and deep rhythmic pressure. This invigorating treatment is performed on a mat on the floor.

** Please wear stretchable relaxed clothing*

60min. \$90 90min. \$135 120min. \$180

HEAD, NECK, SHOULDER MASSAGE

Recent injuries or chronic pain, your therapist will use a variety of techniques that will help release these common areas of pain and stress accumulation.

30min. \$50 45min. \$70

REFLEXOLOGY

Feel a peaceful serenity come over you as your feet are stimulated while pressure is applied to reflex points on areas of the feet thus optimizing overall health and well-being.

30min. \$50 45min. \$65 60min. \$80

SEPTEMBER 2008 - PRICES SUBJECT TO CHANGE WITHOUT NOTICE

Unit 9 - 3802 Brentwood Road N.W. / Calgary, AB / T2L 1K8

www.karmasalonandspa.ca