

*A*s our honored guest, we offer you the ultimate spa experience. Your spa services package is described below. We also invite you to indulge in additional Cal-a-Vie therapeutic treatments to enhance your stay.

Please see the guest services representative to schedule additional treatments and services.

Visit our beautiful Bath House and pamper yourself in our Steam Bath, Swiss Shower, Jacuzzi and Dry Sauna. They are here for your enjoyment and healing benefits. Delight in every moment of pampering at Cal-a-Vie. You deserve it!

EUROPEAN PLAN – SEVEN NIGHT PACKAGE:

Four Therapeutic Massages	Hand Treatment with paraffin
Aromatherapy Massage	Foot Treatment with paraffin
Hot Stone Massage	Polish
Three Facials	Fitness Evaluation
Thalassotherapy	Wellness Profile
Hair and Scalp Treatment	Reflexology
Hydrotherapy	

CALIFORNIA PLAN – SEVEN NIGHT PACKAGE:

Six massages
(Facials, Hair and Scalp treatments and Hand and Foot treatments can be substituted for a daily massage)
Fitness Evaluation
Wellness Profile

LA PETITE - FOUR NIGHT PACKAGE:

Three massages
Hydrotherapy
Reflexology
Facial
Hair and Scalp treatment
Manicure and Pedicure

LA PETITE - THREE NIGHT PACKAGE:

Two massages
Hydrotherapy
Reflexology
Facial
Hair and Scalp treatment



Cal-a-Vie's Menu of Luxury Spa Treatments

MASSAGE THERAPIES

CAL-A-VIE MASSAGE	50 MINUTES	\$160
	90 MINUTES	\$245

Cal-a-Vie's skilled massage therapists will release your tension with the type of pressure that you prefer, whether you want to simply relax and enjoy a circulatory enhancing massage or concentrate on particularly tight muscles. You can further customize your massage with the following options:

AN EVENING MASSAGE	IN BATH HOUSE	50 MINUTES	\$185
	IN ROOM	50 MINUTES	\$210

Finish your day with a luxurious massage. Additional massages in the evening can be scheduled anytime after 6:00 pm, either in our lovely Bath House or in your room. The evening massage is an extra service that is available for an additional fee.

AROMATHERAPY MASSAGE	50 MINUTES	\$185
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Aromatic essential oils have been used for centuries to calm, tone and detoxify the body. Pamper yourself by choosing a select blend of essential oils.

BAMBOO MASSAGE	90 MINUTES	\$260
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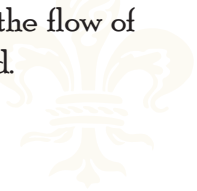
Bamboo is revered in Asian countries as having healing qualities as well as bestowing good luck. Our massage employs smooth, heated, oiled pieces of bamboo or rattan to provide deep, rhythmic massage strokes. The overall effect is that of lengthening and compressing the muscle, bringing a sense of deep relaxation. (This treatment is best done on an individual who has ample muscle tissue & desires a firm massage.)
(Limited availability)

CAL-A-VIE THAI MASSAGE	50 MINUTES	\$185
	90 MINUTES	\$270

Thai massage consists of passive stretching, meridian compressions and pressure point work. You will leave this treatment feeling fully relaxed and recharged. No oil is used and loose comfortable clothing is suggested. Thai massage is effective in diminishing tension, stimulating your metabolism and will leave you with an increased sense of well being.

CAL-A-VIE SHIATSU MASSAGE	50 MINUTES	\$185
	90 MINUTES	\$270

A form of Japanese bodywork that uses specific finger and hand pressures along acupuncture meridians. The body's vital energies, called "qi" are stimulated or sedated to enhance the flow of energy and re-balance the body. No oil is used and loose comfortable clothing is suggested.



FOUR HANDS MASSAGE

90 MINUTES

\$475

An Ayurvedic experience that brings balance to all “doshas” (body types). Two therapists provide twice the healing benefits in this light to medium pressure massage that utilizes, aromatic heated towels and oils to detoxify, relax and rejuvenate your body.

Limited availability, please check with the Scheduling Department.

AROMA HOT STONE MASSAGE

90 MINUTES

\$275

Melt away stress as the warm basalt stones help your therapist to break down contracted muscle fibers. To further enhance your experience, choose from these essential oils : lavender, (calming), rosemary (increases energy and brain function) or sweet orange (anti-stress). The scent permeates the air and your body for added benefits.

