

## HAIR RITUALS



### Style

Experience superior technical proficiency, modern style and a thorough consultation focused on bringing out your best.

Shampoo & style: from \$25

Haircut & style: from \$35

Men's cut: from \$25

Women's cut: from \$25

Up-do: from \$45

### Color

From the quietest highlights to the most head-turning transformation, hair color does more than change a shade. It adds dimension, movement and expression.

Highlights or lowlights: from \$85

Partial highlights: from \$65

Aveda Full Spectrum Color: from \$65

Color retouch: from \$50

Demi-color: from \$40

Corrective color: quoted

### Texture

Spiral perm: from \$125

Permanent wave: from \$85

Aveda Purescription™ Treatment: from \$40

### Smooth Infusion Retexturizing System

Aveda's answer to the Brazilian Blowout: Quoted

## BRIDAL SERVICES

### Bride's Relief

Prior to Wedding Date:

Practice session up-do and makeup

Hour massage, refresher facial, manicure, and express pedicure

Wedding Date:

Bridal up-do and makeup

This package must be scheduled and paid for in advance. \$328.50

### A La Carte Bridal Services

Bridal up-do: \$60

Trial bridal up-do: \$60

Bridesmaid up-do: from \$45

Bride's makeup: \$40

Bridal party makeup: \$25 ea.



## THE RETREAT

Hosted by His & Her Salon & Day Spa, The Retreat is a rental space for your any occasion, anytime event or gathering.

Featuring a pub room, sitting room, full kitchen and access to catering and transportation services.

Call for details: (785) 232-9724.



## POLICIES

### Cancellation Policy:

We understand that emergencies do arise, however we request a 24-hour notice if you must cancel. Regrettably, with cancellation of spa packages we must charge 50% of the time reserved.

### Spa Services:

Spa services require a credit card to reserve appointment times.

### Pricing

Note: All prices and available services are subject to change.

## HOURS OF OPERATION

Sunday, Monday ..... Closed

Tuesday, Wednesday, Thursday ..... 9:00 a.m. - 7:00 p.m.

Friday ..... 9:00 a.m. - 6:00 p.m.

Saturday ..... 8:00 a.m. - 4:00 p.m.

