

Body Mechanics salon + spa

Hours of Operation

Monday by appointment only
 Tuesday 10-5
 Wednesday 10-5
 Thursday 10-6
 Friday 10-5
 Saturday 10-3
 Sunday Closed

Evening appointments available.
 Check our online booking schedule for availability.

306-764-2001

www.bodymechanicssalonspa.com
 Upstairs at 401 South Industrial Drive, Prince Albert, SK

AVEDA

Salon

Women's Cuts
 starting at \$35

Men's Cuts
 starting at \$25

Colours
 call for pricing

Balayage
 pre-book a free
 consultation for pricing

Hair Extensions
 pre-book a free
 consultation for pricing

Barber

Hot Shaves
 starting at \$35

Beard Trims
 starting at \$10

**Beard Line Up
 with Hot Towels**
 starting at \$25

Eyelash Extensions

Full Set Mink Lash \$140+
Partial Set Mink Lash \$75+
 Mink lashes are synthetic

Fill 2-4 Weeks \$55+
Lash Removal \$25

Facial Lift & Tint

Lash Lift \$60
Lash Tint \$15
Brow Tint \$15

Spray Tanning

Per Session \$40
 purchase 3 sessions,
 get the 4th session free

Body Talk

Per Session \$75

Massages BY R.M.T.*

**Deep Tissue Massage / Relaxation Massage /
 Thai Yoga Massage / Prenatal Massage**
 \$50 | 30 min \$70 | 60 min \$105 | 90 min

Cupping
 \$70 | 60 min \$105 | 90 min

Hot Stone Massage
 \$90 | 60 min

Reflexology Massage
 \$60 | 30 min

Stress-Fix Massage
 Clinically proven to reduce feelings of stress.
 Combines the power of Swedish and Deep Tissue
 Massage, Acupressure, Foot Reflexology and our
 stress-fix aroma, infused with organic French
 Lavender and Clary Sage.
 \$90 | 60 min \$120 | 90 min

Massage Add-Ons
 Back Scrub \$10 Essential Oils \$10
 *by Registered Massage Therapist,
 includes receipt for medical insurance

Facial Treatments

AVEDA Tulasāra Facial Treatment
 \$59 | 30 min \$79 | 60 min \$99 | 90 min

AVEDA Tulasāra Back Treatment
 \$79 | 45 min

**AVEDA'S PLANT-POWERED ALTERNATIVES TO
 MICRODERMABRASION + CHEMICAL PEELS**

AVEDA Dual Exfoliating Peel
 \$119 | 90 min

AVEDA Botanical Skin Resurfacing Treatment
 \$79 | 60 min \$99 | 90 min

Dermaplaning
 \$99 | 60 min

Body Treatments

AVEDA Aroma Body Polish Treatment
 \$99 | 75 min

Relaxation Massage by Spa Therapist*
 \$40 | 30 min \$60 | 60 min \$90 | 90 min
 *does not include receipt for medical insurance

Treatment Enhancements

AVEDA Eye Zone Treatment
 add \$15

AVEDA Plant Perfecting Peel
 add \$20

Waxing & Sugaring

Eye Brow
 waxing \$18

Lip + Chin
 waxing \$35 sugaring \$15

Full Face
 waxing \$30 sugaring \$35

Nostril
 waxing \$15

Underarm
 waxing \$18 sugaring \$20

Basic Bikini
 waxing \$20 sugaring \$30

Extended Bikini
 waxing \$30 sugaring \$40

Brazilian
 waxing \$45 sugaring \$60

Brazilian Maintenance
 waxing \$35 sugaring \$50

Full Leg
 waxing \$60 sugaring \$70+

Half Leg
 waxing \$35 sugaring \$45

Half Leg Maintenance
 waxing \$30 sugaring \$40

Half Arm
 waxing \$25 sugaring \$30

Full Arm
 waxing \$40 sugaring \$45

Men's Back
 waxing \$40 sugaring \$50

Men's Chest
 waxing \$35 sugaring \$40

Threading

Eye Brow \$20
 Maintenance 4 Weeks \$15

Lip or Chin \$15

Full Face \$40
 Maintenance 4 Weeks \$35

Forehead \$15

Pedicures

Pedicure Deluxe \$75 | 90 min
 Includes a relaxing warm foot soak, foot
 buffing, filing, cuticle and nail shaping,
 sugar scrub, warm eco-fin booties with our
 special blend of essential oils, moisturizing
 foot and leg massage plus take-home
 polish for flawless touch-ups.

Pedicure Express \$60 | 60min
 Includes foot buffing, filing, cuticle and nail
 shaping, moisturizing foot and leg
 massage plus take-home polish for
 flawless touch-ups.

