

aveda spa & body treatments

EXFOLIATIONS & MASQUES

Aqua Polish (60 minutes, \$50)

A full body exfoliation and refinement of your skin using the therapeutic benefits of marine elements such as Dead Sea salts along with skin conditioning oils. After a full body exfoliation comes a deeply relaxing, aromatic heat treatment where the entire body is cocooned for ultra conditioning with AVEDA Pure-Fume™ Steamer. The result is conditioned, soft, polished skin.

Body Polish (60 minutes, \$50)

We envelop you in warm comfort all over. After a full-body exfoliation comes the deeply relaxing, aromatic heat treatment where the entire body is cocooned for ultra conditioning with AVEDA Pure-Fume™ Steamer. The result is velvety smooth skin and a feeling of energy and renewal.

Rosemary Mint Awakening Body Treatment (60 minutes, \$50)

Renew body and mind with this stimulating and nurturing body exfoliation. Your body is exfoliated, smoothed, and softened. Essences of rosemary and peppermint will awaken your senses while a scalp and facial massage balance the whole body. Followed by a Pure-Fume™ Steam Bath.

Caribbean Therapy Body Treatment (60 minutes, \$70)

A rejuvenating and nurturing body treatment that uses the healing touch and ingredients of the Caribbean to create inner calm and renew body and senses. Treatment begins with a dry exfoliation followed by a smoothing, detoxifying body scrub and wraps a restoration scalp, face, and body massage completes this island-inspired experience.

body wraps

Body Wrap (90 minutes, \$120)

The process begins with a therapeutic full body exfoliation using marine elements such as, Dead Sea Salts and skin-conditioning oils. A customized masque is then applied to the skin's pores, thus removing any excess waste. The wrap is removed and hydrating moisturizer is applied to help retain the skin's moisture.

What is a Body Wrap?

A method to help visually slenderize and contour your body shape, tighten your skin, and remove toxins in only 45 minutes.

How it works.

Waste, pollutants, and other environmental factors over-load the body resulting in stress, water retention, and cellulite-ridden tissues. Our wrapping techniques compact and visibly firm the body quickly by removing excess water and waste.

hydrotherapy

EXPERIENCE THE HEALING PROPERTIES OF WATER

AVEDA Body Elixir (90 minutes, \$80)

This stress-relieving treatment combines the benefits of exfoliation, massage and hydrotherapy. Skin is cleansed, refined and hydro-massaged with the Vichy Shower (four showerheads that massage with water) to awaken your energy points. Finally, an application of moisturizer completes this incredible treatment.

Body Masque (90 minutes, \$75)

Feel the tension slip away as water jets massage specific areas of your body for a very deep and complete relaxation experience. A customized hydrating formula (your choice of a seaweed or herbal masque) is applied, followed by steam. Finally, an application of body moisturizer is applied to help maintain the skin's elasticity and moisture.

Vichy Heaven Massage (60 minutes, \$75)

A relaxing and calming underwater massage treatment, combining the therapeutic benefits of hydrotherapy and Swedish massage techniques with the soothing effects of aromatic essential oils.

radiant skin for all natures facial

This facial restores balance holistically by engaging all five senses with tourmaline charged products, customized massage techniques, balancing Plant Pure-Fume™ essences, temperature, music, lighting, and personalized self-care rituals. To begin, the Aveda therapist first determines your Elemental Nature by analyzing your skin and lifestyle to find out which elements show the most imbalance, then tailors a personalized facial that will create immediate radiant results.

This facial enhances the skin's natural renewal process and reveals visible results instantly, up to:

39% improvement in overall skin clarity

29% reduction in appearance of pores

28% increase in skin smoothness

24% improvement in overall radiance

all without the side effects of more aggressive treatments.

Outer Peace Acne Relief Treatment (60 minutes, \$65; 90 minutes, \$80)

A total solution personalized for your skin that treats not only acne symptoms, but also removes surface blockage and impurities allowing skin to stay clear.

radiant skin for all natures facial

HIGH-TECH IN DEVELOPMENT, HIGH TOUCH IN DELIVERY

We recommend this ground-breaking new facial as a holistic alternative to invasive, anti-aging skin care treatments that use machines and chemicals.

