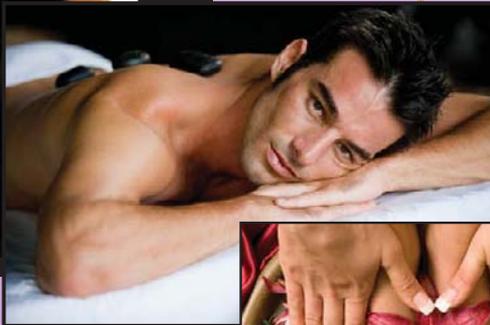




Laser ● Hair ● Skin ● Nails ● Spa

Changes

#110 - 3501 8th Street, Saskatoon SK, S7H 0W5



p: (306) 477-NAIL (6245)
www.changeshair.com





Welcome to Changes Salon & Spa!

You're invited to visit one of Saskatoon's finest, largest and most well-established health and beauty facilities with over 25 years in business. Escape from routine for a remarkable spa experience! You will find our 5,000 square foot luxurious salon--comfortable, relaxing and inviting.

Our specially trained professionals and friendly staff are dedicated to giving you the ultimate in personal care treatment. Feel at ease, be pampered, and enjoy the many benefits we have to offer.

Isn't it time for a Change! Retreat for an hour, afternoon, or an entire day indulging in a unique variety of spa services. Let us help you melt away the stress, tension and restore the "true you". You may never want to leave!

My personal guarantee stands behind our commitment to keeping happy, radiant and satisfied clients. You deserve to look and feel your best, so please visit again, and again.

Carolyn Schwab, C.E.O
Changes Salon & Spa

"Our focus is on helping you look and feel your best"

Spa & Salon Guidelines

- **Appointments** ~ Please arrive 10 to 15 minutes before your appointment, to allow time to change and relax. **Arriving late may cause your appointment to be shortened.**
- **Cancellations** ~ If you need to cancel your appointment, please give us 24 hours notice. "No shows" and last minute cancellations are subject to cancellation fees.
- **Product Return Policy** ~ We offer a satisfaction guarantee on our products. Changes will exchange products or give store credit within 14 days of original purchase. No cash or credit card refunds.
- **Pre-Booking** ~ Ensure that you get the preferred time for your next appointment by pre-booking your service before leaving.
- **On-Line Bookings** ~ Book your own appointments 24 hours a day with on-line appointments by going go to www.changeshair.com
- **Gratuities** ~ If you feel you received a great service, we thank you in advance for showing it.
- **Children** ~ Enjoy your spa experience without worrying about your little ones. Children under the age of 13 must be supervised at all times. Breastfeeding mothers are warmly welcomed here.
- **Cell Phones** ~ Please set your cell phone to vibrate so that you and others may completely relax.
- **For Your Comfort** ~ A signature robe and slippers are provided if you'd like. Your privacy will always be assured and respected. Disposable panties provided along with professional draping.
- **General** ~ We use a "quiet voice" in our spa areas, so all may enjoy a relaxing atmosphere. All consultations are free. Prices are subject to GST & PST and may be subject to change without notice.



Did You Know!

Special Events, Wedding Parties ~ We do Spa parties. Whether you're celebrating a birthday, engagement, wedding shower, baby shower, Grad, book club, ladies night, men's night, just because or just the end of a long work week; a spa party is the ideal way to combine relaxation with socializing.

A 50% deposit is required for large groups (3 or more).

Convenience ~ Our facilities are wheel chair accessible.

Hours ~ Open 7 days a week, 362 days a year. Monday to Friday: 9-8; Saturday 9-5; Sunday 11-5.

Loyalty Point System ~ You can get **free services** at Changes. For every dollar you spend, collect loyalty points! Earn enough points to select a pampering service of your choice. Just ask how (some exceptions may apply).

Earth Friendly ~ Changes staff help the environment by using ECO friendly products (paraben/talcum-free) and participate in a community recycling program. We are proud of these earth friendly achievements.

House Calls ~ We make personal visits to houses or hospitals in Saskatoon. This is an ideal service for those who need to be pampered but cannot leave their residence. ***Travelling charges apply.***

Gift Cards ~ Whether it's for a birthday, a holiday or just because, a Changes Salon & Spa **Gift card** is always the right choice. Available in a variety of denominations, **Gift cards** are a wonderful way of giving that special person a **gift** that he or she really wants. A wonderful idea for any special occasion! Treat yourself, a client, associate, friend, relative or a loved one to a personalized gift card.

Methods of Payment ~ For your convenience, we accept cash, Debit, Visa, Master Card, American Express, Changes gift cards, Way Spa, Spa Wish and Spa Finder gift cards.

Guarantee ~ We want you happy, so if you are displeased with a service, we'll either re-do it or fix it within one week at no charge to you.

Comments ~ Please let us know how we can better serve you and make you feel more comfortable. We enjoy having you as a client, so please tell your friends about our variety of wonderful services. Our team works together to better serve you – our client!

Disclaimer ~ All offers given at Changes Salon & Spa cannot be combined with any other offers or promotions. All offers may be changed, cancelled or modified at any time without notice. You must present promotion/special/gift card at time of check in.

Prices are subject to change without notice. We are not responsible for lost or stolen items.

“Isn't it time for a Change!!”

Check us out online at www.changeshair.com

Ask about our loyalty points for free services.





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Specialty Items

Tanning, Spray Tanning Services

Tanning ~ Stand Up & Lay Down

\$49 (100 Mins)

Tan three times faster, in less than ten minutes with our super stand-up bed! The improvement is instant with darker and richer looking skin. Or, try our new high-tech lay down bed with a digital timer and LED light. This new tanning bed is most popularly teamed up with our teeth whitening and ETS Skin Rejuvasun services. Choose from a large variety of high quality tanning products.

More packages available

Skin Renewal ~ ETS Skin Rejuvasun

\$10 Per Cream Kit (2 Uses)

Look years younger after tanning! This remarkable service comes with our new and improved lay down bed. Simply apply our amazing Rejuvasun products before and after tanning – watch your skin become more youthful and radiant looking.

For best results, a three month routine is recommended

Sunless Tanning

\$40 (30 minutes)

\$175 for a Series of Five

Your skin will not only look beautifully bronzed from head to toe, but will also be safe from the harmful effects of the sun. The tanning mist absorbs quickly and flawlessly, providing rich and beautiful color for about one week. Sunless tans always last longer if the body is prepped before hand with an exfoliating scrub or polish. Also, weekly touch-ups are recommended if you'd like to keep that beautiful bronzed glow. ~ **Add a body scrub or polish for only \$45. ~ with Sunless Tan Treatment**

Vibration Machine \$10 for 10 minutes (package of 10 for \$90)

10 minutes of vibration is equivalent to an hour of exercising. This treatment may help recipients to lose weight, bolster metabolism, decrease physical pain, and improve fitness.

Teeth Whitening (While You Tan)

\$39.95 Per Kit

Get the same whitening results as you would in a dental office at a fraction of the cost! Simply apply a special gel to each tooth and insert a plastic form over teeth before tanning. A more effective treatment than home whitening kits and lasts up to 20 uses! ~ This customized tooth gel application will safely and quickly whiten your teeth and is used in conjunction with our lay-down tanning bed. Your teeth will look pearly white, while your skin looks freshly tanned.

