The background is a solid yellow color. It features several geometric elements: a large central grey square with a white border containing the text 'BODY AND SOLE'; a smaller white square with a yellow border in the top right; a white square with a yellow border in the top left; a white square with a yellow border in the bottom right; and a white square with a yellow border in the bottom left. Two wavy lines, one purple and one white, cross the central grey square. The text 'BODY AND SOLE' is arranged in three rows: 'B O D Y', 'A N D', and 'S O L E', with wide letter spacing.

B O D Y
A N D
S O L E

JUST :: CALM :: DOWN

B O D Y
A N D
S O L E

Experience Body+Sole. Just :: Calm :: Down

With the stress of everyday life, it's important to take time to immerse your senses and infuse your spirit. Achieve internal and external balance at Body+Sole, where you will find a transformative destination that refreshes both the body and mind.

Our professional, knowledgeable and highly skilled staff has just one goal in mind – to pamper you from head to toe, and ensure your ultimate comfort and relaxation. We will be sure every moment of your visit is an experience you won't forget.

PRODUCT LINES. We carry only the highest quality skin care, hair care and cosmetic products. Guinot Paris, Skinceuticals, Soma Care, Moroccan Oil, The Balm, Capri Blue Soy Candles, Crew 4 Men, TIGI, and the Bio-Ionic Smoothing System.

:: BEAUTY PACKAGES ::

These fabulous packages were created with gift giving in mind. A birthday, shower, or special occasion, a gift from Body+Sole is sure to be cherished.



THE LAVISH. (time 4:30) \$325

Silk sugar scrub with hour massage, hydradermie facial, pedicure, manicure, shampoo/styling and mini make-up application.

THE LUXURIOUS. (time 2:15) \$225

Glycolic facial with hand treatment, herbology retexturizing wrap and reflexology foot massage.

THE LUSH. (time 2:30) \$175

One hour hot stone massage with aromatherapy, hot stone pedicure and hot stone manicure.

THE LA-LA LAND. (time 2:15) \$150

30 minute therapeutic massage, express facial and paraffin pedicure.

CUSTOMIZED PACKAGES. Struggling to decide on the perfect gift for the boss or coworker? Why not a gift from BODY+SOLE – select one of our packages listed here, or create your own. Looking for something different? We would be pleased to work with you to create a truly memorable and unique spa package for someone special.

:: SKIN CARE ::

A regular regime of skin care treatments combined with at-home care yields a complexion previously only dreamed of. Each skin care treatment at Body+Sole includes a personal skin analysis to determine the treatment best suited to the needs of the unique skin type at the time of your visit.

THE FOUR HANDED FACIAL. (time 1:00) \$135

The ultimate in relaxation! A facial with simultaneous hand and foot reflexology.

THE FREESTYLE FACIAL. (time 1:00) \$130

Imagine a facial customized for the specific needs of your skin at the time of your visit. This treatment may include a hydrating facial combined with microdermabrasion, a glycolic peel, or a double peel. This is the ultimate for maximum results.

MICRODERMABRASION WITH GLYCOLIC TREATMENT. (time 0:45) \$115

This treatment is specifically designed for deep exfoliation and extreme results.

MICRODERMABRASION. (time 0:30) \$95 or \$540 for 6 treatments

A total skin resurfacing treatment designed for sun damage, fine lines and wrinkles, acne and scarring.

THE LIFTOSOME FACIAL. (time 0:45) \$90

This lifting and firming treatment with Pro-Collagen and Vitamin C provides instant results while restoring elasticity, tone and texture to the skin; leaving it looking youthful and radiant.

DOUBLE PEEL. (time 0:45) \$85

This intensive treatment removes signs of sun damage, lines, wrinkles and crows feet. Using 100% fruit acids to exfoliate and smooth the skin, this treatment includes deep cleansing, exfoliation massage and masque. (Maria's favorite along with microdermabrasion!)

HYDRADERMIE FACIAL. (time 1:00) \$85

Individualized for each client's unique needs. Includes cleansing, extractions, massage, mask and galvanic current.

HYDRADERMIE PLUS. (time 1:15) \$130

The ultimate treatment that begins and ends with a serenity massage! With similar results to the Hydradermie, this treatment targets the eye and neck areas with specific firming and hydrating gels to smooth away the first signs of aging.

