

Body Mechanics salon + spa

Hours of Operation

HOURS

Monday - Saturday
Open at 10am

Closed Sunday

306-764-2001

We are open late! Evening appointments available.
Check our online booking schedule for availability.

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
Hair Extensions
Perms
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

Henna Brows & Lashes

Brows \$40

Lashes \$30

Brow + Lash Combo \$60

depending on skin type,
henna should last 3-4 weeks

Lash 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 \$60 | 45 min \$75 | 60 min \$110 | 90 min

Cupping
\$75 | 60 min \$110 | 90 min

Hot Stone Massage
\$95 | 60 min

Reflexology Massage
\$65 | 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.

\$95 | 60 min \$125 | 90 min

Massage Add-Ons
Back Scrub \$10 Essential Oils \$10

* by Registered Massage Therapist,
includes receipt for medical insurance

Facial Treatments

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

AVEDA Tulasara 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

Eyebrow
waxing \$18

Lip + Chin
waxing \$10 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

Eyebrow \$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 | 60 min

Includes foot buffing, filing, cuticle and nail
shaping, moisturizing foot and leg
massage plus take-home polish for
flawless touch-ups.

Pedicure Essential \$40 | 30 min

Includes filing, cuticle and nail shaping
with light massage.
add polish \$4

Men's Pedicure \$65 | 60 min

Manicures

Manicure Deluxe \$60 | 60 min

Manicure Express \$45 | 45 min

add shellac 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 \$70

Fill \$60

Gel Overlay \$50

Body Mechanics salon + spa

AVEDA TREATMENTS

Relaxation Treatments

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

AVEDA Tulasara 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

Smoother, 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 retexturizes 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 \$70

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 4 laser treatments and receive 20% off

Cosmetic Tattooing + Permanent Make-Up SERVICES

FREE 30 MINUTE CONSULTATIONS / BOOKING FEE \$100*

*credited to initial appointment price upon service completion. non-refundable, non-transferable

Eyebrows POWDER/OMBRE/COMBINATION

\$300 | 3 hour initial appointment

\$100 | 8-12 weeks second appointment -OR-

\$150 | 12-16 weeks second appointment

Lips

Full \$200 | 4 hour initial appointment

\$100 | 8-12 weeks second appointment -OR-

\$150 | 12-16 weeks second appointment

Shadow Eyeliner

Full Top + Bottom \$350 | 3 hour initial appointment

Top \$250 | 3 hour initial appointment

\$100 | 8-12 weeks second appointment -OR-

\$150 | 12-16 weeks second appointment

Corrections

starting at \$300 | time varies

Packages SAVE \$100-\$150

Full Brows + Full Classic Eyeliner \$550 | 5.5 hour initial appointment

Eyebrows + Full Classic Eyeliner + Lips \$450 | 5.5 hour initial appointment

Eyebrows + Lips \$500 | 7 hour initial appointment

Eyebrows, Full Classic Eyeliner + Lips \$800 | all day initial appointment

\$100 | 8-12 weeks second appointment -OR-

\$150 | 12-16 weeks second appointment

Classic Eyeliner

Full Top + Bottom \$250 | 2.5 hour initial appointment

Top \$150 | 2.5 hour initial appointment

\$100 | 8-12 weeks second appointment -OR-

\$150 | 12-16 weeks second appointment

Lash Enhancement

Full Top + Bottom \$200 | 2 hour appointment

Top \$150 | 1.5 hour appointment

no second appointment required

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

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

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 Aveda's
boosters and protocols.

one treatment \$250 | four treatments \$950

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

dermalogica®

PLAIN AND SIMPLE - HEALTHY SKIN.

Dermalogica uses ingredients designed to help keep skin at an optimal level of fitness - not just cover up
with cosmetic results. But don't get us wrong: a benefit of healthy skin is skin that looks its best! In addition,
when skin is at an optimal level of fitness, your professional skin therapist can more effectively address issues
that may arise from time to time, as your skin's needs are constantly changing.

Whether you want a quick pick-me-up, or an in-depth skin treatment, Dermalogica's professional skin
treatments are completely tailored to your skin's needs.

Treatment Facials

PRO POWER PEEL TREATMENT

pro power peel 30

\$75 | 30 min

A tailored 30-minute treatment featuring our highly active Pro Power Peel. This powerful peel targets individual skin
concerns for a completely customized experience.

pro power peel 60

\$95 | 60 min

This comprehensive and completely customized 60-minute treatment pairs our most powerful peel yet with advanced
techniques to thoroughly address skins ever-changing needs.

PRO SKIN TREATMENT

pro skin 30

\$69 | 30 min

A personalized, 45-minute treatment that addresses your top skin concern in a convenient amount of time.

pro skin 60

\$89 | 60 min

A personalized, 60-minute treatment that takes you on the ultimate journey to your healthiest-looking skin.

General Information

What is the cancellation policy?

Please notify the salon or spa 24 hrs before your scheduled appointment to avoid being charged the full value of the service.

Should I make reservations?

Reservations are recommended and are subject to availability.

Do I need a credit card to hold a reservation?

We only ask for a credit card when two appointments are booked for the same date.

When should I arrive?

Please arrive 15 minutes prior to your treatment.

What if I'm late for an appointment?