Tooth Gem

\$40

Put a twinkle in your smile with a stylish tooth gem!

Teeth Whitening (Individual Sessions)

\$75 Per Session

Our professional technicians use a tooth shade guide to select the correct level of whitening. Teeth are prepped for a sterilized mouth piece to be fitted. A UV lamp is used for 20 minutes to activate the process. Once completed mouth is rinsed, teeth are wiped and compared to the shade guide to show instant results.

This treatment will not whiten nor damage veneers, crowns or false teeth.



One-on-One Life Coaching

\$85 (90 Mins)

Includes Sauna or Hot Tub to Relax

If you are going through a transition in your life, feel like you are stuck in a rut, or considering making a life change, then Life Coaching and Wellness is exactly what you need.

Confidential, one-on-one life coaching lets you take an in-depth look at the effects your past is having on you and gives you the tools and support you need to step out of the past and into the future. This comprehensive session encompasses inner and emotional healing. We are all in transition at some point in our lives. The coaching session and length is customized to your needs and the coach recommendations.

You will look at three of your life areas; your physical, your emotional and your personal life success plan. You will work on: problem solving, understanding your feelings and will create an action plan that will help you obtain your goal. Call us for a free consultation. Get to know your self, gain clarity on your path in life, and identify and get rid of the limiting thoughts that are keeping you from your dreams.

Ionic Cleanse Foot Bath ~ Boost your body's natural healing powers. Everything we breathe and ingest contains unavoidable toxins. **You can eliminate those toxins and reverse their effects!** This new and incredible treatment will give your body the strength it needs to fight back.

\$45 (30 Mins) (Save \$50 when purchasing a series of 6 for only \$250)

Here are just some of the health benefits of Ionic Foot Cleansing:

- * For best results, a series of twelve sessions is recommended and can be done up to three times per week.*
- **Immunity:** Many believe that an ionic cleanse helps in enhancing the immunity of the body through detoxification.
- **Heavy Metals:** Removing heavy metals present in the body due to pollution, insecticides, junk food and other factors.
- **Insomnia:** Makes the body feel lighter and relieves stress. Ion Cleanse aids problems like insomnia.
- **Kidney:** As we age, our kidneys are not able to cope with the amount of toxins present in the body. An ion cleanse can help the kidneys and liver to function optimally by removing the associated toxins and heavy metals.
- **Bio Field:** Ion Cleanse is said to help in the stimulation and enhancement of the human bio field by enhancing the energy flow in the meridians.
- **Oxygen:** Increases oxygen circulation which in turn means better nutrient absorption into the body.

Far-Infrared Dry Sauna ~ Enjoy burning 300-600 calories while relaxing in a tranquil cedar sauna for 30 minutes. This easy-to-breathe-in room will help relieve pain from arthritis, fibromyalgia, sports injuries or other chronic pain conditions. It's also excellent for reducing skin problems such as acne, eczema, psoriasis and even cellulite.

\$35 (30 Mins)

Many benefits include:

- Burns up to 600 calories per 1/2 hour session
- Helps clear skin of blemishes, scars, eczema, psoriasis and helps regulate blood circulation
- Aids in relief of fibromyalgia, arthritis, sports injuries and other chronic pain
- Detoxifies the body of heavy metal impurities
- Improves and strengthens the immune system, reducing fatigue and stress



Ear Candling

\$60 (1 Hr)

Restore your senses and treat your body to a feeling of well-being with this ancient practice. A warm and soothing treatment which helps to provide relief from headaches, sinus congestion, swimmers ear, hearing, overall balance and more. ***Can be done as often as needed***

Body Art Glitter

\$15 up

or Henna Tattoos

\$25+

Create unique and intricate designs for any occasion! Can be applied to any part of the body. Choose from many Colorful & Sparkly colors. ***Lasts 1 to 3 weeks***

Body Piercing

\$45 jewellery extra \$35

Piercing for all body parts are offered in discreet and private surroundings. These include any facial, ear, belly button and piercing below the belt.

Disposable & sterilized needles and gloves are always used.

Ear or Nose Piercing includes jewellery

\$45

~Soft part of ear only and includes jewelry \$45

Permanent Make-Up

Imagine, not having to worry about make-up! Permanent make-up that lasts for years. You will look your most beautiful 24 hours a day. Enhance your overall appearance with this non-surgical micro procedure, inserting pigment beneath the top layer of the skin into the dermal layer. Pioneered permanent make-up in Saskatoon. With over 25 years of experience and being a board certified permanent make-up technologist, journeyman cosmetologist and Esthetician Carolyn Schwab C.E.O. is a master in her background. Innovative and understanding when meeting anyone's cosmetic needs. Providing discreet complimentary consultations, "It's about helping people feel better about themselves. I'm blessed to have the gift."

"Permanent cosmetics are beneficial to anyone, especially the very active."

Eyebrows

Our most popular requested procedure. If you have thin eyebrows, uneven or no brows, this procedure will make a satisfying difference to your beauty and your self-confidence. Eyebrows help frame the face, an important part of a person's expression and appearance. Become free of smudging eyebrow pencils and light colored brows. All colors are custom blended to suit your own coloring and personal preferences. Eyebrow pigmentation can mimic hair or be a solid shade depending on what look is best for you. We work with the natural coloring to give as realistic effect as possible. Your own hair will help give brows definition. The brows are drawn on your skin allowing you to make adjustments to ensure you're getting exactly the right look before committing. Choose from a full range of colors for your customized look.



\$350

Microblading

3D, embroidery eyebrows, a semi-permanent tattoo which lasts one to three years

It is done using a very fine blade to deposit pigments into the epidermis. Because we're impacting color closer to the surface, the strokes appear crisp and very fine. There is no "spilling" under the skin.

This method is ideal for anyone wanting to enhance the look of their eyebrows. The results are natural looking, hair-like strokes, regardless of the amount of hair present.

\$495



Upper/Lower Eye Liners

Glamour without fuss, your eyes will look brighter, and more alive than ever before. Imagine never having to use a pencil again even when exercising, while being intimate with a partner or while you sleep. Eyeliner ranges from a variety of different styles, shapes and colors. You can choose from a soft natural-looking liner to a more dramatic defined black liner – the choice is yours. Enjoy having your eyes looking great all day, every day. Remember you can always add regular make-up over top, if you so desire.

Upper Liner \$350 Lower Liner \$350 Both \$600



Eye Touch-Ups

Skin around the eyes is the most sensitive, thin and continually renews itself. Pigment works its way to the surface of the skin and is naturally sloughed off over time. Consistent usage of soaps, cleaners and the sun will also gradually fade permanent eyeliners. Touch-ups are recommended every few years. Touch-ups are quick, affordable and will make your eyes look freshly renewed.

Using single use disposable needles and sterilized autoclave.

\$100

Full Lip Colors & Lip Liners

Your friends will be asking how you look so good! Choose between a wide variety of beautiful lip colors and liners that will last throughout the day and night. These can be applied in either a natural or more vibrant hue. Helps to prevent lipstick from bleeding, correct un-even lips, minimize the appearance of wrinkles and gives more fullness and definition. Enjoy wearing it alone or applying different shades of gloss or lipstick over top.