LAVENDER HERBAL FACIAL. (time 0:45) \$70

Relax and hydrate your skin with the benefits of lavender aromatherapy. Calming and soothing for all skin types.

BACK FACIAL. (time 0:45) \$65

This treatment focuses entirely on the troublesome back and shoulder areas with deep cleansing, extractions, and mask.

TEEN FACIAL. (time 0:45) \$65

Individualized for adolescent skin care needs. Includes cleansing, extraction, mask and galvanic current.

EXPRESS FACIAL. (time 0:30) \$60 or \$130 with microdermabrasion

An abbreviated version of our hydrating facial. Includes cleansing, toning, mask & penetrating moisturizer.

GLYCOLIC ACID TREATMENT. (time 0:30) \$55

Alphahydroxy treatment for exfoliation and skin renewal.

Add a glycolic peel to any facial for \$15.



:: MASSAGE ::

Body+Sole offers therapeutic massage treatments designed to reduce stress, renew energy, increase flexibility and provide a sense of well being and relaxation.

TRIPLE TRANCE. (time 1:30) \$135

Indulge in the experience of Lil' Hands (Heather)! The ultimate trio of techniques ventures in to the deepest of relaxation with a combination of Therapeutic, Hotstone, and a 'little sole' (ashiatsu) massage that will leave you in a trance-like state. A pleasure you won't want to miss.

LASTONE THERAPY. (time 0:55) \$90 or (time 1:25) \$120

Smooth hot and cold stones are the medium used to bring inner balance to the body and mind for this treatment. Let yourself go beyond the physical experience, to enter deeper dimensions of relaxation and well being.

SOLE 2 SOUL. (time 0:55) \$90 or (time 1:25) \$120

Ashiatsu Oriental Bar Therapy is an ancient form of barefoot massage. This technique uses deep compression strokes that glide over the body. Gravitational force and specialized movements can create a structural change in chronic soft tissue damage. Therapist maintains their balance with overhead bars.

THERAPEUTIC BODY MASSAGE. (time 0:30) \$45 or (time 0:55) \$80 or (time 1:25) \$105

A variety of massage techniques are used for stress reduction, relaxation, and deep tissue detoxification. Our therapists will design the ideal combination of techniques for each client to ensure the perfect massage.

DEEP TISSUE BODY MASSAGE. (time 0:55) \$90 or (time 1:25) \$120

This technique goes deeper into the connective tissue to relax targeted areas and restore flexibility.

DYNAMIC DUO (COUPLES MASSAGE). (time 0:55) \$180.

Enjoy a relaxing therapeutic massage together.

PITTER PATT (RAINDROP THERAPY). (time 0:55) \$85

A powerful non-invasive tool for assisting the body in correcting defects in the curvature of the spine, by utilizing the anti-viral, bacterial, and inflammatory action of key essential oils. Using Vita-Flex reflex points and massage therapy will help to bring the body into structural and electrical alignment.

REFLEXOLOGY (HEELS SOLES!). (time 0:45) \$60

Research indicates that reflex zones in feet affect levels of stress, wellness and energy in the body. Treatment includes foot bath, reflexology massage and a nourishing paraffin wax dip for whole-body balancing.

LABOR OF LOVE (PREGNANCY MASSAGE). (time 0:55) \$80

A Swedish massage focused on the mother-to-be's unique area of concern. A perfect gift!

Add aromatherapy to any massage for an additional \$10.

:: BODY TREATMENTS ::

Body treatments enhance whole mind and body health and are recognized for their significant restorative powers as well as the ability to relax, tone, detoxify the skin.

ACOUSTIC WAVE THERAPY. (time 0:30) Priced upon consult
A medical grade permanent cellulite reduction treatment. 6 treatments required.

BODY+SOLE SIGNATURE BODY TREATMENT. (time 1:30) \$135
A truly blissful experience from head to toe. Enjoy a relaxing therapeutic massage combined with a gentle exfoliating silk sugar scrub. A true guilt-free indulgence!

HERBOLOGY BODY RETEXTURIZING WRAP. (time 0:45) \$70
Experience a therapeutic body exfoliation that uses medicinal Chinese herbs to smooth and retexture your skin from neck to toes. An application of olive oil followed by an exfoliating herbology massage, thermal wrap cocoon and then moisturizer to finish off your new silky body.