Radiant Skin for all Natures Facial (60 minutes, \$70)

Take nurturing your skin to the next level, with a natural alternative to aggressive skin treatments that elicits a radiant complexion without any associated side effects. In just one hour, skin is visibly refined, balanced, and infused with radiance thanks to AVEDA's line of plant-based skincare products powered by the energizing mineral, tourmaline. When combined with the nurturing benefits from touch, this personalized approach helps enhance and protect the integrity of the skin and its functions, supporting its health and beauty long-term.

All complexions can achieve radiance at any age by simply bringing the skin back into balance. When the elements are in balance, skin reflects health, vitality, and radiance. When imbalances are caused by stress, fatigue, diet, health, or environmental conditions, they can powerfully affect body, mind, and senses resulting in dry, flaky, dull skin.

makeup

AVEDA Makeup reflects a full range of shades from nature's palette, in formulas that actually care for you. Vitamins counter environmental aggressors to skin, and plant-based emollients moisturize. Because what you put on your face goes into your body.

Makeup Application \$25+

Makeup Lesson \$40+

Bridal Makeup Application (60 minutes, \$60+)

Awakened Consumerism: AVEDA's mission isn't just something to put on brochures; it's a way of life. AVEDA makeup products are created using methods and ingredients that benefit the earth. Products are harvested in local and indigenous communities to benefit their economy and their land. Products are packaged using 80% post-consumer recycled aluminum and paper, which reduces energy up to 75%. Why? Because what we put on the planet (and take away from it) affects us all. For more information on AVEDA's consumerism visit AVEDA.com.

nail care

Experience customized care for your hands and feet. Rejuvenating service includes proper maintenance and grooming of nails and cuticles, personalized massage, customized exfoliation, and masque. A necessary spa experience to bring your hands and feet back into balance.

Hand Relieving Treatment (40 minutes, \$25)

Foot Relieving Treatment (60 minutes, \$45)

uv- free tanning

Body Bronze (45 minutes, \$55)

For those who want a natural looking tan without the sun, this full-body, dry exfoliation removes the dull surface of your skin and prepares it for superior absorption of AVEDA's self tanning cream. A healthy way to bronze your body without the harmful effects of UV rays. Includes a full-size AVEDA Sunless Tanner for at-home maintenance.

Magic Tan (15 minutes)

Now you can experience the beauty of a rich golden brown tan year-round. The Magic Tan Spray Machine has been designed to deliver an all over golden brown tan, 100% UV free with in minutes to hours.

Sessions

1 Session \$20

2 Sessions \$30

3 Sessions \$50

5 Sessions \$80

skin care

Elemental Nature Facial for Self-Renewal (90 minutes, \$80)

This head-to-toe experience is designed for total relaxation and skin rejuvenation. During this facial, you experience an integrated foot and scalp treatment. The AVEDA Facial Massage, featured as an important part of the facial treatment, is a combination of pressure point, lymphatic drainage, and Ayurvedic massage techniques that will leave your skin looking refreshed and alive.

Green Science Facial (60 minutes, \$130; Six 60 minute sessions, \$660)

This unique and rejuvenating experience harnesses the powerful high-tech plant technology of green science and combines it with high-touch skin therapy to renew, repair and regenerate your skin. Clinically proven to lift and firm skin, reduce fine lines and significantly improve skin barrier strength while reducing the appearance of age spots.

Enbrightment Facial

(60 minutes, \$80; 60 minutes + plant peel, \$120; Six 60 minute sessions, \$600)

Combines high-tech plant technology with a high-touch service to maximize the benefits of new enbrightment skin care; Improvement in visible clarity. New massage and application methods are inspired by traditional asian techniques to support healthy skin. Achieving an even skin tone and overall luminosity. The 90 minute treatment, includes a signature reflexology treatment for overall relaxation.

skin care

FACIALS

Pure Focus (30 minutes, \$40)

Discover your skin's potential as we spend 30 minutes focusing on corrective techniques. Choose from skin exfoliation, face and neck massage, or masque treatment.