Lip Liner \$350 Full Lips \$450

Scar Camouflage

Helps to smooth your skin and acts as a corrective procedure, improving the appearance of many facial or body disfigurements. Enjoy a flawless new look and rid yourself of scars from such things as: cleft lip, grafts, acne or face lifts, fine lines, scars and some wrinkles. **\$150+ per area**

Areola Restoration

This popular tattooing technique is specifically for anyone who has had to go through breast surgery. A customized pigment is applied in the skin to form an areola and nipple. Results are incredibly natural. **Full areola \$450**





Beauty Marks

Be unique and create your own mark! These can be designed or perfected.

\$75 Each

Tattoos

Changes Salon & Spa is a place where people from all walks of life can receive body art in a comfortable atmosphere.

(Prices available upon consultation)

SAVE \$100 DOLLARS WITH TWO OR MORE TREATMENTS!

Men's Grooming Care

Spa treatments are helping men manage stress, as well as look and feel their best.

Men's Designer Cut & Style

\$30+

Men's Hair Color ~ For a richer, more **natural look**. (Add a cut \$20+)

\$50+

Sports Manicure ~ Your hands say a lot about you, so get them into great shape with one of our most popular men's services. **Nails are filed and buffed as cuticles are clipped then conditioned.** We finish off with a **softening scrub** and a **soothing hand and forearm massage** to work out all the knots, leaving hands smooth and 'hand'some.

\$45 (1 Hr)

Sports Pedicure ~ Great for athletes and men who are always on their feet. Relax with a **complimentary beverage**, as feet are soaked in a **therapeutic footbath**. Rough spots and **calluses are removed. Feet & lower legs** are then **scrubbed and massaged** with a revitalizing foot cream. Your feet will feel brand new again!

\$60 (1 Hr)

Golf Ball Massage **FORE!!!** Golf Ball Massage is a hole in one with golfers.

Loosen up your swing and get a better grip on the club. 1 hour massage includes 30 minute Sauna Plus 1 ball and 2 tees.

\$75

Gentlemen's Facial ~ Escape from the day's work with a retreat for the face. Begin with an exhilarating **steam with hot towels**, followed by a **regime that helps revive skin from daily shaving and exposure to the outside elements**. Includes; **cleansing, exfoliation, extractions, face, neck massage, ending with a conditioning masque** to sooth and awaken the senses.

\$95 (1.5 Hrs)

Russian Beer Treatment ~ A 30 minute **sauna to rid the body of toxins, body buffing scrub followed by an hour-long massage**. Top off the experience with a cold Russian beer. **\$150 (2.5 Hrs)**

Hot Towel & Shave ~ Give your face a good old fashioned treatment. Experience **soothing warm towels** to prep for a **shave** so accurate, your skin will feel baby smooth.

\$60 (30 Mins)



Detoxifying Back Cleanse ~ Great for any man who wants to show off his back! Includes **deep cleansing, light extractions, an exfoliating scrub, back masque** and **30 minute hot stone body massage** to sooth sore muscles and purify skin. **\$90 (1.5 Hrs)**

Gentleman's Day @ the Spa ~ Oh you so deserve this! Tension melts away with a **Dry Sauna** to relieve that stress and detoxify. **One hour massage** followed with a **Gentlemen's facial** customized to your special needs. Then retreat to the Pedi Suite to relax and enjoy lunch along with a **Spa Pedicure** and **Spa Manicure**. Your day concludes with a **scalp massage**, and **hair shaping**. You will truly feel spoiled and pampered. **\$320 (5 Hrs)**

Scalp Massage Therapy ~ Relax with an invigorating **10 minute scalp massage**. A stimulating blend of tea tree that stimulates hair growth, brain activity and scalp circulation. You'll be left with a **brilliantly styled head of hair**. **\$40 (45 Mins)**

Eye Brow Grooming ~ Enhance your facial features with more natural and defined looking brows. **Ask about full body waxing!** **\$25**

Brazilian Men **\$60**

Brazilian Maintenance Men **\$50**

Laser hair removal; see laser permanent hair removal on page 21

Check out our complete skin care line to help maintain healthy, youthful skin.



Trendy Hair Design

Your hair service begins with a customized consultation. By balancing your facial features, shape of face and skin tone, you'll always get that perfect style. Our artistic stylists can identify and create an amazing look that's just right for you. We guarantee our innovative, classic haircutting and up-style look that will compliment your unique image and lifestyle.

Designer Cuts & Styles

Women's Designer Cut & Style	~ With blow dry & style ~	\$45+	
Men's Designer Cut & Style		\$30+	
Children's Haircuts	~ Shampoo & Style Extra	~ 5 & under ~	\$15+
	~ Shampoo & Style Extra	~ 6 to 12 years ~	\$20+
	~ includes wash and style	~ 13 - 17 years ~	\$35+
Shampoo & Style		\$45+	
Smoothing Flat Iron	~ Hair past shoulder length ~	\$25+	
French Braiding		\$40+	
Bang Trim		\$15+	
Scalp Treatment S/S included		\$45+	

Classic Up-Do's

Create a perfectly classy look with a customized up-do style. *Hair should be clean & dry before the service, as the prices listed do not include a shampoo.*

Special Occasion Up-do	~ Up or down ~	\$45+
Bridal Day Hair	~ Please arrive with dry hair ~	\$45+
Trial Up-do		\$45+



Hair Enhancements/Extensions

Changes Salon & Spa uses the highest quality 100% human hair. By using a unique keratin protein bond, the result is an undetectable, non-damaging hair attachment. Your hair will look gorgeous. Consultation required.

Hair Extensions purchase hair		\$400+
Application of Hair Extensions	~ 14, 16, 18 inch~	\$150+
Weave (hair extra)		\$150+
Color / cut / texture hair		\$75+
Removal including style		\$95+
Clip in hair including application h/c (clip in hair extra)		\$99 (includes hair cut)
Fashion Colors or Highlights	~ Per strand ~	\$25.50
Metallic Hair Extensions		3/\$7.50
Coloured Hair Extensions		\$7.50 each
Hair Feather Extensions		\$15 each
Hair Extension Touch-Ups		\$25+
Removal Extensions		\$75+

Trendy Vibrant Colors

From the quietest highlights to the most head-turning transformation, hair does more than just change colors. It adds more dimension, movement and expression to your overall image. For a more natural, or dynamic look, multiple shades are suggested.

Shadow Root Color		\$75+
Full Color		\$90+
Full Highlights		\$130+
Balayage Lights	~ Crown or dimensional ~	\$110+
Ombre Full or Partial Highlights		\$150+
Men's Full or Partial Highlights		\$60+
Men's Color (Clear Shine)		\$40+
Corrective Color	~ Consultation Required ~	

Permanent Waves, Curls, Textures & Relaxers

Dramatically alter your hair's natural behavior, for new dynamic look and an ultimate ease in styling.

Full Perm/Body Wave		\$110+
Spiral Perm		\$120+
Relaxer	~ Hair straightening ~	\$120+

Prices for chemical services do not include haircut or deep conditioning.



