

FROM THE SPA...

BODY TREATMENTS

All massages are either 60 or 90 minutes unless otherwise specified.

RELAXATION MASSAGE \$90 / \$120

This customized massage focuses on pure relaxation with light to medium pressure.

INTEGRATIVE MASSAGE \$100 / \$125

A massage to relieve tension and pain deeper into the muscle layers. This customized treatment includes deep tissue techniques.

THE SPORTS MASSAGE \$95 / \$125

A perfect blend of massage techniques that are designed to leave you feeling rejuvenated. This massage focuses on deep tension relief and increasing joint mobility.

ASSISTED STRETCHING MASSAGE \$45 (30 minutes)

Effectively stretch out areas where you are chronically tight. Assisted stretching is the latest rage in stretching and is now being used in high level sports. (Loose fitting or workout clothing required)

HOT STONE MASSAGE \$95 / \$125

Natural basalt stones are heated to melt away stress and tension from the mind and body.

REFLEXOLOGY MASSAGE \$50 (30 minutes)

Ancient acupressure techniques focused on the feet provide total body balance.

PRE & POST NATAL MASSAGE \$95 / \$135

(Must be at least 14 weeks pregnant to receive treatment.)
Nourish your senses while vanishing stress and fatigue of pregnancy or becoming a new mom.

COUPLES MASSAGE (pricing according to massage choice)

Any of the above massages may be scheduled as a couples massage in our tranquil couples suite.



HYDRATING WRAP WITH BODY POLISH \$90 / 60 minutes

Enveloped in a nourishing body mask, relax underneath luxurious linens while you receive a tranquil face, neck and shoulder massage enhanced with steamed towels, hot stones, and a soothing foot massage matched to the scent of your choice.

MASSAGE ENHANCEMENTS

- Diffused Aromatherapy\$10
- Scalp Enhancement\$20
- Stretching (clothed).....\$45 prior to your massage/30 min

FACIAL TREATMENTS

Exclusive Facials: We only use Image Skin Care which is high quality clinical skincare products and cosmetics for professional grade skin care.

ADELAIDE SIGNATURE FACIAL \$90 (60 minutes)

Our most popular facial for all skin types. Completely customized treatment above the standard experience. Our skin care professionals will determine which treatment is best based on skin type and needs.

ULTIMATE RELAXATION FACIAL \$125 (90 minutes)

Our signature facial combined with additional relaxation techniques. You will leave feeling relaxed and rejuvenated, with your skin glowing.

EXPRESS FACIAL \$60 (30 minutes)

A perfect blend of organic ingredients to treat unbalanced or sensitive skin.

PRE AND POST LASER FACIALS \$85 (60 minutes)

Prepare your skin for optimal results from laser treatments and/or sooth and help promote healing after any laser facial treatment.

O2 LIFT \$150 (45 minutes)

Nicknamed the "Red Carpet Facial". This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and enzymatic botanicals into your skin. Perfect before your reunion, a wedding or a night out on the town.

PEELS & LIFTS

Results oriented facial resurfacing treatments. Designed to bring skin to a new level of health for various skin conditions, including acne, aging, sun damage, rosacea or hyper pigmentation. All resurfacing treatments will include a post-treatment kit for home use to promote healing.

ORMEDIC PEEL \$75

A blend of organic ingredients to treat unbalanced or sensitive skin.

ACNE PEEL \$80

These brightening, lightening, soothing and anti-inflammatory treatments are great for all acne types.

LIGHTENING PEEL \$75

Designed to treat lack luster, dehydrated or inflamed skin.

ANTI-AGING WRINKLE PEEL \$90

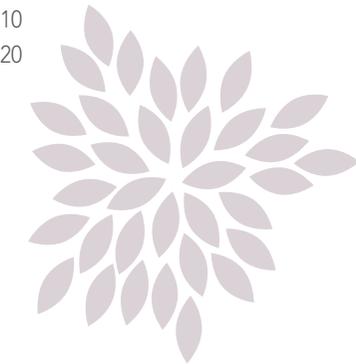
A glycolic/retinol treatment that is especially made for skin that is aging, rough, tired, oily and has uneven skin tone.

