**REGISTERED MASSAGE THERAPY**

 **\*Direct billing to most health care plans**

**\*Therapeutic massage by registered massage therapists**

**40 min $63**

**60 min $91 90 min $117 Hot Stone Therapy 60 min $104 Pregnancy $91 \***Enjoy the comfort of lying on your stomach with our pregnancy table

**Ayurvedic Head Massage 40 min $63**

**Aveda Elemental Nature Massage**

A customized massage experience based upon the Aveda Elemental Nature Philosophy and your favourite Aveda

aroma. **60 min $104 90 min $126**

**Kinesiology Tape Application $30**

 **Add to massage $15**

**Inversion Table $10**

**BODY CARE**

**Infra Red Sauna**  **$20** Relax and unwind in our Infrared sauna while you enjoy the health benefits such as detoxification, increased circulation and pain relief. \***Series of 6**  **$100**

**Aroma Infused Body Scrub $75**

Choose an aroma that best suits you. Aveda’s Rosemary mint, Shampure or Stress Fix. We will customise your scrub to sloughs away dry, flakey skin, leaving your skin soft & silky. **\*prior to massage $55**

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**Back Treatment $85**  A customized back treatment that focuses on cleansing, exfoliation, extraction (if desired), massage & mask.

**Seaweed Body Wrap $100** Get refreshed with a dry brush exfoliation, & a seaweed body mask to help detoxify, calm and renew your skin.

**FACIALS/SKIN CARE**

**Acne Facial $80** A botanical approach to treating teenage acne. Acne relief with 100% naturally-derived salicylic acid.

**Aveda Tulsara Facial $84** A customized facial based on your skin’s specific needs, as revealed by Aveda’s signature Consultation.

**Aveda Anti-Aging Facial $90**  High-tech plant technology clinically proven to lift and firm the skin while reducing the appearance of aging. **\*Add Perfecting Plant Peel (performs like 30% glycolic peel-naturally +$27**

**Aveda Duel Exfoliation $95** Aveda latest advancement in non-invasive, skin-renewingtreatments combining naturally derived mechanical and biochemical exfoliation methods.

 **Image Clinical Facial $99**  \***acne \*ageing \*rosacea and \*hyper pigmentation.**

Image Skincare involves the highest grade of cosmeceuticals to address various skin conditions asmentioned above. **\*Add Biomolecular Sheet Mask +$25**

**\*Add Clinical Peel +$55**

**Refresh Facial $125** As your face is getting the rejuvenation and nutrients it needs, your hands and feet will be exfoliated, massaged and cocooned. Let’s not forget the soothing scalp massage.

 **Add Collagen Eye Treatment to any facial +$25**

 **Add Dermaplanning to any facial +$50**

**DERMAPLANING**

A resurfacing treatment using a surgical grade blade to remove dead cells and vellus hair from the face promoting skin regeneration. **$85**

**\*Add clinical peel +$55**

**\*Series of 6 $450**

**VASCULYSE**

**Skin Tag/Broken Capillary Treatment**

A non-invasive, effective treatment skin blemishes including br**oken capillaries, ruby points & skin tags**

**10 mins $45**   **20 mins $80 40 mins $115**

**CLINICAL PEELS**

Our clinical skin care services are performed by our clinical esthetician trained in medical esthetics. These result orientated treatments are not meant to be pampering.

**A consultation is required prior to treatment.** **$35**

**Acne Lift $99** \*Series of 6  **$475 Signature Lift (Rosacea) $99** \*Series of **6 $475** **Lightening Lift (Hyperpigmentation) $99** \*Series of 6 **$475** **Wrinkle Lift (Anti-aging) $99 \***Series of 6 **$475 Oxygen Lift (All skin types) $125 \***Series of 6 **$625**

**HAND & FOOT CARE**

**Manicure/Spa $29/$43 Anti-Aging Hand Treatment $20 Pedicure/Hot Stone $52/$58 Add Shellac polish $13**

**Shellac removal $10**

**Spa Pedi-CURE $67**

 **\* Side by Side Pedicures available**

**Gel Nails $70 Fill $46 Gel Removal $30+**

**WAXING Lip/chin/brows $14/$14/$18 Lip & chin & brows $36 Sides of face $22 Underarms/Nostrils $20/$20 ½ arm/full arm $30/$37 Chest/back $42/$40 Bikini/hi-cut $33/$39 Brazilian/full monty $60/$65 ½ leg/full leg $40/$62**

**BROWS**

**Brow Tint $16**

**Brow Wax $18**

**Intense Brows Tint $40**

**Henna Brows** (long lasting includes EB wax) **$55**

**Brow Lamination** (includes reg tint**) $75 Brow Lamination with Intense Brows Tint $95**

**EYELASHES**

**Extensions**

Synthetic lashes individually applied in your natural lashes giving you the desired length whether it’s a more natural or dramatic look you are after.

**Classic Extensions $115**

 **3 week fill/4 week fill $56/$66+**

**Hybrid (Classic & Volume mix) $125**

 **3 week fill/4 week fill $60/$70+**

**Volume Lash Extensions $140**

 **3 week fill/4 week fill $63/$73+**

**Removal $25**

**Lash Tint $26**

**Lash Lift with tinting $70**

Give your lashes a wonderful curl letting your eyes appear larger and more expressive. Great for those lashes that grow straight out or downward.

**AIR BRUSH MAKE UP**

**Application $60**

**Lesson $75**

  **SPA PACKAGES**

**Refresh $390** Refresh Wrap, 90 min Massage, Refresh Facial and a Spa Pedicure

**On the Rocks $240** Hot Stone Massage, Hot Stone Facial and Hot Stone Pedicure

**Stress Buster $205** AvedaAnti-aging Facial, Aroma Infused Body Scrub and a Pedicure

**Rejuvenate $138** 40 min Massage or Hydrating Facial, Pedicure and Manicure

**TEETH WHITENING**

 This revolutionary cool blue light technology whitens your teeth faster and deeper for longer lasting results. Safe for crowns, caps and veneers. With natural ingredients that are safe for tooth enamel and the #1 choice on the market for people with sensitivity.

**Single treatment $79 Series of 3 $199**

 **HOURS OF OPERATION**

 **MON CLOSED TUES 9 -6 WED/THURS 9-8 FRI 9-5 SAT 9-2 SUN CLOSED**

 **926 George Street, Sydney, NS** [**www.refreshbody.ca**](http://www.refreshbody.ca) **refreshbody@gmail.com**

**t- 902-562-8409 f- 902-562-8408**

**Gift Certificates Available!**

 **refresh**

 Massage Therapy & Skin Care Clinic

“BECAUSE YOU DESERVE IT”

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