Nail Salon Services

We welcome you to enjoy 'Clearly Nails', created by the owner Carolyn Schwab. This exclusive nail product will keep your natural nails damage-free, looking beautiful, flexible and strong. A set of gel nails will leave your feet looking immaculate for any holiday or special occasion.

Set of Gel Nails	~ Choose one color nails ~	~\$70
Gel Toe Nails	~ With French tips ~	\$60
Gel Toe Nail Fill		\$55+
Overlay on Natural Nails		\$55
Nail Fills (Gel, Acrylic or Fiberglass)	~ Includes 2 repairs ~	\$55+
Professional Nail Removal	~ Full set ~	\$30
Single Nail Repair		\$10
Polish Change	~ Choose from a vast selection of colors ~	\$20
French Polish		\$25
Nail Art	~ An array of designs to choose from ~ Price per nail ~	\$2+
Artistic Polish	~ Color lasts up to 3 weeks, without chipping dulling or peeling, soak off color ~ Hello zero drying time!	\$45+
Air Brushing Nails		\$5+ each
Artificial Single Toe Nail		\$10

Hands & Feet

One Minute Manicure Our unique formula of moisturizing scrubs, mineral-rich Dead Sea salts, botanically-based oils and fragrances will have your hands glowing. This service includes an exfoliating treatment with a soothing hand and arm massage. **\$20**

Express Mini Manicure This luxurious mini manicure includes cuticles trimmed and nails filed to the perfect shape. Choose one of our delicious moisturizing lotions for a tension-relieving hand massage and select your favourite nail polish. **\$40 (30 min)**

Changes Manicure

This luxurious manicure starts out with a soothing neck wrap and herbal hand bath. Cuticles are trimmed and nails are filed to the perfect shape. Choose one of our delicious moisturizing lotions for your tension-relieving hand and arm massage, then select your favourite nail polish. **\$50 (1 Hr)**

Spa Manicure

The same as our Changes Manicure but treat yourself to any one of the many incredible add-ons. **\$70**

Express Mini Pedicure Relax your back, neck and shoulders with a self-controlled massage in one of our pedicure massage chairs. Feet are soaked in a whirlpool foot bath, followed by a relaxing foot massage and nail polish. **\$50 (30 min)**

Changes Pedicure

Let your stress melt away as you relax with a warm neck wrap and whirlpool foot bath. Cuticles are trimmed, calluses are reduced, lower legs and feet are exfoliated and nails are shaped. • **Organic Brown Sugar Exfoliating Treatment** ~ improves circulation and softens skin. This decadent treatment finishes with a moisturizing foot and lower leg massage and includes your choice of polish. **\$65 (1 Hr) +**



Spa Pedicure

The same as our Changes Pedicure but treat yourself to any one of the many incredible add-ons. **\$85**

Medical Pedicure

This service is performed by a certified foot care professional trained to use specialized techniques and products for those with intensive foot care requirements. **\$80 (1 Hr)+**

BS Brace

Leading ingrown Toe nail treatment. BS brace acts like a spring, gently straightening and lifting each side of the toenail, reducing its pressure against the skin. Correction is painless and occurs over a period of weeks. BS brace is intended for the big toe. With modification it can be used to treat ingrown toenails or other toes or even fingernails. **\$45 (30 minutes)**

Manicure & Pedicure Add-On's

\$20 each

Treat yourself to one or more of our many incredible hand and foot treatments!

- **Paraffin Treatment** ~ Relax your tired muscles and joints with this deep soothing heat by surrounding your hands or feet in a warm masque. leaving your skin soft and joints relaxed. This treatment is highly recommended for those who suffer from severely dry skin and/or arthritis.
- **Artistic Polish** ~ Color lasts three weeks, without chipping dulling or peeling, soak-off color.
- **Relaxing Hot Stone Massage** ~ Deep heated massage – relieves joint pain and aching muscles.
- **Purifying Organic Mud Mask** ~ Detoxifies the skin, leaving it looking soft and smooth.
- **French Polish** ~ Gives that classy look and is great for special events.
- **Foot Scrubs** ~ Helps to smooth the surfaces and reveal healthy skin. Included in all pedicures.
- **Foot Mask Treatment** ~ Restores the moisture in your feet, leaving them super soft.

***Enjoy a wide variety of other delicious scrubs & exfoliating treatments.**

~ Just ask for a list of our current selections! ~

Exclusive Pedicure Add-On's:

Ionic Cleanse Foot Bath ~ This unique detoxifying service removes heavy metals and toxins through the pores in your feet! Helps boost the immune system, improve sleep, reduces fluid retention, aids in the relief of headaches and increases energy. **\$45 (30 Min)**

(Save \$45 when purchasing a series of 6 treatments for only \$225)

Customized Reflexology ~ Allow our reflexologist to give you an amazing, healing foot massage. Your feet act as a map to every organ and gland in your body. Specific pressure points are treated and massaged. This will help to improve digestion, enhance circulation, normalize the metabolism, lower blood pressure, activate self healing, and promote relaxation and stress relief. 15 minutes each foot.

~ With pedicure \$30~

~ Without pedicure \$50~



Facials and Skin Treatments

• SKIN – is our focus; • SCIENCE – is our guide; • SOUL – is what makes our offer unique.

(1.5 Hours) \$110

HYDRA MEMORY COMPLETE TREATMENT: A deeply hydrating and anti-oxidant treatment for face, neck and décolleté. Leaves the skin hydrated, silky and bright. Contrasts dryness and premature aging. Recommended for extreme dehydration, all year around and before and after sun exposure.

RESULTS: Profound skin hydration, elasticity and luminosity. Deep hydrating effect for skin that is supple and bright. Effective anti-oxidant benefit.

DURATION: Complete 60 minutes, or Express 30 minutes

ACTIVE PURENESS TREATMENT: A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterized by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

RESULTS: Smooths and improves the skin's texture. This treatment purifies and rebalances the skin.

DURATION: 60 minutes (with or without extractions), or Express 30 minutes

ACTIVE PURENESS REGENERATING TREATMENT: This is a treatment for deep cleansing that gives the skin a luminous, smooth, uniform appearance. An AHA Double Peel and Algae Mask rebalances and normalizes the skin leaving it fresh and firm. Recommended for all skin conditions, including delicate, dehydrated and mature skins. It is particularly effective on impure, wrinkled, oily skin and those prone to acne.

RESULTS: smooth and improved skin texture. This treatment purifies and regenerates the skin, rebalances sebum and hydration levels.

DURATION: 60 minutes

ABSOLUTE PEARL TREATMENT: ideal for all skin types for an illuminating and revitalizing action. Highly recommended for any concerns with hyper-pigmentation, dark spots and uneven skin tone; for immediate freshness, vitality and luminosity due to anti-oxidant, smoothing and whitening actions of the products. With an intensive treatment program and the use of homecare products, skin tone becomes more even and dark spots become lighter. Safe during pregnancy.

RESULTS: a luminous and even skin tone with visible improvement to hyper-pigmented areas.

DURATION: 60 minutes

RECOVER TOUCH TREATMENT: To neutralize free-radicals and nourish the tissue, while calming and moisturizing. This is an ideal treatment for dry, sensitive skin.

RESULTS: Refreshed skin, restored moisture and softness, effective free radical reduction.