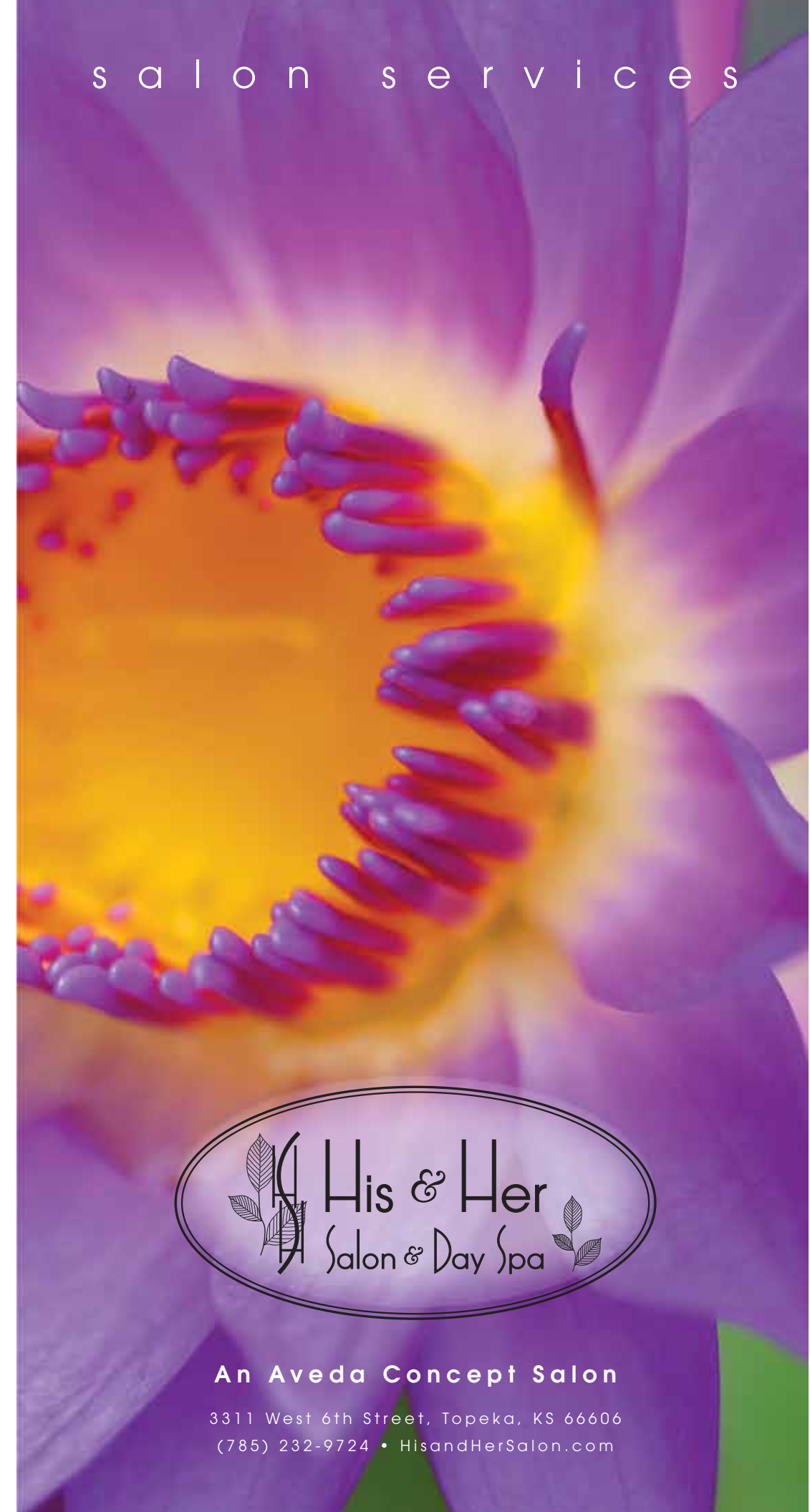


all natural salon & spa

**AVEDA**  
Concept Salon

3311 West 6th Street, Topeka, KS 66606 • (785) 232-9724 • HisandHerSalon.com

## salon services



**An Aveda Concept Salon**

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## AVEDA SIGNATURE FACIALS

Intended to relax and rejuvenate, this treatment is performed using Aveda products that are easily adaptable to skin type, age and overall condition. Revitalizing steam and exfoliation bring sparkle to your skin.

30 minutes: \$45      60 minutes: \$85      90 minutes: \$125

### Perfecting Plant Peel

Aveda's natural alternative to a glycolic peel, this treatment is clinically proven to retexturize the skin by smoothing fine lines and wrinkles while evening skin tone. Pores are refined to restore a youthful complexion. This powerful peel offers maximum exfoliation without the harsh irritation resulting from regular glycolic peels. \$125



### Radiant Skin Facial

Experience radiant skin with this personalized facial powered by the energy of tourmaline. This non-invasive treatment balances the skin's nature – and your spirits – with formulas containing marine and plant extract and powerful anti-oxidants that infuse visible life into your skin. Also known as Aveda's natural answer to microdermabrasion. \$85

### Outer Peace Acne Relief Facial

A total acne solution that treats not only acne symptoms, but its causes – combining clinically proven, plant-based products with professional exfoliation and pore extractions. This treatment helps to clear the skin while aiding the prevention of future blemishes. \$85

### Revitalizing Eye Treatment

Focuses on the special needs of your delicate eye area. Hydrates, refreshes, and relaxes tired, stressed eyes. Reduces puffiness, dark circles, and fine lines.