BODYCOFFEE THERAPEUTIC MASSAGE

50 MINUTES

\$185

This blend of essential oils (mint, rosemary and citrus) and caffeine soothes aching muscles, improves micro-cellular circulation and helps reduce the appearance of cellulite.

OLAVIE ANTI-AGING AND ANTIOXIDANT MASSAGE

50 MINUTES

\$185

This personalized massage uses the finest grape seed oil infused with an essential blend of Olavie signature oils. Reduce muscle tension, increase range of motion and harmonize vital life energies.

SOOTHING MASSAGE OIL CANDLE TREATMENT

50 MINUTES

\$185

Enjoy a unique massage experience using Shea & Mango Butter from the Yonka Ambre Candle. Designed to burn at a low temperature, this candle (100% natural & wax free) slowly melts and can be poured into the hands and massaged on to the skin. A very subtle, yet exotic scent of Rose and Patchouli essential oils, fill the air as a halo of light relaxes the spirit.

CELLULITE MASSAGE

50 MINUTES

3 FOR \$480

1 FOR \$185

This technique performed in Europe, in lieu of liposuction, works by loosening and softening the fascia, as well softening fat tissue. Toxins from these tissues are expressed and redirected to the lymphatic system. This therapeutic work promotes inch loss, smoothes dimpled skin appearance and flushes toxins stored in the fat cells. The area from the abdominals to the knees will be targeted and treated every other day for maximum benefit.

PREGNANCY MASSAGE

50 MINUTES

\$160

To reduce stress, decrease swelling, relieve aches and pains. The massage is customized to each woman's needs and comfort.

REFLEXOLOGY FOOT MASSAGE

50 MINUTES

\$160

Experience the ancient art of reflexology. Let all of your worries drift away as you enjoy a massage solely for the feet. Your massage focuses on the stimulation of reflex points on the feet that correspond to your body's organs. This treatment allows the body to balance and harmonize, as well as aiding metabolism and promoting a sense of overall well-being and rejuvenation.

HYDROTHERAPIES

CUSTOMIZED HYDROTHERAPY

50 MINUTES

\$95

Slip into a soothing, therapeutic bath designed to reduce water retention and improve the firmness and texture of the skin. Cal-a-Vie's specialized hydrotherapy tubs relieve soreness from tired muscles as the underwater jets relax and massage the body, reducing the appearance of cellulite. Customize your bath with sea minerals from Phytomer, anti-oxidant and anti-aging Le Vin therapy from Olavie, or Phyto-Bain from Yon-ka.

ADDITIONAL BODY THERAPIES

BODYCOFFEE CONTOURING AND CELLULITE WRAP

90 MINUTES

\$245

Help reduce the appearance of cellulite and wrinkles, improve micro-circulation and break up fatty deposits that can cause cellulite. Receive exfoliation with a combination of coffee, Dead Sea Salt and essential oils to smooth and stimulate. Then relax into the fragrant depths of a warm, rich, detoxifying body wrap. Enjoy a hot shower with BodyCoffee Blossom Body Wash and finish with the very hydrating BodyCoffee Body Lotion.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin)

EUROPEAN ROSE MUD BODY WRAP

90 MINUTES

\$245

Wrap away your worries with Cal-a-Vie's European Rose Mud Body Mask, designed to soothe away all excess tension. Your body will be exfoliated with a vigorous dry brushing followed by a warm application of Rose Mud. Enjoy a face and scalp massage as this deeply hydrating mud leaves your skin rose-petal soft and silky. A moisture-rich Milk & Honey Lotion will be applied to soften your skin even more.

GREEK SWEET WRAP

90 MINUTES

\$245

Begin with a Lemon Sugar Scrub to exfoliate and improve your circulation. Next warmed honey, known for its moisturizing properties, will be drizzled on your body before we cocoon you into a warming blanket to bake in the luscious goodness of this wrap. After showering you will be buttered up with our Milk & Honey Lotion. Sweet!