DURATION: 60 minutes



Using one of Saskatoon's most exclusive eco-friendly Pevonia skin care products, your personalized skin analysis will determine your signature facial.

Changes Signature Facial

The facials listed below include gentle cleansing, exfoliating, toner and moisturizer, using our multifunctional beauty system. A steam therapy session is then used to prepare your pores for a purifying extraction treatment, finishing off with a customized masque and relaxing décolleté massage. We'll wake you up when it's over! **(1.5 Hours) \$110**

Your 'Signature Facial' Selections:

Perfectly Purifying	~ Deep cleansing, clarifying & healing
Rosacea Reducer	~ Clears redness & helps even out skin tones
Clearly Collagen	~ Nourishes dry skin & reduces fine lines
Renewing Radiance	~ Tightens, moisturizes & firms aging skin
Glycolic Peel	~ Restoring, for damaged skin

Anti-Aging Eye Treatment ~ Perfect for helping to reduce fine lines, puffiness and dark circles. This nourishing collagen treatment helps restore and revitalize. Leave with a more youthful, vibrant and fresh look. **\$60**

Additional Facial Add-On's:

Collagen Eye Treatment	~ Repairs fine lines, puffiness & circles	\$60
Youthful Lip Spa	~ A four-step plumping lip facial	\$45
Neck & Bust Treatment	~ Specialized firming & lifting technique	\$115
Paraffin	~ Relax your tired muscles and joints with this deep soothing heat	\$20
Deep Pore Cleansing Strip	~ Lose weeks of dirt build-up with our deep pore cleansing strips. Custom fit to get dirt and oil from those hard to reach areas.	\$20

The Micro Retinal Peel Treatment™

\$135 each or Series of 5 \$550

Resurfacing treatment thoroughly enhances the skin using Retinal Technology™ to cleanse, exfoliate, extract, and hydrate simultaneously. A series of 5 treatments, one each week, is recommended for improving the appearance of fine lines, wrinkles, hyperpigmentation and oily/acne prone skin. After your first series of treatments, you will want to maintain your results with Pevonia skin.

Features:

- * Provides non-invasive, non-surgical procedure options
- * Show immediate results without discomfort or downtime
- * Targets specific concerns such as sun damage, fine lines and wrinkles, dehydration, and oily/dehydrated skin



Microdermabrasion Facial

An extraordinary polishing method that helps soften the skin, reduce fine lines, acne or other scarring. A mechanical exfoliation gently lifts off layers of dead skin cells, revealing the smooth and youthful skin underneath.

We begin with cleansing, toning and moisturizing, followed by a Microdermabrasion exfoliating treatment. Your experience is completed with a healing and hydrating mask, ending with a moisturizing décolleté massage. Skin will look fresh and revived!

\$145
Microdermabrasion only **\$105+**

Bum or Back Facial

Your backside doesn't always have to get left behind! Our effective treatment will smooth and tighten skin, while helping to eliminate acne and cellulite.

To begin, enjoy a deep cleansing technique that sloughs off dead skin cells. A stimulating scrub and relaxation massage eliminates aches caused by stress and is finished off with an anti-cellulite thermal tightening "booty" masque.

\$105

*** Upgrade your back or bum facial with one or all of the following for only \$20 each:**

- * Microdermabrasion ~ Smooths & tones skin extra \$99
 - * Far-Infrared Dry Sauna ~ Reduces stress & diminishes cellulite
 - * Hot Stone Massage ~ Further relaxes & soothes muscles
 - * Extractions ~ Eliminates & purifies unwanted blemishes
 - * Paraffin ~ Relax your tired muscles and joints
- with this deep soothing heat** **\$20**

Skin Rejuvenation

Using the power of ELOS technology, this unique technique minimizes skin imperfections. The following conditions are treatable with this service: sun damage, age spots, spider veins, large pores, unevenness, brown or red blotchiness, Rosacea, as well as freckles.

	Per treatment	Package of 5
Face	\$200	\$800
Face/Neck/Chest	\$450	\$1800
Neck & Chest	\$300	\$1200
Face & Neck	\$300	\$1200
Spot Treatment	\$50	



(NEW) Sublative Skin Contouring Treatment (NEW)

Sublative skin treatments are an ideal solution to, high costs, pain, downtime and side effects. Sublative treatments provide the results you desire without the worry of more invasive procedures. Sublative penetrates more deeply than creams and peels, and addresses your skin's overall tone and texture. Reducing acne scars, mild wrinkles, skin discolorations while creating smoother and more elastic skin texture. **Full Face \$495.00**

Refirm Skin Tightening & Wrinkle Reduction

This effective treatment uses LED light and has the ability to stimulate the skin at a cellular level. A tighter, smoother, evenly toned look is achieved. A non-invasive face lift.

	Per treatment	Package of 5
Face	\$200	\$800
Face/Neck/Chest	\$500	\$2000
Neck & Chest	\$400	\$1600
Spot Treatment	\$50	

For best results, a customized series of treatments is recommended.

Velashape Fight Cellulite

The first treatment approved by Health Canada and the FDA

This procedure is a safe, effective and virtually painless non-invasive solution for the Cellulite market and for Body Reshaping via Circumference Reduction*. Reduce cellulite & re-shape your body

- lift, tighten & smooth your skin, resulting in a more youthful skin appearance
- remove unwanted bulges & disproportionate fatty areas caused by liposuction
- improve & increase blood circulation
- improve & increase lymphatic drainage
- relieve muscle aches and pains
- educate client on causes & prevention of cellulite
- provide FREE skin assessments

Velashape sessions can last from 20 to 60 minutes, depending on how large an area of your skin is being treated.

	Per treatment	Package of 6
Front Thighs or Back	\$199	\$495
Buttocks	\$99	\$495
Arms	\$99	\$495
Abdomen upper or lower	\$99	\$495
Love handles	\$99	\$495

Purchase 6 and receive one free

* Sauna after treatment Free helps with cellulite reduction.



Laser Permanent Hair Removal ~ by ELOS

This is a new FDA approved technology that safely and comfortably removes unwanted hair!

Face	Per treatment	Package of 5
Upper Lip, Chin or Centre Brow	\$50	\$200
Nose Hairs or Ears	\$50	\$200
Cheeks, Sideburns or Eyebrows	\$75	\$300
Front or Back of Neck	\$100	\$400
Full Face	\$200	\$800
Full Face & Neck	\$250	\$1000
Back of Neck	\$100	\$400
Male Beard or Full Neck	\$150	\$600
Spot Treatment	\$50	
Lower Body		
Abdomen (Women)	\$175	\$700
Anal Area, or Buttocks	\$150	\$500
Bikini Line (Swimsuit & Inner Thigh)	\$100	\$400
Male Bikini	\$150	\$500
Bikini & Abdomen	\$250	\$1000
Brazilian Style Female (All Hair)	\$250	\$1000
Brazilian Style Male (All Hair)	\$350	\$1400
Hands & Fingers, Toes & Feet	\$50	\$200
Upper Arms or Lower Arms	\$150	\$600
Full Arms (Including Hands)	\$225	\$900
Lower Legs (Including Knees)	\$225	\$900
Upper Legs (Including Bikini)	\$225	\$900
Full Legs (Including Bikini)	\$450	\$1800
Upper Body		
Underarms	\$75	\$300
Upper Chest/Upper or Lower Back	\$200	\$800
Full Back	\$400	\$1600
Shoulders	\$75	\$300
Abdomen Male	\$175	\$700
Chest & Abdomen	\$325	\$1500
Areola or Sternum (Between the Breasts)	\$75	\$300



Eyelash & Smile/Tooth Gems

Style your smile and flash your lashes! These hot gems are available in a wide variety of colors, and can last anywhere from one week to one year.

