

## GRAND SENSES Therapeutic Massage Experience

### Therapeutic Massage

This method of hands on therapy is performed by a Registered Massage Therapist and incorporates many therapeutic techniques such as manipulating muscle tissue, connective tissue and joint articulation. Such a health professional may be able to successfully aid with many muscular related health concerns such as tension/stress, fibromyalgia and work or sports related injuries to name a few. Therapeutic Massage is offered in three time frames:

30 minutes	\$45
60 Minutes	\$85
90 minutes	\$115

## GRAND SENSES Other Body Treatment Experience

### Waxing

Eyebrows –Maintenance	\$14+	- series of 6	\$70
Upper Lip	\$10	- series of 6	\$50
Eyebrows/Upper Lip	\$22	- series of 6	\$110
Eyebrows/Lip/Chin	\$27		
Chin	\$12		
Stomach	\$15+		
Sides of Face	\$14	Half Leg	\$30+
Underarms	\$18	Full Leg	\$48+
Arms	\$25+	Back	\$25
Full Leg & Bikini Line	\$65	Brazilian	\$49
Half Leg & Bikini Line	\$46	Bikini Line	\$20

Note: Waxing is not recommended for those on Acutane.

### Tinting

Eyelash	\$20	Eyebrow	\$15
Lash & Brow Together	\$30	Brow Wax/Tint	\$27
Brow/Lash Tint & Brow/Wax	\$41		

### Aveda Natural Colour Make-Up

Colours and techniques to enhance your features, hues formulated with botanical ingredients.

Make-up Application	\$35
Make-up Lesson	\$50
Wedding Make-up	\$45

## GRAND SENSES Hands & Feet Experience

### Manicures

Grand Senses Signature Manicure	45 minutes	\$45
Stress-Fix Spa Manicure		
Utilizing Stress-Fix products, the ultimate manicure includes hot towel treatments and Magic Bag neck application.	60 minutes	\$55

### Pedicures

Grand Senses Signature Pedicure	60 minutes	\$59
Stress-Fix Spa Pedicure		
Utilizing Stress-Fix products, the ultimate pedicure includes Hot Stone Leg Massage, Paraffin and Magic Bag neck application.	75 minutes	\$75

### Add-ons

With French Polish	add \$10
With Shellac Polish	add \$20
Polish Application on Hands or Feet Includes clipping of nails and filing.	\$30
Shellac Polish Application on Hands or Feet Includes clipping of nails and filing.	\$35
Shellac Polish Removal	\$20

## GRAND SENSES Just For Men Experience

### Men's Sports Pedicure (allow 1 hour)

Geared towards the guys who need a thorough, good for the feet pedicure. Perfect for the sport enthusiast. Enjoy a warm soak, complete foot care, hot stone massage, and Magic Bag neck application

\$59

### The Traveller (allow 1.5 hours)

Manage stress and ease tired and sore muscles. Enjoy a 60 Min Hot Stone Massage with a 30 Min Elemental Nature Facial

\$99

### Waxing

Eyebrows –Maintenance	\$14+
Back	\$25
Chest	\$20+

## GRAND SENSES Aveda Packages

### Escape (allow 1.5 hours)

30 min Elemental Nature Massage,  
60 min Elemental Nature Facial

\$99

### Mom & Little Miss (allow 1 hour)

Mom gets a Senses Signature Pedi, Little Miss gets 'My First Mani' and 'My First Pedi'.

\$99

### Senses Signature Duo (allow 1.75 hours)

Senses Signature Manicure &  
Senses Signature Pedicure.

\$99

### Personally Yours (allow 2 hours)

Shampoo & Blowout *plus* pick any 3:

\$119

~ 30 min Facial ~ Express Manicure  
~ 30 min Massage ~ Express Pedicure  
~ Make-up Application

### Stress Reliever (allow 2 hours)

Senses Signature Pedicure plus choose 1:

60 min Fusion Stone Massage OR  
60 min Elemental Nature Facial.

\$124

### Romeo & Juliet Couples Massage (allow 1 hour)

Side by Side Elemental Nature Relaxation Massage.

\$135

### Ultimate Mom & Little Miss (allow 2 hours)

Mom gets 30 min Facial, Senses Signature Pedi, Shampoo & Style, Little Miss gets 30 min Facial, 'My First Mani', 'My First Pedi' and Shampoo & Style.