PAPAYA ENZYME BODY WRAP

90 MINUTES

\$245

An aromatic sugar scrub will begin this luxurious treatment. Next the Papaya Enzymatic Masque is applied and given time to purify your skin as you are cocooned in the warm wrap. Intense hydration and age fighting anti-oxidants will silken your skin from head to toe. After a refreshing shower, an intoxicating Papaya Body Balm is applied to seal in moisture. (seasonal feature)



PUMPKIN SOUFFLE WRAP

90 MINUTES

\$245

This full body treatment utilizes the power of enzymes. We begin with a “slushy” combination of Lemon Sugar Body Polish and Cranberry Shower Gel to exfoliate and increase circulation. Then a deliciously spicy Purifying Pumpkin Masque is applied. While you are cocooned in warmth, the enzymatic action digests dead skin cells and impurities. Age-fighting antioxidants and vitamin A protect and silken the skin. Hydration is ensured with a final application of a delectable Cranberry Body Balm. This treatment is the creation of June Jacobs, innovator in the Beauty and Skin Care World. She is perhaps best known as the co-founder of the internationally acclaimed Peter Thomas Roth Clinical Skin Care brand. (Seasonal feature)

SLIMMING DETOX WRAP

90 MINUTES

\$245

This is the ultimate alternative therapy for body detoxification and well-being. The body is tucked into pre-soaked warm aromatherapeutic linens for total comfort. This beneficial wrap works specifically on cleansing out toxins and free radicals, improving circulation and oxidizing fat to reveal healthy, rosy fresh skin.

(This treatment is not recommended if you are pregnant or iodine sensitive.)

THALASSOTHERAPY – SEAWEED WRAP

105 MINUTES

\$275

Cal-a-Vie's Signature 3-Phase Treatment

Your experience begins with a gentle exfoliation made of roots, herbs, minerals and mud devised in ancient India. This soft scrubbing opens the pores and sloughs away dead skin cells. The body is then saturated in a nutrient-rich mixture of freeze-dried seaweed, algae and bentonite to contour and detoxify the body. You are wrapped in a warm cocoon of thermal blankets to stimulate tissue toxin release, as your face and scalp are soothingly massaged. Once the seaweed is removed, enjoy a cool-down period followed by an application of a hydrating and firming serum, leaving you with a sense of harmonious balance.

(This treatment is not recommended if you are pregnant or iodine sensitive.)

BODYCOFFEE VICHY SCRUB

45 MINUTES

\$185

An exfoliating spa ritual that works wonders on cellulite. We use BodyCoffee Polish with salts from the Dead Sea, energizing essential oils and ground coffee. The Body Wash, an intoxicating blend, rich in antioxidant coffee extract, aloe vera and olive oil, will gently rinse away tension. The experience is finished with a soothing application of BodyCoffee Body Lotion.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin.)

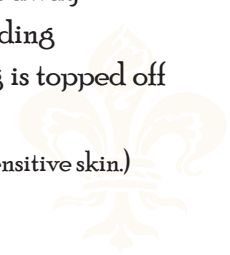
CAL-A-VIE LEMON SUGAR VICHY BODY SCRUB

45 MINUTES

\$185

Rejuvenate your skin with a customized exfoliating scrub to accelerate cell renewal, lift away surface dryness and improve skin hydration. Your body will then luxuriate in the cascading waters of our Vichy Shower as all remaining tension is washed away. Your pampering is topped off with velvety rich shea butter to deeply soften skin.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin.)



ULTIMATE VICHY

45 MINUTES

\$185

Experience the Clarisonic Pro Body Brush with Yonka Phyto-Gel Exfoliant and a customized Yonka Treatment Crème to revive, deeply firm and preserve skin elasticity. The addition of the Clarisonic Body Brush increases absorption of treatment crème as well giving you firmer and smoother skin.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin.)

DETOXIFYING BACK MASSAGE WITH BALTIC MUD APPLICATION

50 MINUTES

\$160

Rejuvenate and detoxify your back with Baltic Mud, for its purifying and detoxifying benefits due to its core therapeutic agent – humic acid. This mud draws out impurities and removes lactic acid build-up. This treatment consists of an exfoliation followed by a heated application of Baltic Mud. The mud absorbs into the skin beneath hot packs. Once the mud is removed, a full back therapeutic massage is performed and an application of cooling gel completes the treatment.

