

# MASSAGE

**Swedish Massage** - Swedish massage is the most commonly offered and best known type of massage. A firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and create relaxation.

30 minute-\$50, 60 minute-\$80

90 minute-\$120,, 120 minute-\$150

**Deep Tissue Massage** Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as “adhesions.”) 30 minute - \$60, 60 minute - \$90

**Ooh Ahh Massage** Pregnancy can be a happy time, but it also comes with swollen feet, achy joints, and worries. It can relieve stress, helping to ensure that your baby remains calm as well. Prenatal massage also improves circulation, minimizes edema (swelling), and helps the mother sleep better.

30 minute - \$60, 60 minute - \$90

**Shiatsu Massage** Shiatsu is an old, traditional Japanese healing method. Shiatsu means, “finger pressure.” It’s a form of “touch communication,” and is a safe and effective preventive medicine. It helps to balance a person’s energy flow, and strengthen the vital organs. 30

Minute - \$55, 60 Minute - \$85

**Neuromuscular** Neuromuscular therapy is also called trigger point myotherapy. When a muscle (or trigger point) spasms in the body, blood flow to that area is severely decreased, sometimes ceasing altogether. When the blood flow is diminished, oxygen necessary for the muscle to work properly is also decreased, causing a buildup of lactic acid. 30 minute - \$60, 60 minute - \$90

**Hot Stone Massage** Heated smooth, flat stones are placed on key points on the body. The massage therapist may also hold the stones and use them to massage certain areas of the body. The heat warms and relaxes the muscles, which allows the therapist to apply deeper pressure, if desired. The warmth of the hot stones improves circulation and calms the nervous system.

75 minute - \$145



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**Homewood**

**2915 Crescent Avenue**

**205.515.3622 | [www.blondesalonspa.com](http://www.blondesalonspa.com)**

# HAIR SERVICES

Women's Haircut	35+
Women's Haircut & Style	67+
Men's Haircut	37+
Blow-Out	35+
Up-Hair	90+
Women's Color (new growth)	69+
Women's Color (all over)	150+
Men's Color	35+
Foil (A panel)	65+
Foil (AB panel)	125+
Foil (ABC panel)	175+
Balayage	199+
Color Correction	consultation required
Coppola Keratin Smoother	250+
Relaxer	100+
Scalp Treatment	15+
Hair Repair Treatment	15+
Glosser/Shine	20+



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## MAKE-UP

Bridal Makeover	80
Makeover	50
Make-up Lesson	60

## SPRAY TAN

Spray Tan	32
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## NAIL SERVICES

Manicure	
Pedicure	25
French Polish	5
Polish Change	8
Parafin Dip (upgrade)	12
Manicure & Pedicure	55+
Series of Manicures (6)	115
Series of Pedicures (6)	180



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# SKIN CARE

Active Eye Contour Treatment	30 minutes	55
Helps to reduce appearance of fine lines, puffiness, and dark circles under eye (Add on mini facial 40)		
Beta Ex Peel	30 minutes	85
Minimizes pores, fine lines and lightens skin while exfoliating. (Add on mini facial 40)		
Classic European Facial	60 minutes (All skin types)	95
Deep Pore Cleansing		
Detoxifying-Destressing Treatment for Men		95
Men's refreshing and refining treatment		
Flash Beaute	45 minutes	120
Anti-stress & radiant skin treatment, containing vitamin C		
Hydroptiamle THI3 Treatment	60 minutes	140
Brings comfort, relaxes and leaves skin deliciously moist		
Immuniscience Facial	60 minutes	95
Chronic dermatitis of the face, especially of the nose and cheeks, characterized by a red or rosy coloration with deep-seated papules		
Lift Defense Facial	60 minutes	140
Anti-wrinkle treatment, giving you a firmer, radiant, youthful skin		
Mini Facial	30 minutes	55
Cleansing, toning, exfoliation, massage,		
Oxyliance Facial	60 minutes	140
Increases vitality, anti-pollution & instant radiance		
Professional Peeling Treatment	30 minutes	70
Intensive exfoliating-glycolic acid treatment (Add on mini facial 40)		
Seasonal Facial	60 minutes	135
Ultimate in facials for relaxation, repair, and rejuvenation		
Secrets Soin Excellence Facial	75 minutes	165
Turn back the clock and regain your youthful appearance		
{W} Lightening Facial	60 minutes	140
Hyper pigmentation, Dark Spots - Lightening effect		

## MICRODERMABRASION

Microdermabrasion	30 minutes	100
Dramatically improves skin tone & improves texture Add on mini facial 40		
3 treatments	30 minutes includes one free product	250
3 treatments	60 minutes (with mini facial) includes one free product	410



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## HAIR REMOVAL & TINTING

Brow	20	Back and Shoulders	65
Lip	15	Full Leg	85
Brow & Lip	30	1/2 Leg	50
Brow, Lip & Chin	45	Full Leg with Bikini	95
Sides of Face	20	1/2 Leg with Bikini	65
Face	45	Bikini	30
Face & Brow	60	Full Brazilian	60+
Underarm	25	Partial Brazilian	35+
Forearm	40	Eyelash Tinting Brow	30
Full Arm	55	Tinting	15
Abdomen	10	Lash & Brow Tinting	40
Back	50		

## SPA PACKAGES

Relaxation & Bliss	150
European Facial & Signature Massage	195
Tranquil Destinations	
European Facial, Signature Massage, Manicure & Pedicure	

## BRIDAL PACKAGES

Bridal Bliss Hair & Make-up	140
Bridal Queen Hair, Makeup, Spa Mani, Spa Pedi	200
Bridal Pamper Hair, Make-up, Spa Mani, Spa Pedi, European Facial, and Signature Massage	350



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