Smile/Tooth Gems	\$40 Each
Eyelash Gems	\$7 Each

Body Waxing & Sugaring

Hair must be 1/4"-1/2" in length to remove.

Choose honey, hard wax, chocolate wax or sugaring for your unwanted hair removal.

Your privacy and comfort are assured.

Eyebrow shaping	\$25
Lip, chin or side of face	\$25
Full leg	\$60
Half leg lower or upper	\$40
Toes	\$10
Full arm	\$40
Under arm, shoulders, abdominal	\$25
Men's back or chest	\$60
Full Face	\$50
Bikini line (Outside only)	\$30
Bikini line & full leg	\$70
Bikini line & half leg	\$60
Brazilian	Men \$60 ~ Women \$50
Brazilian Maintenance	Men \$50 ~ Women \$45

Facial Threading Hair Removal

This is an Ancient Eastern method that is a wax and chemical-free non-invasive technique. Threading is popular because it is acne-safe, causes minimal redness, is great for sensitive skin and removes very short hairs.

Eyebrows	\$25
Facial lip, chin or side of face	\$25
Full Face (Includes all of the above)	\$50



Makeup Services

Using the most refined cosmetic products (SST products are paraben/taclum-free) for all your special events, our make-up artists will give you a flawless look.

Children's		\$15
Mini Application	~ Eyes, Lips & Blush ~	\$15
Full Application		\$50
Application with Customized Lesson	~ 1 Hour ~	\$60
Wedding Trial	~ Consultation Included ~	\$45
Wedding Day		\$45
	~ Both Wedding Hair & Make-up ~	\$90

Brow Bar Services

Eye Brow & Eyelash Tint, Lift/Perm & Extensions

This is an excellent service for those individuals who have fair colored hair. A natural dye can be applied to accent existing features on the lashes, brows, beard, chin, chest or sideburns.

Lash or Brow Tints		\$30 Each
Both Lash & Brow Tinting		\$55+
Chin or Chest, or Sideburns or Bikini Area (tinting or lightening)		\$30+
Eyelash LIFT/Perm	~ Enhances natural curl & lasts up to two months ~	\$60
Eyelash LIFT/Perm & Tint		\$85

Transform your eyes with more beautiful, longer looking lashes! Applied one lash at a time to your natural lashes, will last up to four weeks and are completely washable.

Eye Lash Extensions Full Set (Xtreme Lashes)		\$210
Lash Touch-ups	~ Recommended every 2-3 weeks ~	\$60+
Eye Brow Extensions		\$150
Lash Extension Removal		\$35
False Eyelash Strips		\$35
False Cluster Eyelashes		\$55



Body Treatments - Relax as we pamper you from head to toe!

Water Therapy

Jetted Hydrotherapy Tub/Steam Sauna

\$45 (30 Mins)

Designed for two people and combined with a jetted bathtub, this is a stylish and spacious steam shower and is the perfect compliment before any body treatment.

Soaking in water is amazing for your skin and well being so let your tension and stress melt away with **your choice of bath salts.**

The **Spa tub** promotes good health and increases blood circulation. When muscles become tense this leads to headaches and muscular soreness. Hydrotherapy uses buoyancy and water turbulence to speed recovery. The **Spa tub** is great for those suffering from arthritis, chronic pain, knee problems, joint ache relief, back pain and fibromyalgia. It is also beneficial for healing sports injuries, arthritic neck, back or knee pain and more.

The **Spa tub** is a combination that includes steam shower, gravity rain over head monsoon ceiling shower head and 8 shower jets for an over all shower including a hand held wand. Mood lighting and aromatherapy transforms the cabin into a steam room that relaxes and detoxifies. 14 micro adjustable jets strategically patterned and positioned target specific pain zones critical for relaxing tense muscles, joint pressure and accelerating the body's natural healing process.

Hydrotherapy is therapeutic as well as a relaxing experience at Changes Spa. This tub will heighten your sense of relaxation and bring you the enjoyment and benefits while you relax in a bath of essential oil or bath salts and prepare you body for the massage therapist

RELAX and be pampered!

Bath salts: A mineral-rich blend of locally harvested California Sea Salts, Dead Sea Salts, and Epsom Salts detoxifies, soothes and softens the skin. Enjoy this half hour of pure bliss.

(add a 30 minute massage in for \$50)

Body Care

Body Scrubs & Polishes

\$70 Each

Refresh your skins surface with an organic body exfoliation treatment. Highly recommended before sunless tanning and body wraps. ~ Add a body wrap for only \$85 ~ (\$10 off regular)

Choose any of the following:

***Silky Scrubs; micro seaweed, Brown sugar, chocolate, rose, Aroma salt Glow etc.**

Leave your skin velvety smooth with one of our delightful monthly selections.

***Chocolate Scrub**

This decadent skin treat will leave your entire body and senses deliciously rejuvenated.

***Aromatherapy Salt Polish**

This salt & essential oil scrub will leave your skin feeling invigorated & renewed.

***Perfect Polishes**

Ask about our monthly selections of perfect polishes to leave your skin super soft.



Body Wraps & Treatments

\$95 Each

Enjoy a stress relieving scalp massage while wrapped up in a thermal blanket. All of our body wraps are followed by a half hour relaxation body massage that helps to restore blood flow and bring back your skin's natural radiance. Emerge feeling rejuvenated, glowing from head to toe!
~ Add a body scrub for only \$60 ~ (\$10 off regular)

Choose any of the following:

Eco-Moor Mud Pevonia Wrap (Therapeutic & Detoxifying) ~ add a scrub for \$60 ~ (\$10 off reg.)

This therapeutic wrap removes debris and impurities, promoting cell oxygenation.

Select essential oils are used in order to benefit healing and relaxation.

Chocolate Mousse Wrap (Trimming & Delicious)

Indulge your senses while your body is wrapped in chocolate. A delicious cream moisturizer is massaged into your skin after your wrap, leaving your body looking more slender, and smelling absolutely scrumptious.

Eco-Seaweed Pevonia Wrap (Hydrating & Firming)

This unique wrap detoxifies, moisturizes and protects the body from harmful toxins.

Tropical Escape Anti-aging Pevonia Wrap

This is perfect if your skin is dry, and in need of nourishment, leaving your skin fresh and moisturized.

Green Coffee Skin Toning Pevonia Wrap (Slimming & Purifying)

This deep cleansing wrap expels a lot of the build-up that causes cellulite and dimpled, uneven skin. Toxins are released and skin is left looking slim and smooth. Desert Heat Body Wrap; Fruity Yogurt Body Wrap; Papaya-Pineapple Crème Body Wrap

For best results, a series of six regular treatments is recommended.



