

Spa Menu



ASHGROVE SPA
skin care clinic & hair studio
est. 1995

Welcome To ASHGROVE SPA - Skin Care Clinic and Hair Studio

Open Monday to Saturday for integrating wellness and beauty into your daily routine.

ARRIVAL/SPA ETIQUETTE Please arrive 10 to 15 minutes early. This will allow time for you to change and sip a relaxing beverage. Late arrivals will still finish at the scheduled time, while the normal treatment fee remains unchanged.

For email bookings: frontdesk@ashgrovespa.com

Ashgrove SPA is a retreat for everyone. Cellular phones must be turned off beyond the reception area, unless reasonable circumstances necessitate their use. Regardless all cellular phones should be on silent mode. Children under 14 must be accompanied by an adult at all times while visiting our spa.

OUR THANKS TO YOU

REWARD POINTS Every time you purchase a skin care product = you accumulate Spa Reward Points. Each time it reaches 20 points, you'll receive \$20 credit for your next skin care purchase

LOYALTY DISCOUNT Receive a 10% discount when you return for your next facial, pedicure or massage within 5 weeks of your previous same treatment.

MONTHLY FACIAL CLUB Pre-book your next facial within a month = each time receive 10% off your facial + \$15.00 homecare credit for homecare purchase.

REFERRAL BENEFITS Refer 2 new clients and receive a \$20 gift certificate toward your next visit. We deeply value our devoted clientele. If you came to us via a referral, please make sure to indicate that person's name on your client form, so that we may thank them with a gift.

YOUR EXPERIENCE It is our hope that you'll truly enjoy your experience at Ashgrove Spa and we value your feedback regarding your time with us. Please let us know if we can improve our service on your next visit.

MONTHLY AND SEASONAL SPECIALS When you register to be a Preferred Client at our spa, you'll receive monthly promotional and informative emails.

LOST GIFT CARDS & CERTIFICATES Please treat every gift certificate or gift card as cash. If it is lost, we regret to inform you that we cannot replace or re-issue another one.

CANCELLATION POLICY As a courtesy to our spa business and therapists, and so that we may accommodate other clients' needs, please give at least 48 hour notice if cancelling or rescheduling your reserved appointment. Appointments cancelled or rescheduled less than 48 hours,

are subject to a cancellation fee of 50% (fifty) of the total service scheduled. When scheduling an appointment after one no-show or late cancellation we will require that you guarantee your reservation by providing us with a valid credit card. If you are uncomfortable leaving us a credit card, we will gladly welcome you on a walk-in basis.

WEDDING PARTIES/GROUP BOOKINGS As a courtesy to our spa and therapists, when it's more than 3 guests, we respectfully require two weeks notice to cancel group reservations. A credit card will be required to reserve for 3 or more guests. Cancellation not within the required time will result in a cancellation fee of 50% (fifty) of the total services scheduled.

PRICING POLICY All prices quoted or appearing in print are subject to change without notice.

DURATION OF SERVICES All times reserved for your treatments are approximate and include assessment and after-care recommendation time.



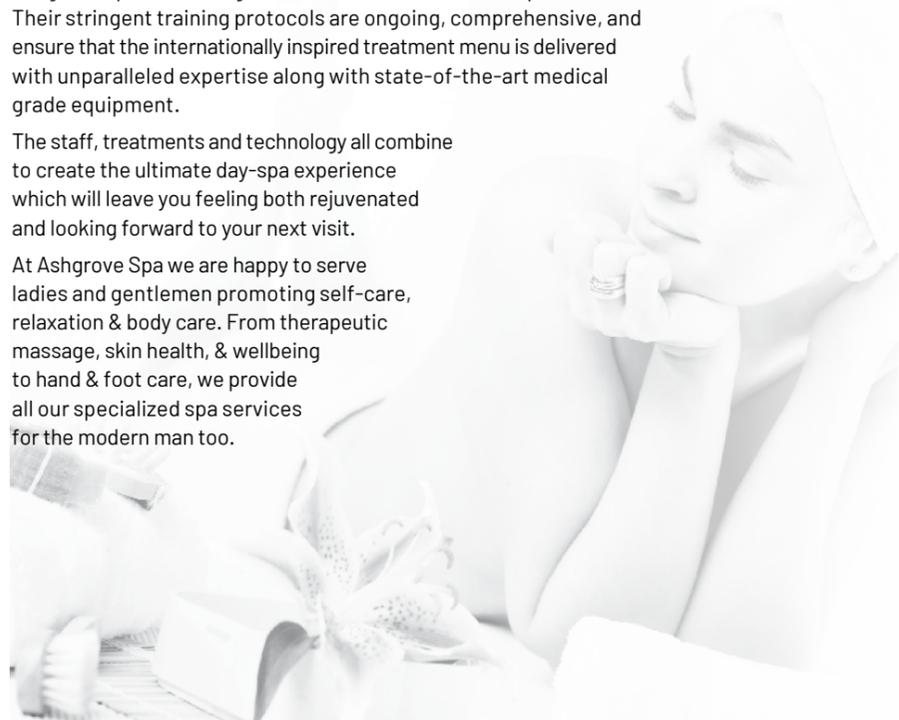
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Effective January 2019.