CRANIO SACRAL THERAPY

50 MINUTES

\$185

Cranio Sacral Therapy (CST) is a gentle, hands-on method of palpating and regulating the cerebrospinal rhythm. This energy treatment encourages a return to balance. Upon availability, a certified practitioner will attempt to boost the body's natural healing processes and improve the functioning of the central nervous system. CST is excellent as an adjunct therapy for chronic stress, headache, TMJ, neck and back pain, to name just a few. (Limited availability)

ACUPUNCTURE

50 MINUTES

\$125

Improve your health with acupuncture sessions that will treat conditions such as chronic pain, headaches, allergies, carpal tunnel syndrome, addiction, insomnia and many more. Acupuncture gently promotes relaxation and the release of stress to improve your overall well-being.

AIRBRUSH TANNING

50 MINUTES

\$135

Airbrushed to perfection in minutes. Our new Totally Tan Sun FX Airbrush System will leave you with a beautiful natural golden glow.



Cal-a-Vie Spa Treatments

MASSAGE THERAPIES

Cal-a-Vie Massage	50 minutes	\$160
	90 minutes	\$245
Aromatherapy Massage	50 minutes	\$185
Bamboo Massage	90 minutes	\$260
Cal-a-Vie Thai Massage	50 minutes	\$185
	90 minutes	\$270
Olavie Massage	50 minutes	\$185
Aroma Hot Stone Massage	90 minutes	\$275
Body Coffee Massage	50 minutes	\$185
Pregnancy Massage	50 minutes	\$160
Soothing Massage Oil Candle Massage	50 minutes	\$186
Reflexology Foot Massage	50 minutes	\$160
* Exclusively for You Evening Massage	In Bathhouse 50 minutes	\$185
	In Room 50 minutes	\$210
Four Hands Massage	90 minutes	\$475
Shiatsu Massage	50 minutes	\$185
	90 minutes	\$270
Cellulite Massage	50 minutes	\$185

HYDROTHERAPIES

Healing Sea Bath-Oligomer	\$95
Anti-Oxidant and Anti-Aging Bubble Bath	\$95
Multi-Active Contouring Bath	\$95
Organic Foam Bliss	\$95
Phyto Bain by Yonka	\$95

ADDITIONAL BODY THERAPIES

Body Coffee Cellulite Wrap	90 minutes	\$245
European Rose Mud Wrap	90 minutes	\$245
Greek Sweet Wrap	90 minutes	\$245
Thalassotherapy-Seaweed Wrap	105 minutes	\$275
Seasonal Wraps	90 minutes	\$245
Baltic Mud Back Treatment	50 minutes	\$160
Slimming Detox Wrap	90 minutes	\$245
Cranio Sacral Therapy	50 minutes	\$185
Body Coffee Vichy Scrub	45 minutes	\$185
Vichy Shower Body Scrubs	45 minutes	\$185
* Airbrushing Bronzing	50 minutes	\$135
* Acupuncture	50 minutes	\$125

* Treatments marked with asterisk are not available for trade or upgrade.



Cal-a-Vie's Beauty Treatments

FACIALS

INCLUDED IN CAL-A-VIE'S SPA PACKAGES

SOOTHING FACIAL

50 MINUTES \$165

This specially designed treatment for sensitive skin is created to soothe, calm and hydrates those with reactive skin.

RESTORATIVE DEEP PORE CLEANSE

50 MINUTES \$165

This facial focuses on purging toxins that are causing clogged pores. This treatment is a great starting point for a skin care regimen and will leave your complexion feeling clean and polished. This facial is for all skin types.

REJUVENATING ANTI-AGING FACIAL

50 MINUTES \$165

This invigorating treatment will energize and prevent wrinkles. This customized facial is ideal for anti-aging.

BACK FACIAL

45 MINUTES \$100

Help your back look its best with a deep cleansing. This treatment will include skin analysis, cleansing, exfoliation, steam, extractions, massage and a mask especially suited to your skin's needs.

FACIALS AVAILABLE FOR UPGRADE

SENSITIVE SKIN FACIAL

50 MINUTES \$200

Throughout this treatment handmade fan brushes are used to gently stroke the face, neck, upper chest, arms and hands. Light as a feather they glide smoothly over the skin in swirling arabesque designs, establishing a harmonious flow of energy by increasing awareness of the nerve endings. This facial is perfect if your skin has had too much wind, sun or stress and is over reactive and/or sensitive.