PERFECTION PEEL \$125

Our most powerful peel which is a highly effective and advanced treatment to treat acne, aging or pigmented skin. This triple effect resurfacing treatment delivers the ultimate in the perfection of your skin, with a progressive treatment incorporating highly concentrated skin enhancers.

FACIAL ENHANCEMENTS

- Decolletage Treatment..... \$50
- Diffused Aromatherapy \$10
- Lavender Hand Treatment \$20



WAXING

Brow	\$20	Chin	\$15	Underarm	\$25
Back from	\$45	Bikini	\$45	Lip	\$10
Arm	\$40	Half Leg	\$45	Bikini & Half Leg ..	\$80
Face	\$55	Full Leg	\$60	Brow, Lip & Chin ..	\$40

PACKAGES & SERIES

Please inquire about customized birthday, bridal and special celebration packages. (No discounts on packages or series.)

ULTIMATE BEAUTY DAY \$268

90 minute hot stone massage, signature facial, spa manicure and pedicure.

DRIFTAWAY \$195

90 minute integrative massage, signature facial, and signature manicure.

TWEEN & TEEN DREAM \$136

Best for kids 14 and under.
Teen facial, classic pedicure, make-up lesson.

CORPORATE STRESS RELIEF \$160

Is work overwhelming? Come in for a 60 minute Swedish body massage, signature facial and glass of Bubbly.

MOMMY TO BE OR NEW MOM \$195

Signature facial, pre/post-natal massage and signature pedicure.

SERIES SELECTION

Get the most out of regular commitment to your body.

Series of 6 Relaxation Massages (60 minute).....	\$450
Series of 6 Integrative Massages (60 minute)	\$500
Series of 6 Signature Facials:	\$450



FROM THE SALON...

CUTS

We are a boutique hair salon that specializes in all types of haircuts, styles and color.

Men's Dry Cut	\$22
Men's Shampoo & Cut	\$27
Women's Shampoo & Cut	\$35
Women's Shampoo, Cut & Style	
Short (above the bra strap)	\$45
Long (below the bra strap)	\$60
Bang/Beard/Neck Trim	\$10
Kids (12 and Under)	\$19

COLOR/HIGHLIGHTS

Blowout added to color service add \$30

Roots Only	\$65
All Over Color	\$80
Partial Highlight	
Normal Hair	\$75
Thick Hair	\$95
Full Highlight	
Normal Hair	\$125
Thick Hair	\$145
Color Gloss	\$30
Blowout	
Short (above the bra strap)	\$35
Long (below the bra strap)	\$45
Blowout & Styling Tool	
Short (above the bra strap)	\$45
Long (below the bra strap)	\$55
Deep Conditioning Treatment with	
Scalp Massage	\$20
Updo	\$70+

HOURS

Hours change seasonally. For current hours and more information, visit our website at adelaidespaaandsalon.com or call 828.575.2196

NAILS

Offering luxury nail services

Classic Manicure	\$35
Classic Pedicure	\$45
Signature Manicure	\$40
Signature Pedicure	\$60
Gentleman's Manicure	\$35
Gentleman's Pedicure	\$45
Express Pedicure	\$35
Child's Manicure	\$15
Child's Pedicure	\$23
Custom Blend Paraffin Wax	\$10
Shellac Manicure	\$45
Shellac Polish Removal	\$15
Polish Change Hands	\$15
Polish Change Feet	\$20
French Tip	\$10
Toe Wax	\$10
Custom Nail Art	\$ 5
Add On Massage (15 min)	\$20

MAKE-UP

Lash or Eyebrow Tinting	\$20 each
Make-Up Application	\$70+

Please arrive 15 minutes prior to your service to allow ample time to check in, slip into a robe and slippers, and unwind in our tranquility room.