Massage Treatments

Tranquility, invigorating, and wellness, our expert massage team has just the right touch to promote circulation, rejuvenate and heal, for body and spirit alike.

Regular massage helps to reduce physical stress, mental fatigue and promotes relaxation. Natural organic oils are used and privacy is assured. For a specialized or therapeutic massage, please consult with one of our RMT (Registered Massage Therapists). With every 1 hour massage receive a complimentary Sauna or Hydro Tub to relax your body and prepare it for the treatment.

30 Minute Massage	\$55
45 Minute Massage	\$65
60 Minute Massage	\$85
90 Minute Massage	\$125
60 Minute Pregnancy	\$85
90 Minute Pregnancy	\$125

Reclaim your body for an hour while our special pillows are strategically placed, to allow you to lie comfortable and relax. This specialized massage technique helps to relieve tension, headaches, swelling and stress. *Please consult your physician before a massage*

30 Minute Aromatherapy Massage	\$55
45 Minute Aromatherapy Massage	\$65
60 Minute Aromatherapy Massage	\$85
90 Minute Aromatherapy Massage	\$130
Raindrop	\$135

-a powerful modality that uses therapeutic essential oils to bring Balance to the Body and realign the spine and relieve stress

Massage Chair (30 minutes)	\$20
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Featuring oscillating motors and a vibration function, with heated foot cradle and a customized LED panel with kneading, tapping and vibration.

Mini Relaxation Massage	\$50
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Feel revitalized as your back, neck and shoulders are massaged for a half-hour with our neck and back chair. Tired muscles will feel rejuvenated, as circulation improves.

1 Hour Couples	\$150
30 Minute Hot Stone	\$80

Feel any tensions drift away as warm stones are applied to your muscles along your shoulders and spine, providing deep heat with a therapeutic massage technique.

~ Add an organic back scrub for only \$20 ~

1 Hour Hot Stone	\$110
90 Minute Extended Hot Stone	\$145

See Next Page for Add-Ons



Massage Add-On's:

Paraffin

Relax your tired muscles and joints with this deep soothing heat.

One area only \$20

Hot Stones

Excellent for stiff or sore muscles. Add this specialized technique to any massage and enjoy the relaxation of deep heat.

\$20 (\$45 for 1/2 hour) (\$70 for 1 hour)

Reiki

Induce balance and harmony throughout the entire body.

\$70 (1 hour) \$45 (1/2 hour)

Reflexology Hands OR Feet (15 minutes per area)

Session \$80

Reflexology is the science or method of stimulating reflexes of the foot, hand or ear that correspond to each gland, organ and part of the body. Stimulation of these reflexes serves to relax and normalize all functions of the body in order to promote natural balance and revitalization. In ancient times, walking barefoot over rocks and hard ground naturally stimulated these reflexes each day.

Back Facial

Perfect for those that like to show off their back! Enjoy a deep cleansing, exfoliation and light extraction treatment followed by a purifying masque. Your skin will look terrific. Includes 20 minute relaxation massage.

\$80

Bum Facial

Tighten the skin on your backside with this effective treatment. A brush cleaning method and exfoliating scrub removes dead skin and an anti-cellulite thermal booty mask tightens. Includes 20 minute relaxation massage.

\$80

Body Treatment

Treat your body to some extra pampering with one of these wonderful services. See our body section for a list to choose from. Includes 20 minute relaxation massage.

Wrap \$95

Scrub or Polish \$70

Cupping

Works the facia and helps break down scar tissue. It can also help with range of motion.

\$20



Bride, Groom & Couples Packages

The Love Birds

(Reg. \$250)

\$200 (90 Min)

Treat the two of you to a **candle-lit jetted hydrotherapy bath**, followed by a **45 minute couples hot stone massage**.

Ultimate Bliss ~ Just the Two of You

(Reg. \$330)

\$295 (2 Hrs)

De-stress yourselves together, starting with a 30 minute hot session in our **far-infrared sauna**, followed by **aromatherapy body scrubs**. Enjoy the rest of your blissful time together with a **relaxing 45 minute couples massage**.

Changes Date Night For Two *Add \$200 For Limo*

(Reg. \$610)

\$530 (3.5 Hrs)

Your ultimate date night can start out with a limo picking the two of you up and later dropping you off! Your time at the spa together begins with a **relaxing soak in our jetted hydrotherapy tub**. Feel your tensions and stresses melt away while **candles, rose petals** and lovely **spa music** enhance your surroundings. Enjoy **aromatherapy body scrubs, detoxifying and smoothing body wraps**, followed by a **nourishing 45 minute body massage** with your choice of **flavored scents**, and **massage lesson**. We end your couples treat with a **hot session in our far-infrared sauna**, to help detoxify and improve your well being. Enjoy a **free take-home gift of massage oil, a relaxation CD, candle and non-alcoholic wine**.

Chocolate Romance Couples Package

(Reg. \$350)

\$310 (2.5 Hrs)

The ultimate chocolaty experience for couples! **2 body scrubs** in our private couple's room. The two of you then slip into a bath or sauna with **tasty chocolate treats**. Your time is completed with a 45 minute **romantic couples massage**, followed by **spa lunch for two**.

~ Choose from our selections of delicious flavours! ~

Love is in the Air

(Reg. \$480)

\$445 (3.5 Hrs)

Treat yourselves to a de-stressing romantic experience. De-stress yourself, beginning with a **30 minute far-infrared sauna session**, then enjoy **invigorating aroma body scrubs** in our **candle-lit couples room**. Rinse off with a **shower** and return to a **30 minute couples massage**. Quench your thirst with one of our tasty **complimentary beverages**, or feel free to bring a bottle of wine to enjoy. We end your experience with **spa pedicures** in our luxurious massage chairs.

For the Groom

(Reg. \$135)

\$100 (2 Hrs)

De-stress yourself, beginning with a **30 minute far-infrared sauna session**, followed by a **45 minute body coffee massage** and a **10 minute scalp massage**. Finish off with a **professional hair style** – leave looking and feeling your absolute best.

The Beautiful Bride

(Reg. \$245)

\$200 (4.5 Hrs)

Look like a queen on your special day! Enjoy a **French spa manicure and spa pedicure**, an **up-do** and **full make-up application**.