Ashgrove Spa was established in 1995 by Marika Pelyvas. The spa is an institution that is serious about skin and body care and that is why it has become an accredited 5-star spa. We skillfully provide a variety of wellness and advanced skin care treatments that complement traditional healthcare.

Ashgrove Spa has the region's best trained and certified professionals. Their stringent training protocols are ongoing, comprehensive, and ensure that the internationally inspired treatment menu is delivered with unparalleled expertise along with state-of-the-art medical grade equipment.

The staff, treatments and technology all combine to create the ultimate day-spa experience which will leave you feeling both rejuvenated and looking forward to your next visit.

At Ashgrove Spa we are happy to serve ladies and gentlemen promoting self-care, relaxation & body care. From therapeutic massage, skin health, & wellbeing to hand & foot care, we provide all our specialized spa services for the modern man too.



Ashgrove SPA Facial Treatments for Ladies and Gentlemen

AS SIGNATURE EUROPEAN FACIAL 102

This traditional European facial will be tailored for your skin type and consist of deep cleansing, extraction, a light facial massage and mask. After this treatment your skin will be glowing, refreshed and cleansed. *(any skin type)*

TEEN CLEANSING FACIAL TREATMENT 80

Deep cleansing, exfoliation, extraction if needed, mask and a moisturizer perfectly suited for the problematic needs of teenage skin.

At Ashgrove Spa we are happy to serve gentlemen promoting self-care, relaxation & body care. From therapeutic massage, skin health, & wellbeing to hand & foot care, we provide all our specialized spa services for the modern man too.

BABOR

Since 1956 Babor's precise formulas are based on innovative active ingredients. Their effect is enhanced by the professional expertise of estheticians in luxurious, tailor-made treatments, which are designed to deliver maximum individual results.

PRE-AGE FOR ALL SKIN TYPES

TAILORED FACIAL with ampoule infusion 155

This customized facial will be tailored for your skin type or condition by your therapist. The facial starts with BABOR's iconic Bi-Phase Cleansing Ritual, followed by the intensive professional beauty ampoule treatment. With the highly concentrated natural active ingredients tailored to your skin type, this intensive ampoule treatment immediately produces visible results you can see and feel.

ANTI-AGE IN LUXURY AND RELAXATION

HSR® 220

This High Skin Refiner is an anti-wrinkle treatment that will smooth, plump and lift every type of wrinkle while firming and toning the skin as well. The result is a more youthful, well-contoured face.

ReVersive 220

Turn back the clock and unlock the natural anti-aging mechanisms of your skin. This treatment will provide incredible luminosity and radiance while increasing cell turn over and triggering the slow down of the chronological aging process revealing a perfect, ageless complexion.

DOCTOR BABOR COSMECEUTICAL SKIN SOLUTIONS

These prescription therapies are specifically focused on individual skin challenges. Our expert skin therapists will customize an advanced cosmeceutical treatment to obtain your optimal skin care results and leave you completely relaxed with results you can see and feel immediately.

LIFT & FIRM - LiftingRx 220

Fight demanding signs of aging with active ingredient combinations to target wrinkles, loss of elasticity, firmness, and facial contours. This powerful treatment leaves you with an even and smooth complexion, and restores your youthful appearance by visibly firming and toning the skin.