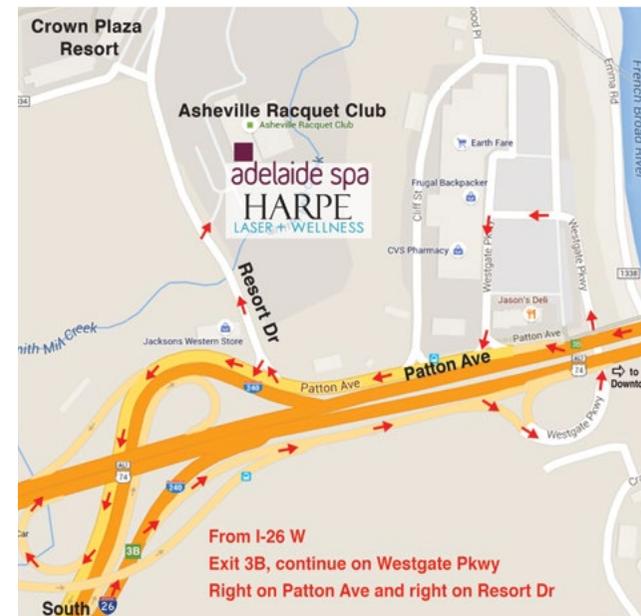
Please turn off your cell phones upon entering the spa.

Children under 10 are not allowed in spa/salon unless they are receiving services.



CANCELLATION POLICY

Please provide 24 hours notice to avoid charges for canceled services. Free childcare available. Please call for hours.



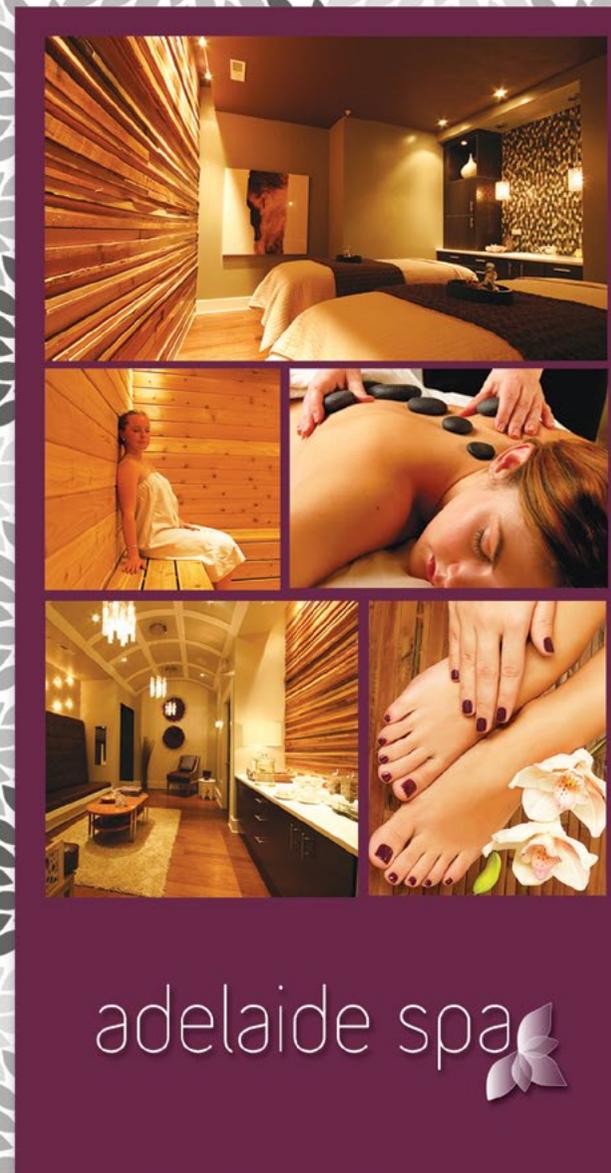
adelaide spa

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