Elemental Nature Facial (60 minutes, \$56)

The goal of our Elemental Nature Facial is to restore balance to the skin. Based on your Elemental Nature Questionnaire, your esthetician will consult with you to design a facial treatment that includes personalized products, essential oil aromas, and facial techniques. At each visit, your restorative skin sessions will be created from the following Elemental Nature Skin needs:

Infinity Nature - Balances normal to dry skin conditions

Air Nature - Nourishes dry, dehydrated, and mature skin

Fire Nature - Cools and soothes sensitive, irritated skin

Water Nature - Clarifies blemished and congested skin

Earth Nature - Purifies normal to oily skin conditions

aveda plant wax hair removal

AVEDA PLANT WAX

AVEDA's Natural Plant Wax Program is a process that incorporates natural plant-based waxes, essential oils and soothing ingredients to give you the best hair removal results. Our Relaxing Waxing Rituals allow the most comfort, as well as being effective. Using two different types of wax allows us to customize for the area of hair removal. Make sure to let us know if you're using doctor-prescribed skin care products or taking any medications, so we can check for contra-indications.

Brow Shaping/Clean Up \$10

A highly trained esthetician customizes a brow shaping for your facial features.

Lip \$10+

Full Face \$30+

Chest \$40+

Forearms \$15+

Half Leg \$40+

Bikini \$25+

Chin \$10+

Underarm \$15+

Back \$40+

Full Arm & Hand \$30+

Full Leg \$60+

Brazilian \$50+

elemental nature spa gift packages

GIFT PACKAGES MAY BE USED AS A DAY OF SELF-NUTURING OR AS SEPARATE SERVICES. SPA GIFTS, AN AVEDA PERSONAL BLENDS AQUA THERAPY, ARE CUSTOMIZED AFTER A SENSORY JOURNEY IN OUR SPA AND ARE REDEEMED AT TIME OF SERVICE.

Infinity

(3 hours, \$125)

60-min Elemental Nature
Massage
Manicure
Pedicure
Paraffin Treatment for
Hands or Feet
Spa gift

Air

(3 hours, \$125)

60-min Elemental Nature
Facial
Manicure
Pedicure
Paraffin Treatment for
Hands or Feet
Spa gift

Fire

(4.5 hours, \$200)

60-min Elemental Nature
Massage
60-min Elemental Nature
Facial
Manicure
Pedicure
Spa Cuisine
Spa Gift

A Salon Elegance Gift Card may be purchased in any amount, regarding all services and products in the Salon, Spa, or Fitness Center. All gift cards are non-transferable and non-refundable. All gift cards will expire within one year of the date purchased.

aveda massage

All body care treatments begin with an Aveda Sensory Journey, where you may choose the perfect aroma to enhance your service.

Tandem Massage (60 minutes, \$140)

Experience ultimate relaxation by having two therapists massaging you at the same time.

Therapeutic Body Massage (60 minutes, \$85)

This treatment is customized to meet your individual needs to relax and to soothe away aches and pains, while focusing on specific injured areas.

Deep Tissue Massage (60 minutes, \$75)

A highly intense massage focusing on loosening adhesions and flushing toxins from the body. This massage is for someone who prefers deeper work and a firmer touch.

Pregnancy Massage (60 minutes, \$70)

(Not to be performed during 1st trimester)
A healthy and relaxing way to take care of yourself and your body during pregnancy. Increasing circulation, decreasing stress, and reducing muscle soreness are just a few benefits of this prenatal massage

aveda massage

All body care treatments begin with an Aveda Sensory Journey, where you may choose the perfect aroma to enhance your service.

Elemental Nature Massage (30 minutes, \$40; 60 minutes, \$65; 90 minutes, \$90)

A personalized massage experience based upon the Aveda Elemental Nature philosophy and your favorite Aveda aromas. Depending upon your needs, a variety of massage techniques will be utilized.

Fusion Stone Massage (60 minutes, \$70; 90 minutes, \$100)

Experience the aromatic power of traditional North American plants fused with the sensation of smooth stone massage. Sage, cedar, and sweet-grass encompass the senses and enhance skin hydration. Opposing sensations of warm and cool stones fused with massage techniques balance, soothe, and invigorate your body.