Single service: \$30      Add to facial: \$15

**Custom Make-up Application:** \$25



## WAXING SERVICES

Brow Shaping: \$15	Lip: \$12
Chin: \$10	Bikini: from \$35
Chest: from \$40	Arm: from \$35
Half Leg: from \$35	Back: from \$40
Leg: from \$55	Leg & bikini: from \$80
Under arm: from \$25	Brazilian: from \$85
Cleopatra: from \$55	

## HAND & FEET RITUALS

### Ultimate Hand Relieving Treatment

Basic nail and skin care that leaves the hands beautiful and younger looking through exfoliation and relaxing massage. \$25\*

French polish: \$9    Polish change: \$9    Shellac nails: \$35    Shellac w/man.: \$50\*

### Express Pedicure

Relax in a throne with vibrating pulse points while your feet soak in an aroma therapeutic bath. Finished with a nail manicure and polish.

Express pedicure: \$30\*      w/Shellac: \$55\*

### Spa Pedicure

Total indulgence. In addition to the express pedicure, the feet and lower legs are scrubbed, hydrated, groomed and massaged with invigorating Aveda products. Finished with a nail manicure and polish.

Spa pedicure: \$60\*      w/Shellac: \$85\*

### Chakra Treatment

The Aveda Chakra Balancing Treatment combines the art & science of pure flower and plant essences with the variety of massage techniques to ease muscle tension, soothe the mind and bring balance to the Chakra System.

Chakra hand treatment: \$40\*      Chakra pedicure: \$70\*

### Paraffin Treatment

An exclusive, sanitary treatment designed to hydrate & protect the skin while heat penetrates to soothe achy muscles & joints. \$25\*

\* Add a Paraffin Treatment to any service for just \$20 more.

### Green Science Skin Renewing Hand Treatment

The powerful plant ingredients of Green Science visibly renew and repair aging skin; generating skin protection from environmental aggressors and increasing barrier strength. Improve skin smoothness, tone and clarity while you lift and firm skin, target age spots and reduce lines and wrinkles. Achieve maximum exfoliation without irritations with the Perfecting Plant Peel to diminish the appearance of sun-spots. \$50

### Caribbean Hand & Feet Treatments

Rejuvenating and nurturing treatments that use healing touch and plant ingredients derived from the Caribbean to improve the condition of the nails, cuticles, and skin. A special exfoliation paste and seaweed masque combined with massage technique will smooth, soften, relax and renew. Finished with nail manicure and polish.

Hands: \$40      Feet: \$70



## BODY RITUALS & WRAPS

### Caribbean Therapy Body Treatment

Plant ingredients derived from the Caribbean create inner wellness while renewing the body and senses. A dry exfoliation followed by a smoothing, detoxifying seaweed masque to the back, a comforting body wrap, and scalp and face massage. A restorative body massage completes this island-inspired experience.

Full body: \$135      Back only: \$90

### Rosemary Mint Awakening Body Wrap

Renew body and mind with this stimulating and cooling dry body wrap. Starting with an exfoliation and a moisturizing massage using Aveda Rosemary Mint Body Lotion, the essences of rosemary and peppermint awaken your senses while a scalp and foot massage balance the whole body. Great when feeling tired, heavy or sluggish. \$90

### Ear Candling

A relaxing ear treatment that naturally pulls impurities from the ear canal and helps to improve balance. \$25



## MESSAGE RITUALS

### Total Relaxation Experience

The primary goal of massage is to encourage relaxation, healing and well-being through touch. Our professional massage therapists combine a variety of techniques to promote relaxation, relieve muscle tension, improve circulation and reduce anxiety.

30 min.: \$35      60 min.: \$65      90 min.: \$90      120 min.: \$110  
Hot stone: \$85      Pre-natal: \$85      Deep tissue: \$85      Golf Ball: \$85

### Sweet Escape for Two

You and a friend or loved one can unwind with a bottle of champagne or sparkling lemon water and a sweet indulgence made just for you. Followed by a relaxing 60 minute massage in our new massage suite. \$200

### Massage for two

Enjoy a relaxing 60 minute massage for two in our new massage suite with a friend or loved-one. \$150

### Chakra Massage

Specifically created from the ancient healing art of India, this treatment will improve overall balance and well-being through a variety of massage techniques. Designed to work through the pressure points, this massage includes a deep tissue treatment on the back and spinal muscles, reducing stress and muscular tension while increasing your energy. \$85

### Full Body Caribbean Spa Package

Includes Caribbean hand, foot and body wrap. \$220.50