Pedicure Essential \$40 | 30min
 Includes filing, cuticle and nail shaping
 with light massage.
 add polish \$4

Men's Pedicure \$65 | 60min

Manicures

Manicure Deluxe \$60 | 60 min
Manicure Express \$45 | 45min
 add shellac to mani \$20
 fills for shellac \$45
 shellac removal for mani or pedi \$10

Kids

12 years and under

Manicure \$35
Pedicure \$40
Manicure + Pedicure \$60

Gel Nails

Full Set \$65
Fill \$50
Gel Overlay \$40

Body Mechanics salon + spa

AVEDA TREATMENTS

Facial Treatments

AVEDA Tulasāra Facial Treatment
 \$59 | 30 min \$79 | 60 min \$99 | 90 min

AVEDA Tulasāra Back Treatment
 \$79 | 45 min

Dry, oily, aging, uneven, sensitive and acneic skin conditions and
 eye concerns can all be addressed with a customized Tulasara
 facial treatment. After a thorough consultation, your skin therapist
 will provide the best combination of products, personalized Aveda
 aromas and techniques and design a customized treatment that
 will move your skin toward balance and reveal its natural beauty.

Facial treatments are recommended on a weekly or monthly basis
 to achieve and maintain optimal results. Your skin therapist will
 develop on a comprehensive treatment plan designed to meet
 your individual needs and expectations.

AVEDA'S PLANT-POWERED ALTERNATIVES TO MICRODERMABRASION + CHEMICAL PEELS

AVEDA Dual Exfoliating Peel
 \$119 | 90 min

The Dual Exfoliation Peel is Aveda's latest advancement in
 non-invasive, skin-renewing treatments. Using innovative
 techniques, this treatment combines Aveda's naturally derived
 mechanical and biochemical exfoliation methods into one
 powerful service that transforms and rejuvenates the skin through
 the process of dual exfoliation. The treatment delivers immediate,
 visible results and improved skin texture, clarity and radiance;
 smoothed appearance of fine lines and wrinkles; and refined
 pores, revealing fresher, younger-looking skin. In a clinical study,
 the Dual Exfoliation Peel achieved better results than a combined
 microdermabrasion/ 30% Glycolic Peel treatment in both
 immediate smoothness and radiance, plus significantly better
 results in smoothness, radiance and skin tone one week later.

AVEDA Botanical Skin Resurfacing Treatment
 \$79 | 60 min \$99 | 90 min

Go beyond microdermabrasion, and energize the look of your skin
 with a professional facial treatment that helps smooth skin texture
 and reduce the appearance of lines and wrinkles and pore size
 while significantly increasing radiance - all with less visible redness
 and irritation than microdermabrasion procedure.

Dermaplaning

A method of facial exfoliation using a scalpel to remove fine vellus hair and dead skin cells which results in a brighter complexion, smoother
 texture, flawless make-up application and maximum product absorption.
 \$99 | 60 min

Body Treatments

Smother, softer skin texture, body detoxification and hydrated
 skin can all be achieved with a customized body treatment where
 you determine the focus. After a thorough consultation, your spa
 body therapist will provide you with the best combination of
 products and personalized Aveda aromas while performing the
 techniques needed to achieve your chosen focus.

AVEDA Aroma Body Polish Treatment
 \$99 | 75 min

Treatment Enhancements

Ask your spa therapist how you can increase the benefits
 of your facial, massage, or spa body treatment by adding
 on a focused treatment with distinct benefits.

AVEDA Eye Zone Treatment
 add \$15

Perfect for hydrating, refreshing and relaxing the eyes.
 Reduces puffiness, dark circles, and fine lines.

AVEDA Plant Perfecting Peel
 add \$20

Actively smoothes and retextures skin with the instant
 exfoliation and radiance benefits of a 30% glycolic peel,
 without the associated redness and irritation. The peel
 warms the skin, helping to open pores. May be used on
 all skin types.

**BE SURE TO SCHEDULE YOUR TREATMENT
 ENHANCEMENT WHEN YOU MAKE YOUR
 SPA APPOINTMENT**

LASER TREATMENTS

Laser Hair Removal

Unibrow \$30
Lip + Chin \$30
Full Face \$160
Nipple \$60

Underarm \$75
Basic Bikini \$95
Extended Bikini \$95
Brazilian \$125
Full Leg \$200+
Half Leg \$150+
Arms \$100
Women's Chest \$100
Men's Chest \$200+
Men's Back \$200+

IPL & Laser Therapy

Wrinkles \$120
Pigmentation \$120
Acne Therapy \$130
Onychomosis (Toe Fungus) \$35
Mole Remover \$25 per mole
Spider Veins
 pre-book a free
 consultation for pricing

Tattoo Removal
 pre-book a free
 consultation for pricing

Consultations

Consultations are free and
 also available by phone.

LASER TREATMENT OFFER
 pre-pay for 5 laser treatments and get the 6th free

Cosmetic Tattooing + Permanent Make-Up SERVICES

FREE 30 MINUTE CONSULTATIONS

INTRODUCTORY PRICING

Take advantage of our introductory pricing until August 31, 2018. Book today!