Hot Tub

Enjoy a body massage by our soothing blue-lit jacuzzi, furnished with wine & cheese upon request for a group of 4-6. This service can be reserved for couples, birthday parties, bachelorette parties, etc. So, bring a wet suit and a few friends and let this release you to your fullest relaxation. Price will be determined upon consultation.

elemental nature spa gift packages

GIFT PACKAGES MAY BE USED AS A DAY OF SELF-NUTURING OR AS SEPARATE SERVICES. SPA GIFTS, AN Aveda PERSONAL BLENDS AQUA THERAPY, ARE CUSTOMIZED AFTER A SENSORY JOURNEY IN OUR SPA AND ARE REDEEMED AT TIME OF SERVICE.

Water

(5 hours, \$275)

Vichy Heaven Massage

Aroma Body Elixir

60-min Elemental Nature Facial

Manicure

Pedicure

Spa Cuisine

Spa Gift

Earth

(6 hours, \$300)

60-min Elemental Nature Massage

60-min Elemental Nature Facial

Rosemary Mint Awakening Body Elixir

Manicure

Pedicure

Makeup Application

Spa Cuisine

Spa Gift

A Salon Elegance Gift Card may be purchased in any amount, regarding all services and products in the Salon, Spa, or Fitness Center. All gift cards are non-transferable and non-refundable. All gift cards will expire within one year of the date purchased.

Wedding Packages

6 Girls

Receive updo and makeup application for \$300. (\$50 each)
This does not include the bride.

8-10 Girls

Receive updo and makeup application and will be picked up in the limo and brought to the salon (they will also be brought to the wedding) for \$480-\$600. (8-10) (\$60 each)
This does not include the bride.

** For all Wedding Packages everyone must get updo AND makeup application.
Any alterations must be consulted with Joanie (owner)

Birthday Packages

5-7 Girls

Shampoo/Style, Makeup application, Polish finger and toe nails for \$175-\$245.
(\$35 each)

4-6 Girls

Hot tub available for 2 hrs. (\$200)

** For all Birthday Packages each girl must get each service.
Any alterations must be consulted with Joanie (owner)

spa services

WE STRIVE TO MAKE THE SPA EXPERIENCE AT SALON ELEGANCE
LIFE ENHANCING - A CATALYST FOR SELF-CARE

RESTORE BALANCE

As living beings, we are in a constant state of flux as we strive for equilibrium to combat stresses that affect our balance and well-being each day. Naturally, these stresses have an effect on our skin, body, and emotions.

At Salon Elegance, our goal is to design treatments to bring you back into balance using nurturing high-touch approaches and unique sensory experiences.

The root of Aveda's holistic spa philosophy, Elemental Nature, is based on the five elements found in nature (and within each of us): Infinity, Air, Fire, Water, and Earth. Before each service, we ask our guests to complete the Aveda Elemental Nature Questionnaire which allows our therapists to create personalized treatments and self-care rituals, based on your Elemental Nature, to bring you back into balance.

hair care

Men's Hair Cut \$15+

Women's Hair Cut \$30+

Boy's (0 to 10 yrs.) \$10+

Girl's (0 to 10 yrs.) \$15+

Special Style/Updos \$35+

Style Without Cut \$20+

Single Process Color \$40+

Double Process Color \$60+

Toner/ Shine \$20+

Highlights \$40+ Price Determined by
Hair Density & Extent of Design

Men's Cap Highlight \$40+

Corrective Color Based on
Consultations

Relaxer \$55+

Permanent Wave \$50

Hair Extension Based on
Consultation

Brow Tint \$10+

Ear Candling \$30

Purescriptions Treatment (for scalp balancing), Without Style 15+, With Style 35+. A conditioning hair treatment using AVEDA elixirs to restore dry, oily, or damaged hair.

fitness services

WHETHER YOUR GOAL IS TO GET STRONGER, GET BIGGER OR LOSE A FEW POUNDS, FITNESS CAN MEAN SOMETHING SLIGHTLY DIFFERENT TO EVERYONE. THE MOST IMPORTANT THING IS HOW FITNESS MAKES YOU FEEL. LET US PROVIDE YOU WITH A QUALITY SERVICE AND AN OUTSTANDING FACILITY TO HELP YOU ACHIEVE QUICK AND LONG TERM RESULTS YOUR WAY.