\$199

### Desperate Housewives (allow 3.25 hours)

Makeover package including: Consult, Senses Signature Manicure, Haircut & Colour, Brow Waxing, and Make-up lesson.

\$199

### Pampering Paradise (allow 4 hours)

Fusion Stone Massage, Elemental Nature Facial, Senses Signature Pedicure, Shampoo & Style, Brow Waxing, light lunch included.

\$299

### Add Ons

Shampoo & Style. \$29

## GRAND SENSES Other Experience

Stimulate your senses with our Aqua Therapy Massage Beds or Infrared Sauna. Enjoy as an add-on to your spa experience or anytime you need extra pampering.

### Aqua Therapy Massage Beds

Back and joint pains, muscle tension, muscular imbalances, stress-related muscular tension, cervical migraines. These are frequently occurring and often chronic complaints. The unique "dry water massage" therapy concept is the optimal solution. For prevention and therapy. Our Wellssystem Medical Aqua Therapy Massage bed combines the gentle power of water with beneficial warmth to create a unique therapy concept with a diverse range of positive effects.

1 session of 15 minutes	\$15
1 session of 30 minutes	\$30
- series of (10) 15 minutes sessions	\$135

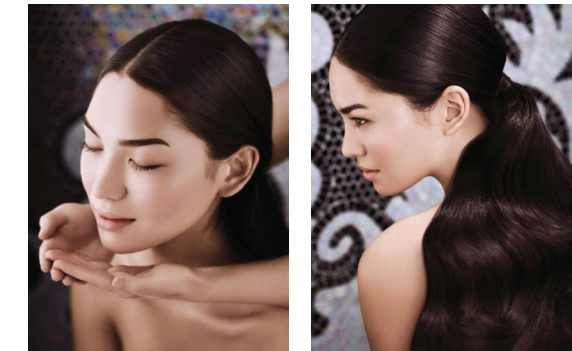
### Infrared Sauna Therapy

The benefits of this technology are many, including pain relief, weight control, detoxification, and healthier, more radiant skin. This treatment is an especially effective treatment for those suffering from conditions such as fibromyalgia, arthritis and diabetes.

1 session of 15 minutes	\$15
1 session of 30 minutes	\$30
- series of (10) 15 minutes sessions	\$135

### Aqua / Sauna Package

30 minutes Aqua Therapy  
and 30 minutes Sauna Therapy \$50



Don't settle for an ordinary spa & salon experience. Let our expert stylists and estheticians pamper you today. We'll bring out the best in your look, while making you feel relaxed, renewed and rejuvenated.

A Grand Senses Experience  
is Waiting for You...

AVEDA  
THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

902.894.8332

123 Grafton Street, Charlottetown, PE

WWW.GRANDSENSESSPA.COM

## GRAND SENSES Guest Guide

Spa Reservation/Cancellation Policy  
Please keep in mind that the treatment times are reserved especially for you. A credit card guarantee is required for bookings more than 1 hour & group bookings. No shows will be charged in full. There is a 50% charge for any changes or cancellations to appointments with less than 4 hours notice. For groups of 4 or more, 48 hours is required.

As a courtesy to our guests, late arrivals will only receive the remaining available appointment time.

### Arrival Time

To relax and enjoy your treatment, we ask that you arrive 15 minutes prior to your treatment time. Treatment time includes consultation time.

### Will I be comfortable?

Please communicate your wishes openly whether its massage pressure, room temperature, or music level, we will make adjustments to suit you. When receiving body treatments disrobe to the level of your comfort. Our therapists are trained to drape a sheet or towel over your body in a discrete manner so that you are always covered.

### Gratuity

Gratuities are always left to the discretion of our guests. It is customary to provide a 15% gratuity for salon and spa services.