SILK SUGAR SCRUB. (time 0:45) \$70
Keep your body radiant from head to sole! Liquid sugar goes beyond just cleansing, when liquified it produces glycolic acid, a natural exfoliant, that reveals a new layer of skin with a smoother texture and healthy appearance.



:: WAXING & MAKEUP ::

We use only the highest quality of organic Tea Tree and Azulene wax for hair removal, to ensure a smooth and silky finish.

Lip, chin, and sideburns	ea. \$10+	Full Arm	\$50+
Brow	\$15+	Forearm	\$35+
Full eyebrow sculpting	\$20+	Underarm	\$25+
Bikini	\$25+	Full Face	\$40+
In-B-Tweeny Bikini	\$45+	Facial Combo (lip, brow, chin)	\$35+
Full Brazilian, front/back	\$60+	Stomach, toes or feet	\$15+
Full Leg, including Bikini	\$70+	Back	\$45+
Full Leg, including Brazilian	\$105+	Chest	\$40+
Upper Leg, including Bikini	\$55+	Men's ABC Combo	priced upon consult
Lower Leg	\$40+		

Prices and areas of the body not listed above are priced upon consultation. Notify technician of Retinol, Accutane, or the use of prescription skin thinners prior to hair removal services.

BODY SUGARING. (additional \$5 added to each waxing price listed above)
Body Sugaring is an ancient Egyptian method of hair removal. Non-allergic and natural, this sugar, honey & lemon paste is an ideal alternative to waxing for those with coarse hair and sensitive skin.

EYELASH TINT / EYEBROW TINT. (time 0:15) \$20 and (time 0:30) \$25
An all natural vegetable tint available in various shades to darken and accentuate these areas. Lashes and brows appear thicker and fuller as eyes will appear more vibrant.

MAKE-UP LESSON AND APPLICATION. (time 0:45) \$60 and (time 0:30) \$40
Professional make-up application can make a difference in a final look. Our Estheticians will teach you simple techniques on how to put your best face forward with our full line of cosmetics. We'll create a beautiful and comfortable look perfectly suited for any occasion.

AIRBRUSH MAKEUP. Priced upon consultation
Achieve a delicate flawless finish that minimizes the look of fine lines and wrinkles. Airbrush makeup leaves a light, seamless blend of color and lasts several hours. Perfect for that special occasion or when you want to look your absolute best.

:: NAIL CARE ::

Body+Sole offers a variety of nail care treatments designed specifically with our clients in mind.

MANICURE. \$18

Includes filing of the nails, cuticle trimming, hand massage, and nail polish application.

FRENCH MANICURE. \$25

MANICURE WITH PARAFFIN DIP. \$25

Hands are dipped in paraffin, a thick warm wax, to seal in moisture. Available with or without polish.

SPA MANICURE. \$25

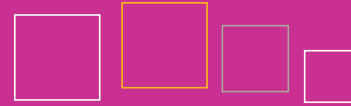
A deep exfoliating treatment and hot towels are applied for skin renewal.

SPA PEDICURE. \$55

A deep exfoliating treatment and foot mask are applied for the ultimate skin renewal.

PEDICURE. \$45

Our classic pedicure combines a soothing soak in a whirlpool bath followed by lotion, massage, and manicured toes.



FRENCH PEDICURE. \$53

PEDICURE WITH PARAFFIN DIP. \$55

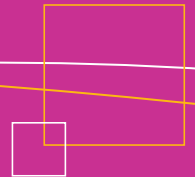
Our classic pedicure followed by feet dipped in paraffin to seal in moisture.

NAIL POLISH CHANGE. \$8

TOE POLISH CHANGE. \$12

*AROMATHERAPY may be added to any treatment for an additional fee.

*CRYSTAL MUD relaxes tired feet, softens and hydrates skin, stimulates senses and restores balance. Crystal Mud is formulated based upon Chinese medicinal traditions. \$12



:: HAIR ::

Body+Sole offers the latest and most innovative hair services. Our staff is expertly trained and provides cutting edge artistry in both cutting, coloring, and styling.