CALM & SOOTHE - CalmRx 165

Specially designed for extremely dry sensitive skin, rosacea and dermatitis, this calming therapy will soothe, strengthen, and balance the skin. Your skin will instantly feel soothed, less irritated and deeply hydrated.

HYDRATE & PLUMP - HydroRx 165

This high-performance treatment repairs moisture deficits in the skin, leaving the skin thoroughly hydrated, plump and smooth. It optimizes the skin's ability to store moisture long term and prevents premature aging by using multi-dimensional hydration.

REPAIR & RENEW- RepairRx 180

This effective repair therapy boosts skin cell regeneration and cell turnover for skin that appears young and wrinkle-free. This is a beneficial treatment before surgical procedures and is also recommended to help strengthen the skin after a trauma.

CELLULAR REFINING PEEL 155

A light peel using Alpha Hydroxy Acid to lift dull dead skin cells and increase cellular renewal. Reveals a smoother, brighter, more refined complexion and clean pores.

GUINOT

For more than 40 years, GUINOT's mission has been to make women more beautiful using exclusive and innovative beauty care methods. Combining the professional esthetician expertise with Guinot beauty care methods will obtain results which are immediately visible. Whether for the face, the eyes or the body, GUINOT develops exclusive and innovative skin care products and protocols to help correct the sign of aging and prevent future damage.

HYDRA-PEEL 120 / 140

Removes the dead cells responsible for dull complexions. Results are a fresh, even toned and bright complexion. *(safe for even the most sensitive skin)*

HYDRADERMIE VITAL ENERGY 165

This customised facial treatment results radiant, beautiful skin with the unique ionisation process that enables rapid absorption of the active ingredients for exceptional effectiveness. We'll personalise your facial for your skin needs of brightening, hydrating, soothing or purifying.

HYDRADERMIE LIFT 165

This treatment includes facial muscle stimulation to exercise the face for looking younger and visibly lifted.

HYDRADERMIE DELUX VITAL ENERGY & LIFT 220

This personalised combination of Vital Energy and Lift Treatment is the alternative to esthetic surgery, immediately firms and defines the neck, jawline and cheeks, lifts the eyes, minimises wrinkles and smooths the forehead. Undoubtedly the perfect facial prior to any special occasion.

AGE SUMMUM 155

The products used in this treatment are enriched with the Cellular Life Complex that contains 56 biological active ingredients and is highly concentrated in Vitamin C and Pro-Collagen. The result is visibly youthful skin.

AGE SUMMUM LIFT 160

Firming care treatment for face, neck and decollete with instant result that are visible as soon as the treatment is over.

LIFTOSOME 150

The active ingredients and Pro-Collagen in this treatment is 100% dedicated to skin firmness and youthfulness and for recovering the skin's elasticity.

EYE TREATMENT 75 SERIES of 4 TREATMENT 200

Specifically developed and dedicated for this delicate area, this treatment targets puffiness, dark circles and wrinkles.

MESO Esthetic

Medical cosmetics for treating each aging stage of your skin.

ENERGY "C" ILLUMINATING ANTIOXIDANT TREATMENT 220

SERIES OF 5 TREATMENT 900

Combats the first signs of aging, evens out the tone and brings luminosity to the skin.

STEM CELL REGENERATIVE TREATMENT 240

SERIES OF 5 TREATMENT 950

Anti-aging treatment to protect the life of the skin cells and improve their natural capacity for self-repair.

RADIENCE "DNA" GLOBAL ANTI-AGING TREATMENT 260

SERIES OF 5 TREATMENT 1,000

With an antioxidant action, it reduces deep wrinkles and redefines the facial contour, repairs.

INNO-EXFO FACIAL PEELS

Controlled Chemical Microexfoliation. Each peel will address both upper and middle layers of the skin in order to achieve the optimum result; renewed, revitalised skin.

BIO-C 170 SERIES OF 5 TREATMENTS 650

Preventative action against premature skin aging with powerful effects on tone and luminosity.

LIGHTENING PEEL 195 SERIES OF 3 TREATMENT 450

Effectively takes away layers of dull, discoloured skin cells to reveal lighter, fresher skin. Powerful synergistic action on moderate photoaging and fine lines associated with mild epidermal pigmentations.