### Mission Statement

*"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 and responsibility, not just in the world of beauty, but around the world"*

- Horst Rechelbacher, Founder

## GRAND SENSES Salon Experience

	Short/Med	Med/Long
<b>Shampoo, cut and style</b>		
Men	\$25+	
Women	\$46+	
<b>Styling</b>		
Shampoo/Blowout	\$29+	\$35+
Updo	\$45+	\$50+
<b>Colour</b>		
Regrowth/Style	\$69+	\$79+
Regrowth/Cut/Style	\$79+	\$89+
Full Colour/Style	\$79+	\$89+
Full Colour/Cut/Style	\$89+	\$99+
Gloss Treatment/Style	\$69+	\$76+
<b>Highlights/Baylage/Ombre</b>		
Half Head Foils	\$89+	\$99+
With Cut	\$99+	\$109+
Full Head Foils	\$99+	\$109+
With Cut	\$110+	\$119+
Highlights/Regrowth/Style	\$110+	\$119+
With Cut	\$115+	\$125+
Highlights/Colour/Cut	\$115+	\$129+
<b>Corrective Colour</b>		
priced upon consultation	starts at \$130	
<b>Deep Conditioning Treatment</b>		
	\$20	
<b>Botanical Hair Therapy</b>		
New botanical therapy salon treatments – improve dry hair up to 86% and damaged hair up to 84% with plant micro technology – giving you silky, luminous colour by getting to the root of healthy hair.		
Treatment	\$49	
Allow 75 minutes		
Treatment with Cut	\$69	
Allow 120 minutes		

\* + depends on amount of product and time required

## GRAND SENSES Facial Experience

### AVEDA ELEMENTAL NATURE FACIALS

#### 60 Minute Facial

The Aveda elemental nature facials are customized for the skin by helping guests to determine their specific needs. We then design a treatment to restore skin to its true potential.

60 minute Facial \$75

#### 90 Minute Facial

This facial incorporates into its elemental nature facial a foot bath and massage with the eye zone.

90 minute Facial \$95

#### Botanical Skin Resurfacing Treatment

For visible improvement in smoothness, lines and wrinkles, age spots, pore size and radiance. A botanical alternative to microdermabrasion.

60 minute treatment \$75  
Series of 4 treatments \$300

#### Outer Peace Acne Relief Facial

A botanical approach to treating acne – personalized with professional exfoliation that purifies and decongests acne skin – that utilizes Aveda's Outer Peace system powered in part by 100% naturally derived salicylic acid.

60 minute treatment \$75  
Series of 4 treatments \$300

#### Green Science Skin Renewing Facial

Specific to the skin concerns of premature, visible aging. Aveda's Green Science system is clinically proven to lift and firm skin while reducing the appearance of fine line and wrinkles.

60 minute treatment \$75  
Series of 4 treatments \$300

#### Perfect Plant Peel

Aveda's alternative to a 30% glycolic peel.

added to a facial \$15

#### Dual Exfoliation Treatment

This treatment combines Aveda's naturally derived mechanical and biochemical exfoliation methods into one powerful service that transforms and rejuvenates the skin through the process of dual exfoliations.

\*Must be preceded by the Perfect Plant Peel.  
75 minute treatment \$100

#### Eye Zone Treatment ~ Add On

Cooling, soothing treatment helps with eye puffiness, fine lines and under eye discoloration.

added to a facial \$15

## GRAND SENSES Body Experience

#### Senses Salt Glow

Utilizing a customized aroma and plant based emollients, and a formula of Aveda's mineral rich Dead Sea Salts, this spa experience exfoliates and moisturizes the skin, leaving it feeling soft and smooth.

45 minutes \$65

#### Beautiful Body Wrap

Enjoy a warming, detoxifying, seaweed body wrap treatment featuring the uplifting formula of Aveda's beautifying body care products. Includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology treatment.

60 minutes \$75

#### Rosemary Mint Awakening Body Wrap

Renew and awaken the body and mind with the essences of rosemary and peppermint. Skin is smoothed and softened with a dry exfoliation followed by Rosemary Mint body lotion massage.

60 minutes \$75

## GRAND SENSES Relaxation Massage Experience

#### Elemental Nature Massage

This Swedish relaxation massage is customized based on Aveda's Elemental Nature philosophy and is designed to rejuvenate the mind and soul through your own unique sensory journey.

30 minutes \$40  
60 minutes \$69

#### Fusion Stone Massage

This relaxation massage is enhanced with warm, smooth healing stones. A grounding treatment to calm the mind and rejuvenate the body.

30 minutes \$45  
60 minutes \$75

#### Stress-Fix Body Massage

Proven to relieve feelings of stress, the Stress-Fix aroma is incorporated throughout a relaxation body massage that is designed to merge key stress relieving techniques that will calm and rejuvenate you.

60 minutes \$75