<u>HAIRCUT</u>	starting at \$60
<u>MEN'S HAIRCUT</u>	starting at \$30
<u>SINGLE PROCESS HAIR COLOR</u>	\$60+
<u>HIGHLIGHTS</u>	starting at \$80
<u>SHAMPOO & STYLE</u>	\$30+
<u>BIO-IONIC HAIR STRAIGHTENING</u>	\$125 per hour
<u>HAIR CONDITIONING TREATMENT</u>	\$40+
<u>WEDDING & SPECIALTY HAIR SERVICES</u>	priced upon consultation

*Blow dry included in chemical services.
Please note that pricing varies on hair length and density.

:: JUST FOR MEN ::

High performance skin and body therapies customized to address men's specific needs. No longer a luxury, these services are a necessity for that competitive edge.



FACIAL CARE.

- DRY SKIN FACIAL TREATMENT (time 1:00) \$80
- SUPER CLEAN FACE TREATMENT (time 1:00) \$80
- ANTI-AGING FACIAL (time 1:00) \$80

HAND AND FOOT DETAILING.

- THE 'MANLY-CURE' \$18
- FOOT DETAILING Feet are soaked, exfoliated, clipped, dipped and buffed! \$45

BROW GROOMING.

Natural looking brows are cleaned up to enhance facial features. \$15 & up

BODY TREATMENTS.

- SCRUB, RUB AND A HOT DIP (created by Heather, aka Lil' Hands)
A salt glow massage with a hand and foot paraffin dip. (time 1:20) \$150
- SOLE 2 SOUL
Regular massage not deep enough for you? Try Ashiatsu Oriental Bar Therapy. (time 1:00) \$85

WAXING. (see waxing services)

Need help booking your facial? Ask for the "Men's Facial" and your esthetician will do the rest!

Spa Policies

SCHEDULING APPOINTMENTS

Appointments may be scheduled Tuesday through Saturday during regular business hours.

We recommend scheduling preferred times or special occasions in advance.

Your name, telephone number and credit card are required for your appointment.

Please arrive 10 minutes prior to appointments.

BODY+SOLE RESERVES THE RIGHT TO CHARGE 100% OF APPOINTMENTS MISSED WITHOUT 24 HOUR NOTICE. PRICES SUBJECT TO CHANGE WITHOUT NOTICE.

CANCELLATIONS

At BODY+SOLE we understand unpredictable extenuating circumstances however, without due notice under normal circumstances we strictly enforce our cancellation policy. Our services are carefully coordinated to ensure that all of our clients get the attention they deserve. If for any reason you must cancel your appointment, we ask that you kindly provide us with a minimum of 24 hours notice. Cancellations made without due notice are subject to 100% cancellation fee to cover the time reserved. A 50% deposit is required in booking multiple services and spa parties. This deposit is non-refundable if cancelled without 48 hour notice.

Please note that arriving late for your appointment will result in a shortened service so that we can maintain our other scheduled clients throughout the day.

Thank you for your understanding in the matter. We look forward to serving you!

GIFT CERTIFICATES.

A BODY+SOLE gift certificate is the perfect gift for any occasion! Gift certificates are non-refundable, and are available for any of the packages and services offered at the Spa in addition to dollar denominations.

Spa Etiquette

It is our goal to make your visit with us a pleasant and enjoyable one. To maintain the serenity of our environment we kindly ask that you:

- *Be on time for your appointment*
- *Turn off or silence cell phones before entering the spa*
- *Leave young children at home*
- *Use a soft voice when speaking in waiting and treatment rooms*

Gratuities are not included in any services. We feel that the decision to extend gratuity should be a result of the clients experience, and left to the clients discretion.

Our Commitment to our Guests

It is our passion to guide every guest to their optimal state of well being.

We deliver authentic results, treatments and products to restore, detoxify and revitalize your BODY+SOLE!

We share our expertise and passion and are dedicated to your total sense of well being. Our staff keeps up to date on all aspects of beauty to keep ourselves and our guests well informed with what the fast paced industry has to offer so that we may bring you the very latest in treatments and trends.

BODY+SOLE believes in giving back to the community. We support charities on a national and local level and we keep our spa as “green” as possible!



B O D Y
A N D
S O L E

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