EYE CORRECTOR 150 SERIES OF 5 TREATMENT 500

For visible improvement of signs of photo aging in the periorbital area.

AFA AMINO ACID PEEL

A very unique skin care for retaining moisture in your skin with little or no irritation and doesn't make you sun sensitive.

AFA PEEL 115 **SERIES OF 4 TREATMENT 380**

It is the ideal peel solution even for sensitive skin and those who suffer from Rosacea. *Also known as "The Bride Peel". Gentle enough to give your skin that glow, the day of your Wedding!*

AFA CLAY-PEEL 130 **SERIES OF 4 TREATMENT 400**

For combination, oily or acne problem skin even with sensitivity or rosacea condition.

DERMAPLANING 125

It is a non-invasive, medical aesthetic procedure that utilizes a manual method of exfoliation to remove dead skin cells and vellus hair. Also referred to as epidermal leveling, dermaplaning may instantly help to brighten a dull complexion and improve skin texture and tone so that your skin looks and feels fresh and radiant.

MICRONEEDLING

for skin optimization by stimulation and proliferation of epidermal stem cells in the basal layer.

FACE TREATMENT 360 **FACE & NECK 440** **FACE & NECK & DECOLLATE 540**

For optimal results 3-6 treatments recommended, depending on the severity of client's skin condition. The series of treatments available with reduced price.

FRACTIONAL LASER TREATMENT

FACE TREATMENT 400 **FACE & NECK 620** **DÉCOLLETÉ 330**

Non-ablative FRACTIONAL LASER TREATMENTS deliver excellent results for skin rejuvenation, through the coagulation of soft tissues, for many different skin conditions: Wrinkles, Melasma, Acne scars and surgical scars, Stretch marks and Skin tightening

For optimal results 2-3 monthly treatments recommended, depending on the severity of client's skin condition. The series of treatments available with reduced price

PHOTO FACIAL – SKIN REJUVENATION

FACE TREATMENT 270 **FACE & NECK 370** **DÉCOLLETÉ 250**

The PHOTO FACIAL Treatment clears benign pigmented lesions, actinic bronzing and telangiectasias; they can reduce the redness associated with rosacea and provide rejuvenated looking skin through intense pulsed-light treatments. Immediately after treatment, clients report only the sensation and look and feel, of a light sunburn.

For optimal results 2-3 monthly treatments recommended, depending on the severity of client's skin condition. The series of treatments available with reduced price.

SKIN TIGHTENING WITH RADIO FREQUENCY

FULL FACE 395 **EYE & FOREHEAD 260** **LOWER FACE 290** **FACE & NECK 650**

Safely treats wrinkles on the face without surgery using heat from radio wave energy in a painless treatment, with results noticeable after a single session. It precisely delivers energy to the dermal tissue using advanced radio wave technology to induce collagen contraction without damaging the epidermis. The result is noticeable improvement in skin quality and appearance.

For optimal results 4-6 monthly treatments recommended, depending on the severity of client's skin condition. The series of treatments available with reduced price.

LUMI8 INTENSE LED LIGHT FACIAL SYSTEM

The pure intense light energy produces no thermal effect and therefore no thermal damage to the skin. The photo-energy stimulates a synthesis in the skin cells, which produces cell rejuvenation, healing and anti-aging results. Eight (8) preset programs provide excellent aesthetic results. Can be added as extension to any of our skin treatments.

SKIN TAGS & FACIAL VEIN REMOVAL

These procedures with Radiofrequency involve the passage of radio waves into the skin to perform the removal or reshaping of a lesion. Different types of electrodes are used depending on the type of lesion. It is effective on many types of skin lesions including: Skin Tags, Facial telangiectasia, Spider vein, Cherry angioma, Age spots, Solar-lentigo.

Individual prices for radiosurgery will depend upon treatment time, the size and condition being treated; the removal of small moles, warts or skin tags starts from approximately \$75.00.

Who should not have a Radiofrequency treatment?

- Women who are pregnant or breastfeeding are generally not considered to be suitable candidates.
- Patients fitted with a cardiac pacemaker.

PERMANENT MAKEUP – MICROPIGMENTATION

Look Years Younger & save time applying makeup every day.

PERMANENT EYEBROWS **FROM 425**

Permanent eyebrows are created by simulating hair strokes and very light shading for light or missing hair. Your face will be balanced and you will have a more youthful looking frame above your eyes.