Fitness Monthly

Daily	\$5
Single	\$35
Family	\$66

Fitness and Aerobics Monthly

Single	\$45
Family	\$76

Personal Training

Single Session	\$50.00 per hour
10+ Sessions	\$35.00 per hour

make the most of your spa service

Feeling completely at ease results in the ultimate spa experience. The following are some commonly asked questions that will help make your visit comfortable and enjoyable.

How early should I arrive? To get the most out of your visit to the spa, please arrive at least 15 minutes early. This will allow time to check in, have a beverage and enjoy our Relaxation Room.

What should I wear? We want you to be as comfortable as possible, so you may wear as little or as much as you like for body treatments. You will be discreetly covered with towels at all times. We also provide slippers and spa wear for your convenience.

Should I refrain from shaving/hair removal before a body treatment? Yes. To ensure your complete comfort during body treatments, you may want to refrain from hair removal 24 hours before service.

What does “+” mean?

You may notice a + sign after some prices. This indicates price variations among service providers that are based on education and experience. Continuing education at Salon Elegance is something that is not only encouraged; it is required. After professionals complete training sessions and educational workshops with industry leaders, their prices increase to reflect a new skill level.

We appreciate 24 hours notice for cancellations.

AVEDA rituals

THIS IS YOUR TIME, LET US NURTURE YOU.
WITH EACH VISIT, OUR GUESTS EXPERIENCE AT LEAST ONE OF THESE COMPLIMENTARY
SERVICES.

Stress Relieving Treatment a relaxing scalp and neck massage using AVEDA essential oils

Hand Treatment a soothing pressure point hand massage using AVEDA skin care products

Makeup Touch Up with your favorite AVEDA Products

Sensory Journey an aromatherapy journey with AVEDA's natural aromas

Aromatic Hand Towels steamed or chilled towels soothe and refresh

make the most of your spa service

What about my jewelry and valuables? We provide lockers for your personal items.

Should I have any concerns about pregnancy or other health matters? Please let your service provider know of any medical conditions or medications you're taking. They are highly trained to guide you in deciding which treatments are right for you.

What if I have other questions? We want you to get the most out of our spa. Please talk to your service provider about any other concerns you have.

SERIES: Purchase 3 sessions of the following spa services and receive a 15% off.

ELEMENTAL NATURE MASSAGE 60 MIN, ELEMENTAL NATURE FACIAL 60 MIN, MANICURE OR PEDICURE, BROW SHAPING/ CLEANUP, LIP WAX OR BIKINI WAX

limousine service



2007 Escalade Limousine available for:

Weddings

Birthday Parties

Proms

Graduations

Spa Packages

and other special events...

Salon Elegance is an **AVEDA** concept salon.
We use **AVEDA** products exclusively. We are aligned with **AVEDA's**
mission that connects beauty, environment, and well-being.

AVEDA'S Mission

“Our mission at **AVEDA** is to care for the world we live in, from the products we make to the ways in which we give back to society. At **AVEDA**, we strive to set an example for environmental leadership, not just in the world of beauty, but around the world.”

-HORST M. REHELbacher
FOUNDER, AVEDA

beyour**BEST**self

Renew your sense of well-being with the nurturing touch of our **AVEDA** team.

general info

We accept the following forms of payment:

Cash, Visa, MasterCard, American Express, Discover or Personal Checks

Salon/Spa Hours

Monday - Saturday

9:00 am - 7:00 pm

Fitness Hours

Monday -Saturday

5:00 am - 10:00 pm

CALL THE AVEDA SPA AT (337)598-3400

or visit

10002 GULF HWY, LAKE CHARLES, LOUISIANA, 70607
TO BOOK YOUR APPOINTMENT TODAY.

SALONELEGANCE.COM



10002 Gulf Hwy.
Lake Charles, LA 70607

Phone.337.598.3400



DAY SPA **AVEDA**™ FITNESS

menu of services + salonelegance.com