Children's Services & Packages Age 6-10

Children's Haircuts	5 years & under (extra for shampoo & style)	\$15+
	6 to 12 years (extra for shampoo & style)	\$20+
	13 to 17 Years (Includes shampoo & style)	\$35+
Make-Up Application		\$15
Up-Do		\$35
Cookies 'n Milk Spa Manicure or Pedicure ~ 30 min.		\$40
This yummy experience starts with delicious chocolate chip cookies and juice . Each service begins with a hand or foot exfoliation , followed by a softening milk lotion application and a polish of choice . Included is a treat bag, to make things more fun! ~ \$5 off without polish ~		
Cotton Candy Princess Manicure or Pedicure ~ 30 min.		\$40
Your little princess will enjoy a cotton candy scented hand or foot soak , followed by a moisturizing application , and bright colored polish . Choose an art decal or rhinestone for each big toe. Included is a gift bag, drink box and yummy treat!		
Style & Sparkles ~ 45 min.		\$90
Get glamorous with sparkle make-up , a glittery manicure , and a customized up-do .		
Snip, Style & Sparkle ~ 90 min.		\$90
Enjoy a designer haircut and style , followed by sparkle make-up , and either a Cotton Candy or Cookies 'n Milk manicure .		
Children's Fun Box Package ~ 45 min.		\$90
This fun experience will brighten any child's day. A delicious cotton candy or cookies 'n milk mini manicure or pedicure includes nail art or rhinestones . We then style their hair into a mini up-do , and beautify them with fun glitter make-up . Cookies and juice box are served, and a fun treat is given to take home!		
Pre-Teen Glamour Make-Over ~ Price per/child age 12-17 ~ 90 min.		\$60
Starting out with a customized hair consultation , your child will become beautified with a mini up-do , along with colored hair extensions and hair glitter . We end their glamorous experience with a mini make-up application . Includes a juice box and treat to take home!		
Skin, Hair & Make-up Lesson age 12-17 ~ 45 min.		\$60
Our dedicated staff will teach your teen how to properly take care of their skin. They will learn how to keep their skin looking healthy and blemish-free. After their skin care lesson , fun make-up tips and hairstyling techniques are taught while they become beautified! Cookies and juice are enjoyed during this service, along with free samples to take home .		



Mother & Daughter Packages/Parties

Baby on Board (Reg. \$150) **\$130 (2.5 Hrs)**
Treat the mom-to-be to a **45 minute pregnancy massage** and **spa pedicure**.

Manicure & Pedicure Thanks For Everything (Reg. \$155) **\$130 (3 Hrs)**
Treat Mom to a **therapeutic spa manicure & spa pedicure**, which includes a **complimentary beverage** and **heated neck wrap** while relaxing in one of our **pedicure massage chairs**. To make her feel truly pampered, a **moisturizing paraffin hand treatment** and **soothing hand and arm massage** will sooth her tired muscles.

Mother/Daughter Spa Party (Reg. \$265) **\$225 (3.5 Hrs)**
Mothers and daughters both receive a **spa manicure and spa pedicure** side by side, while sipping on yummy beverages and snacking on cookies. Includes treat and beverage! **Bring your camera** for this memorable experience and we'll gladly take pictures for you.

Spa Glamour Party **\$80 Per Child**
Compliment either a mother/daughter day, birthday party or celebration with a fun spa party! These are a great idea for teens and pre-teens, who want to look and feel pretty "just like Mom". Choose from any **two** fun **hair services**, yummy **hand and foot services** or **sparkly make-up**. Remember to bring your camera so that you can capture the memories.

Children should arrive with clean dry hair.

Parents are asked to book early and stay to supervise.



Self Indulgence Packages

Spa Manicure & Spa Pedicure

\$155 (3 Hrs)

Treat yourself while relaxing in one of our pedicure massage chairs. Feel truly pampered, with SPA moisturizing paraffin hand and foot treatment, soothing hand and arm massage sooth your tired muscles. Includes a **complimentary beverage** and **heated neck wrap**.

Shake Your Booty!

(Reg. \$245)

\$210 (2 Hrs)

Leave with your backside looking smoother and more toned! This three-step treatment begins with a session in our **far-infrared sauna** to help relax muscles and aid in eliminating cellulite. A **purifying back and booty treatment** is then followed by a **stimulating scrub, organic tightening masque** and **relaxing 30 minute hot stone massage**.

Pure Green Coffee Bliss

(Reg. \$250)

\$215 (2.5 Hrs)

This crème de la crème green coffee treatment will help reduce cellulite, restore blood flow, improve circulation and radiantly soften your skin. This package starts out with a **detoxifying far-infrared sauna session**, followed by an **exfoliating scrub, Green coffee body wrap**, ending with a **half hour body massage**. You'll emerge rejuvenated and renewed, with skin glowing and feeling super smooth.

Delicious Chocolate Renewal

(Reg. \$270)

\$235 (3 Hrs)

Indulge your craving by being covered in calorie-free chocolate. This delicious treat begins with a warm **cup of hot chocolate**, a **20 minute scented bath** in our **jetted hydrotherapy tub**, followed by a **chocolate exfoliating body scrub and wrap**. Enjoy a **relaxing 45 minute chocolate butter cream moisturizing massage**. You'll leave feeling totally renewed from head-to-toe.

Ultimate Relaxation Retreat

(Reg. \$405)

\$370 (6 Hrs)

Oh, you so deserves this! The stress will begin to melt away while sitting and relaxing in our **far-infrared sauna** with a **complimentary beverage** while you burn up to 600 calories. Then enjoy a 45 min **relaxing full body massage**, followed by a **customized spa facial**. Retreat to our pedicure suite for a **light lunch**, followed by a **spa manicure & spa pedicure**. You'll leave looking like new as we make your day with a **stress-relieving scalp massage** and **designer hair style**.



Royal Treatment

(Reg. \$660)

\$615 (6 Hrs)

This ultimate gift is great for both men and women, as everyone enjoys and deserves a full day of personalized relaxation. Soak in our **jettted hydrotherapy tub** or have a session in our **detoxifying far-infrared sauna** with a **complimentary beverage**. Next, exfoliate with a **smoothing salt scrub**, followed by a **firming and detoxifying seaweed body wrap**. Enjoy a **light lunch**, then continue your royal treatment with a 45 min **stress-reducing body massage** and **luxurious customized facial**. Retreat to one of our **pedicure massage thrones** and enjoy a **full spa pedicure**. Be escorted to our manicure suite for a **full spa manicure**, followed by a **soothing scalp massage** or **make-up application**. After a **designer hair style**, you'll look and feel like royalty.

Create-Your-Own Maximum Indulgence

(Reg. \$5000)

\$4000 (4 Hrs)

Reward yourself or that special person in your life with a Maximum Indulgence **package of twelve monthly visits**. This year-round spa retreat is perfect for those who truly enjoy being de-stressed and pampered on a regular basis. Once a month, choose any of the following four selections:

- ~ **Jettted Hydrotherapy Soak (Choose between 8 different scents)**
- ~ **Far-Infrared Sauna Session (Burn up to 600 calories per half hour session)**
- ~ **45 Minute Stress-Reducing Body Massage**
- ~ **Full Spa Pedicure**
- ~ **Full Spa Manicure**
- ~ **Customized Spa Facial**
- ~ **Body Scrub or Polish (4 types)**
- ~ **Body Wrap or Treatment (5 types)**
- ~ **Designer Hair Cut & Style**
- ~ **Ionic Foot Cleanse**

Complimentary beverages and a light lunch are served during your twelve visits to our spa. This is truly a memorable experience to be cherished throughout the entire year!

Non Transferable

Customize Your Own Package

Design your own spa experience! Let your imagination soar, while creating a unique package with your favourite pampering services from the wide variety that *Changes Salon & Spa* has to offer. Enjoy it yourself, or give it to that special someone. Feel free to call, so we can help you plan the perfect package.



Hours ~ We are open 7 days a week, 362 days a year.

Monday to Friday 9:00am - 8:00pm
Saturday 9:00am - 4:00pm
Sunday 11:00am - 5:00pm

Changes Salon & Spa
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