PERMANENT EYE CONTOUR **FROM 385**

Defines the lash line and makes your eye look brighter; enhances the eye shape.

PERMANENT EYE LINER **FROM 425**

With permanent eye liner you can say goodbye to smears and smudges! Choose the thickness and colour of your eye liner.

Trust our experience we have gathered over the years.

Add an extra treatment to any facial for optimum results:

OXYGEN SPRAY TREATMENT 40 **ANTI-AGING EYE TREATMENT 40**
LED SKIN THERAPY 40 **EYELASH AND BROW TINTING 52**
MICRODERMABRASION TREATMENT 75 **EYEBROW SHAPING AND LIP WAX 28**

REPEAT YOUR FACIAL TREATMENT WITHIN FIVE WEEKS AND RECEIVE A 10% DISCOUNT.
FACIAL PROGRAMS: RECEIVE 1 FREE WITH 5 PRE-PAID MONTHLY FACIAL TREATMENTS.

LASER HAIR REMOVAL

Arrange a complimentary consultation regarding your concerns. Test spots \$50.00 (will be credited at the time of first treatment). Two weeks prior & during your treatments, make sure to avoid waxing, sun tanning, the use of tanning beds or self-tanning products.

UPPER LIP	FROM 90	FULL BACK & SHOULDER	FROM 390
CHIN	FROM 110	UPPER ARMS	FROM 140
LIP & CHIN	FROM 140	LOWER ARMS	FROM 130
LOWER FACE	FROM 170	BIKINI LINE (no inner thigh)	FROM 120
FULL FACE	FROM 250	BIKINI & INNER THIGH	FROM 160
ENTIRE NECK	FROM 140	BRAZILIAN BIKINI	FROM 250
CHEST	FROM 220	LOWER LEGS	FROM 230
SHOULDERS	FROM 170	UPPER LEGS	FROM 260
UPPER BACK	FROM 190	UNDER ARMS	FROM 125
LOWER BACK	FROM 180		

WE OFFER REDUCED PRICE IF MORE THAN 2 AREAS TREATED:
• 4 PREPAID TREATMENTS 20% OFF **• 6 PREPAID TREATMENTS 25% OFF**

WAXING

BROW SHAPING	18	LOWER ARMS	30	CHEST	55
BROW & LIP	28	BIKINI LINE	40	BACK	50
BROW, LIP & CHIN	38	BRAZILIAN BIKINI	68	BACK & SHOULDER	65
LIP	13	LOWER LEGS	38		
LIP & CHIN	30	UPPER LEGS	48		
SIDE OF FACE	36	FULL LEG	68	WE OFFER REDUCED PRICE IF MORE THAN 2 AREAS TREATED	
FULL FACIAL	55	FULL LEG & BIKINI LINE	95		
UNDER ARMS	33	SHOULDER	35		

THREADING

BROW	22	10 MINUTES	20
BROW & LIP	33	15 MINUTES	28
FULL FACE	60	EACH ADDITIONAL 5 MINUTES	8

ELECTROLYSIS

MAKE-UP Application for enhancing your natural beauty.

MAKE-UP LESSON **1 HOUR 85**

Learn tips, tricks, and techniques customized for your skin and facial features.

MAKEUP APPLICATION FOR SPECIAL OCCASION **45 MIN 75**

For special events, an important photo shoot or just to learn the secrets of celebrities.

BRIDE'S MAKE-UP WITH TRIAL SESSION **60 MIN 115**

You'll look natural and most beautiful throughout your special day and evening.

SPA BODY TREATMENTS

Your body is a sacred garment. It's your first and last garment; it is what you enter life in and what you depart life with, and it should be treated with honor" –Martha Graham.

ACTIVE BODY PEELING TREATMENT **30 Minutes 80**

(add to your facial 65)

ACTIVE BODY PEELING & COCOONING BODY WRAP TREATMENT **50 Minutes 115**

(add to your facial 90)

THE ULTIMATE BODY TREATMENT: BODY PEELING & COCOONING & 1 HOUR AROMACHOLOGY MASSAGE **105 Minutes 205**

(add to your facial 190)

Choose your treatment products from RELAXING, ENERGIZING, BALANCING or SHAPING.