Eyebrows

**Hair-strokes
 Powder/Ombre or
 Combination** \$350 | 3.5 hours
 includes 6-12 week touch-up | 2 hours
 after August 31 \$500
 // colour enhance touch-up* \$250

Eyeliner SMOKEY OR LINED

Full Top+Bottom \$400 | 2 hours
 includes 6-12 week touch-up | 1.5 hours
 after August 31 \$450
 // colour enhance touch-up* \$250

Top \$300 | 1.5 hours
 includes 6-12 week touch-up | 1.5 hours
 after August 31 \$350
 // colour enhance touch-up* \$200

Lash Enhancement

Full Top+Bottom \$250 | 1.5 hours
 no touch-up required
 after August 31 \$300
 // colour enhance touch-up* \$200

Top \$150 | 1 hour
 no touch-up required
 after August 31 \$200
 // colour enhance touch-up* \$200

Lips

Full \$400 | 4 hours
 includes 6 week touch-up | 2 hours
 after August 31 \$500
 // colour enhance touch-up* \$300

// COLOUR ENHANCE TOUCH-UP
 touch-ups that are booked after the 6-12 week touch-up
 appointment but less than 1 year from the original service

More Services

6-12 Week Touch-Up Service
 add an additional service and pay the price difference
 between services
 \$ varies | time varies

Corrections *consultation required*
 any work over top of another artist's previous permanent
 make-up or cosmetic tattoo work.
 \$300+ | time varies

Tattoo Lightening *consultation required*
 \$75/treatment | ~1 hour
 after August 31 \$100/treatment

Packages

Eyebrows + Full Eyeliner **SAVE \$150**
 \$800 | 5.5 hours
 includes 6-12 week touch-up | time varies

Full Eyeliner + Full Lip **SAVE \$150**
 \$800 | 5.5 hours
 includes 6-12 week touch-up | time varies

Eyebrows + Full Lip **SAVE \$150**
 \$850 | 7 hours
 includes 6-12 week touch-up | time varies

Eyebrows + Full Eyeliner + Full Lip **SAVE \$200**
 \$1250 | full day
 includes 6-12 week touch-up | time varies
 // individual colour enhance touch-up fees apply \$200-\$300

HydraFacial TREATMENTS

FOR ALL SKIN TYPES & NEEDS Using Patented Vortex-Fusion Technology to Cleanse, Extract and Hydrate

WHAT IS HYDRAFACIAL TREATMENT?

HydraFacial is an invigorating treatment that can be given in as little as 30-45 minutes. It delivers long-term skin
 health and can be tailored to meet the specific needs of all skin types. It offers instant, noticeable results with no
 downtime or irritation. The HydraFacial treatment removes dead skin cells and extracts impurities while
 simultaneously bathing the new skin with cleansing, hydrating and moisturizing serums. The treatment is soothing,
 refreshing, non-irritating and immediately effective.

EXCELLENT FOR IMPROVING:

Fine Lines & Wrinkles
 Elasticity & Firmness
 Skin Texture
 Hyperpigmentation/Photo Damage
 Dullness & Dehydration
 Oil/Congested Skin
 Enlarged Pores

Signature HydraFacial

Deeply cleanse, extract, and hydrate the skin through
 our super serums filled with antioxidants, peptides,
 and hyaluronic acid.

one treatment \$175 | **four treatments** \$600

Deluxe HydraFacial

All the essentials of the Signature HydraFacial will
 addressing specific skin concerns through HydraFacial's
 boosters and protocols.

Radiance
 Add a Britenol® Boost to minimize the appearance of dark spots.
one treatment \$250 | **four treatments** \$950

Age-Refinement

Add a DermaBuilder™ boost to reduce the appearance
 of fine lines and wrinkles.
one treatment \$250 | **four treatments** \$950

Clarifying

Extended Extractions and add Blue LED Light Therapy to
 remove congestion.
one treatment \$225 | **four treatments** \$855

SIGNATURE & DELUXE HYDRAFACIAL ADD-ON
 LED RED+BLUE LIGHT THERAPY add \$50

Platinum HydraFacial

The ultimate HydraFacial experience. Begin the detoxification
 process with Lymphatic Drainage. Follow with the Signature
 HydraFacial to deeply cleanse, extract and hydrate the skin.
 Address specific skin concerns with a booster or your choice -
 Radiance or Age-Refinement. This treatment concludes with
 LED Light Therapy to further reduce the visible signs of aging.

one treatment \$300 | **four treatments** \$1135

Perks

With any perk purchase, enjoy the benefits of the treatment
 with our award-winning take-home products.

Lip Perk \$40

LIP TREATMENT This 10-minute service uses Lip Revitalizing
 Serum to gently exfoliate, lightly plump, and boost lip hydration

TAKE-HOME Use the Lip Revitalizing Serum at home to extend
 treatment benefits. Add the Perk of protecting your lips with the
 Hydrating Lip Balm SPF.

// book alone or add-on to any signature, deluxe or platinum service

Eye Perk \$55

EYE TREATMENT This 10-minute services uses Eye
 Replenishing Serum to invigorate your delicate eye area.

TAKE-HOME Use the Eye Replenishing Serum at home to
 extend treatment benefits. Add the Perk of reducing the
 appearance of dark circles with Soothing Eye Masks.

// book alone or add-on to any signature, deluxe or platinum service