ALPHA-VITAL ANTI-AGING FACIAL

50 MINUTES \$175

A resurfacing facial instantly improves the skin's roughness by restoring a healthy cell renewal cycle with botanical fruit acids. Your skin will become visibly smoother and brighter, without a hint of sensitivity. This facial is a great anti-aging or deep pore cleansing facial.

ELEGANT EYE LIFT

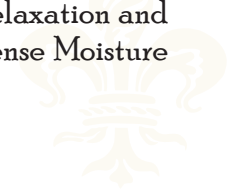
50 MINUTES \$175

Whether it is crow's feet, dark circles or excess baggage, the eye area shows signs of aging and fatigue. Since this area is composed of vulnerable tissue, a specialized treatment is a must. First, a three-phase massage is performed directly on the eye zone, followed by a supple, comforting eye mask that delivers therapeutic elements for the improvement of your skin. Depart with an illuminated, soothed and smoothed new outlook.

YON-KA'S SIGNATURE HOT STONE HYDRATING FACIAL

50 MINUTES \$200

No matter what your needs is this healing/hydrating facial will encourage deep relaxation and a hydrated healthy glow. Take home a gift valued at \$58: a full sized Yon-ka Intense Moisture Masque #1 is included to continue the benefits of this treatment at home.



CLINICAL FACIAL TREATMENTS

***REVEAL 3-D IMAGING** 30 MINUTES \$100

An easy to understand, documented, objective evaluation of your skin. Your vision of beautiful skin can be a reality with the help of our Reveal 3-D Imager. This is a thirty minute consultation, once done the reports are customized for each guest in an easy-to-read format which includes pictures and recommendations for your skin care

***BOTINOL FACIAL** 90 MINUTES \$300

This innovative, clinically proven treatment combines five peptides with retinal to mask all signs of aging. After just one treatment, lines and wrinkles are visibly reduced and skin appears plumper.

***COLLAGEN FACIAL** 90 MINUTES \$275

This highly renowned intensive anti-aging treatment, hydrates, rejuvenates, tightens and reconfigures the skin's surface to reduce the visible signs of aging- without any invasive procedures.

***HYDRO-LIFT FACIAL** 50 MINUTES \$200

A four-action treatment formulated to exfoliate, deeply rehydrate, restore, lift and firm the skin for instant radiance and enhanced skin tone

***SKIN LIGHTENING VITAMIN C FACIAL** 50 MINUTES \$250

Turn back time with this powerful antioxidant treatment incorporating a vitamin C concentrate, algae biomatrix patches and a thermal organic mud mask. Reduces the appearance of lines and wrinkles, and hyperpigmentation, restoring its youthful glow

SPECIALTY FACIALS TO ENHANCE YOUR SALON EXPERIENCE

***CAL-A-VIE MICRODERMABRASION & OXYGEN FACIAL** 50 MINUTES \$190

Microdermabrasion is a non surgical, non-invasive method of gentle exfoliation that removes dead skin cells and impurities. Combined with oxygen and your customized facial, your skin will be left refreshed and rejuvenated.

***MICROCURRENT HYDRO-LIFT FACIAL** 90 MINUTES \$255

A Microcurrent Facial stimulates collagen and elastin production in the tissues of the face and neck. This " non-surgical face lift" combined with a deep firming and lifting facial improves skin tone and smoothes the complexion. **Take home a gift valued at \$140: Yon-ka Crème Optimizer & Fluid Serum preserves the benefits of this ultra rich facial.**

***TRES VISAGE** 90 MINUTES \$400

Cal-a-Vie's triple deluxe facial combines microdermabrasion, oxygen and micro current applications to rejuvenate, firm, tone and nourish your skin to a radiant glow. **Take home a gift valued at \$350: a NuFace microcurrent hand held device will continue to lift, firm and tone the face.**



SALON

HAIR AND SCALP TREATMENT

45 MINUTES \$90

Experience the benefits of a Phytologie Treatment. Fortifying plant oils return energy to lifeless and dehydrated hair and scalp. Your hair and scalp will be pampered to the fullest with a stimulating and exfoliating brushing and scalp massage. Hydrating protein mask restores the hair's strength, elasticity, softness and shine. Ideal for hair that lacks protein and needs additional supplements.