SPA GIFT CARDS AVAILABLE FOR ANY DOMINATION

- A GIFT that shows you care about the person's well-being
- A GIFT that is flexible for the person's likes and needs
- A GIFT that is very convenient to purchase
- A GIFT that suits every person and every occasion

Special Days to Remember:

Birthdays, Anniversaries, Appreciation of someone special, Hostess Gift, Christmas, Valentines, Mother's Day, Father's Day

Gift Cards can be used for any treatments and products at the spa and eligible for current specials at time of usage.

MESSAGE TREATMENTS

BODY MESSAGES: An effective and immediate remedial treatment for relaxation and relieving physical and emotional tension. It also helps to improve joint and muscle function, flexibility and general body tone. When performed by an RMT, most extended health care plans provide full or partial coverage. Recommended every 2-4 weeks, to maintain a healthy body.

MESSAGE THERAPY WITH RMT **1 HOUR 106**

Your desired Relaxing or Therapeutic Treatment

30 MIN 62

90 MIN 150

DEEP TISSUE-SPORTS MASSAGE WITH RMT

Helps to relieve pain and stiffness, prevents muscle injuries due to repetitive usage

1 HOUR 118

90 MIN 177

PRE-NATAL MASSAGE WITH RMT

Especially beneficial for reducing pain in lower back, hips and shoulder during pregnancy

1 HOUR 118

75 MIN 145

AROMACHOLOGY MASSAGE WITH RMT

Eliminates tension and recharges energy with the essences chosen just for you

1 HOUR 130

LA'STONE MASSAGE WITH RMT

This healing and relaxing massage, combined with water heated lava stones. Deeply relaxing, and it will leave you in a complete healing state

1 HOUR 148

REPEAT YOUR MESSAGE WITHIN 5 WEEKS AND RECEIVE A 10% DISCOUNT

RELAXATION MASSAGE with Esthetician

1 HOUR 90

30 MIN 50

BABOR AROMACHOLOGY MASSAGE with Esthetician

45 MIN 80

COUPLES MASSAGE Enjoy any of our massages in the same room.

Perfect for couples, mothers and daughters, or best friends.

Please request the same room at the time of reservation.

FEET AND HANDS

For Wellness, Comfort, Compliments and Confidence.

WE TAKE AN AVERAGE OF MORE THEN 5000 STEPS A DAY. OUR FEET NEED TO STAY HEALTHY AND FRESH TO TAKE US WHERE WE WANT TO GO.

Our superior Pedicure Treatments include a healing foot soak, detailed nail and cuticle care, callus removal, stimulating scrub and a refreshing massage. Bring open-toed sandals and a pinch of patience to ensure your freshly painted nails dry thoroughly, so they stay perfect.

ASHGROVE SPA WELLNESS PEDICURE **67**

ULTIMATE SPA PEDICURE **80**

SPORT PEDICURE **63**

TEEN PEDICURE (under 16) **53**

LITTLE PRINCESS PEDICURE (under 12) **42**

REPEAT YOUR PEDICURE WITHIN FIVE WEEKS AND RECEIVE A 10% DISCOUNT.

MANICURES

You can tell a person's age & lifestyle from the look of their hands. "Nails are the period at the end of the sentence, they complete the look." –Prabal Gurung

Your treatment will start with an exfoliating scrub to prepare your hands for detailed nail and cuticle care, followed by a gentle hand massage and completed with perfectly polished or buffed nails.

ASHGROVE SPA CLASSIC MANICURE **35**

ASHGROVE SPA NATURAL MANICURE **33**

SHELLAC MANICURE **48**

SHELLAC GEL REMOVAL (FREE WITH BI-WEEKLY SHELLAC RE-APPLICATIONS) **10**

BIO-SEAWEED GEL MANICURE **48**

BIO-SEAWEED GEL REMOVAL (FREE WITH BI-WEEKLY BIO-GEL RE-APPLICATIONS) **15**

FRENCH MANICURE **ADD 5**

PARAFFIN WRAP FOR HANDS **18**

TEEN MANICURE (UNDER 16) **27**

LITTLE PRINCESS MANICURE (UNDER 12) **22**

REPEAT YOUR MANICURE WITHIN TWO WEEKS AND RECEIVE A 10% DISCOUNT.