HANDS AND FEET

CAL-A-VIE HOT STONE FOOT TREATMENT

50 MINUTES \$75

A full professional pedicure addresses calluses, cuticles and nails. An exfoliating scrub, hot stone massage and warm soy based paraffin wax soothe and smooth the feet to perfection. The nails are polished with the color or your choice at the end of your stay at Cal-a-Vie.

CAL-A-VIE HOT STONE HAND TREATMENT

50 MINUTES \$60

Nails are shaped and cuticles are softened, gently pushed back and moisturized with oil. Exfoliation of the hands and forearms is followed by a luxurious hot stone massage and warm soy based paraffin wax mitts to eliminate dryness and soften the hands. Nails are polished with color of your choice at the end of your stay at Cal-a-Vie.

MEN'S DEPARTMENT

SKIN FITNESS FOR MEN 50 MINUTES

\$165

Specially designed products for men are utilized in this invigorating cleansing facial.

POWER MOIST FOR MEN 50 MINUTES

\$165

Long lasting, deep hydrating and replenishing treatment

AGE-DEFENSE FOR MEN 50 MINUTES

\$165

Time defying treatment just for men

SPORTS PEDICURE

\$65

Where Science and Technology meets, healthy, happy, well cared for feet

SPORTS MANICURE

\$50

Enhanced products soothe and soften for a total clean look. Cuticle work and high gloss buffing complete the work.

MEN'S HAIRCUT

\$35



Cal-a-Vie Beauty Treatments

FACIALS

INCLUDED IN PACKAGES

Soothing Facial	50 minutes	\$165
Restorative Deep Pore Cleanse	50 minutes	\$165
Rejuvenating Anti-Aging	50 minutes	\$165
Back Facial	45 minutes	\$100

THE FOLLOWING FACIALS ARE AVAILABLE FOR UPGRADE

Sensitive Skin Facial	50 minutes	\$200
Alpha-Vital Facial	50 minutes	\$175
Elegant Eye Lift	50 minutes	\$175
Yon-ka's Hot Stone Facial 🎁	50 minutes	\$200

THE FOLLOWING FACIALS ARE ADDITIONAL CHARGES

CLINICAL FACIALS

*Reveal 3-D Imaging 🎁	30 minutes	\$100
*Botinol Facial	90 minutes	\$300
*Collagen Facial	90 minutes	\$275
*Hydro-Lift Facial	50 minutes	\$200
*Skin Lightening Vitamin C Facial	50 minutes	\$250

SPECIALTY FACIALS

*Cal-a-Vie Microdermabrasion & Oxygen Facial	50 minutes	\$190
*Microcurrent Hydro-Lift Facial 🎁	90 minutes	\$255
*Tres Visage 🎁	90 minutes	\$400

SALON

Hair & Scalp Treatment	45 minutes	\$90
Women's Hair Cut	60 minutes	\$70+
Wash & Blow Dry	60 minutes	\$65+
*Various Color Services Available		

HANDS & FEET

Hot Stone Hand Treatment (includes paraffin)	\$60
Hot Stone Foot Treatment (includes paraffin)	\$75
Manicure (includes polish, no paraffin)	\$50
Pedicure (includes polish, no paraffin)	\$65
French Manicure	\$60
Polish Change	\$15

🎁 Gift with purchase

* Treatments marked with asterisk are not available for trade or upgrade.



Cal-a-Vie Beauty Treatments

WAXING

Full Leg Wax	\$80	Bikini Wax	from \$45
Half Leg Wax	\$55	Brazilian Wax	from \$75
Underarm Wax	\$30	Completely Bare	\$100
Full Arm Wax	\$50	Full Back Wax	\$80
Half Arm Wax	\$35	Half Back Wax	\$50
Brow Wax	\$25	Lip Wax	\$25
Chin Wax	\$25	Brow Design	\$40
Face Wax (excludes brow & lip)	\$55		

BEAUTY ENHANCEMENTS

*Teeth Whitening	\$200	Make-up Lesson 50 min	\$85
Lash Tint	\$35	Brow Tint	\$35

MEN'S DEPARTMENT

Skin Fitness for Men	50 minutes	\$165
Power Moist for Men	50 minutes	\$165
Age-Defense for Men	50 minutes	\$165
Sports Pedicure		\$65
Sports Manicure		\$50
Man's Haircut		\$35

