





## Massage

**THERAPEUTIC CUSTOM MASSAGE** Whether you want to completely relax or focus on a specific area, this massage is perfect for your individual needs. This session will help ease your mind, body, and soul with long strokes and moderate pressure while addressing your concerns.

50 min .....	\$80/\$110*
80 min .....	\$130/\$160*

**AVEDA AROMA MASSAGE** Stress, muscle tension and lack of energy can all be addressed with a customized massage where you determine the amount of time you want to spend on your treatment. After a thorough consultation, your massage therapist will provide you with the best combination of products, personalized Aveda aromas and massage techniques.

50 min .....	\$120
80 min .....	\$170

**STRESS-FIX™ BODY MASSAGE** The Stress-Fix™ Body Massage combines Swedish massage, deep tissue massage, foot reflexology and acupressure techniques with a guided meditation to help the recovery process. The treatment features the Stress-Fix™ aroma of lavender, lavender and clary sage, which is proven to relieve feelings of stress.

50 min .....	\$115
80 min .....	\$165

**DEEP MUSCLE RELIEF MASSAGE** A more intense pressure massage, this technique will allow for more concentrated focus on precise muscle areas. Slower strokes, working deeper layers of the muscle, will help release everyday stresses and tension.

50 min .....	\$90/\$120*
80 min .....	\$150/\$180*

**PRENATAL MASSAGE** Take a moment to relax and unwind before the baby is here. Our special service is designed for you to enjoy the soothing benefits of a relaxing massage, customized for the mommy-to-be.

50 min .....	\$110
80 min .....	\$160

**WARM STONE MASSAGE** This exceptional service incorporates the use of warm stones and relaxing massage techniques to invigorate your mind and body. The heat from the stones will help to melt away tension in sore muscles, relieve aches and pains while improving overall circulation.

80 min .....	\$170
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**COUPLES MASSAGE** Indulge in a relaxing massage in our couples room, while enjoying the company of someone special.

50 min .....	\$220
80 min .....	\$320

*\*Denotes weekend pricing, Friday - Sunday*

**LAVENDER DREAM MASSAGE AND SCALP TREATMENT** Experience the decadent combination of Lavender Oil combined with a wonderful scalp massage. Drift away and let our therapist take you on a journey of pure relaxation. Dreamy!  
 50min .....\$150

*Facial Services*

**AVEDA SIGNATURE FACIAL** This relaxing experience includes light cleansing, light exfoliation, and facial massage. This facial is customizable depending on skin type.  
 50 min ..... \$80/\$110\*

**BOTANICAL SKIN RESURFACING TREATMENT** Aveda’s botanical alternative to microdermabrasion reveals a truly radiant complexion and smoother skin—without irritation or redness.  
 50 min .....\$120  
 80 min .....\$180

**ELEMENTAL NATURE FACIAL** A customized facial based on your skin’s specific needs, as revealed by Aveda’s signature Elemental Natures Questionnaire. From dry to sensitive to oily skin, you’ll experience a truly personalized treatment for the skin.  
 50 min .....\$120  
 80 min .....\$180

**GREEN SCIENCE SKIN-RENEWING FACIAL** Unique, rejuvenating manipulations enhance the powerful plant technology of Aveda’s Green Science™ system, which is clinically proven to lift and firm skin while reducing the appearance of fine lines and wrinkles. For ultimate customization, choose your area of focus: eyes, lips or neck and décolleté.  
 50 min .....\$130  
 80 min .....\$190

**OUTER PEACE ACNE RELIEF FACIAL** A botanical approach to treating acne—personalized with extractions and professional exfoliation—that utilizes Aveda’s Outer Peace™ system powered in part by 100% naturally derived salicylic acid.  
 80 min .....\$180

**PERFECTING PLANT PEEL** Powered by plants, Aveda’s Perfecting Plant Peel™ system performs like a 30% glycolic peel—naturally and without the redness and irritation.  
 80 min .....\$200

*Ask about our facial enhancements.*

*\*Denotes weekend pricing, Friday - Sunday*

## *For the Men*

**GENTLEMAN'S FACIAL** This timeless, deep cleansing facial is the perfect solution for any gentleman looking to relax and unwind while receiving the benefits of a thorough, nourishing facial that will leave your skin feeling smooth and soft again.

50 min ..... \$80/\$110\*  
80 min ..... \$130/\$160\*

Manicure ..... \$25  
Pedicure ..... \$40

## *Body Treatments*

**BEAUTIFYING BODY WRAP** The Beautifying Body Wrap is a warming, detoxifying, seaweed body wrap treatment featuring the uplifting aroma of Aveda's Beautifying body care products. The treatment includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology treatment.

80 min ..... \$150/\$180\*

**ROSEMARY MINT AWAKENING BODY WRAP** Renew the body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. Skin is smoothed and softened while the senses are awakened.

80 min ..... \$140/\$170\*

**BODY POLISH** Utilizing a customized Aveda exfoliation formula, this spa experience exfoliates and moisturizes skin, leaving it feeling soft and smooth.

50min ..... \$90/\$120\*

**EXFOLIAGE (EXFOLIATION AND MASSAGE)** Combine the cleansing and smoothing effects of AVEDA's exfoliation formula with the total relaxation of massage. Let our therapists take you away on a fantastic journey of exfoliation and massage. Pure bliss!

80 min ..... \$140/\$170\*

*\*Denotes weekend pricing, Friday - Sunday*

## *Nail Treatments*

**AVEDA MANICURE OR PEDICURE** Aveda manicures and pedicures are customized treatments that care for the hands and feet, specifically addressing dry, aging skin; rough cuticles; and nail health. Our nail therapists will consult with you to help you determine the body care products and aromas that best meet your needs.

Manicure .....Starts at \$35  
Pedicure .....Starts at \$50

**AROMATHERAPY MANICURE OR PEDICURE** Our nail technician will take you on an aroma sensory journey to determine which of the aromas are needed to bring you back to balance. This enhanced treatment will relieve tension in hands, forearms and lower legs with exfoliation and warm towels.

Manicure ..... \$45  
Pedicure ..... \$55

**RESURFACING MANICURE OR PEDICURE** Your hands and feet will feel so smooth with this incredible service. Powerful exfoliates are used to remove dull, rough, callused buildup and leave your skin feeling amazingly soft and supple again. You will enjoy a warm hydrating paraffin dip, purifying scrub and a detox mask (Great to help brighten skin while reducing unwanted age spots).

Manicure ..... \$60  
Pedicure ..... \$70

**STRESS-FIX™ MANICURE OR PEDICURE** Clinically proven to reduce feelings of stress, the Stress-Fix™ aroma with lavender, lavandin and clary sage is incorporated throughout this manicure and pedicure to calm and rejuvenate. This treatment not only exfoliates but softens and treats the arms, hands, feet and legs. Reflexology and acupressure points will relieve stress and increase the energy flow in the body.

Manicure ..... \$50  
Pedicure ..... \$60

**GEL MANICURE** A Gel nail polish made with special polymers that when combined with UV light extends polish wear for up to 2 weeks. Your prayers are answered. Try it!  
(Not available for pedicure) ..... \$50

**GEL POLISH REMOVAL** ..... \$15

### **NAIL ENHANCEMENTS (Added to Nail Services)**

French Add-On (to a scheduled manicure or pedicure) ..... \$15  
Stone enhancement (Hands or Feet) ..... \$20  
Polish Change (Hands or Feet) ..... \$25  
Paraffin Hydration for Hands and Feet ..... \$20

*\*All manicures and pedicures include nail shaping, buffing, cuticle maintenance, polish application and light massage.*

## *Waxing Services*

Brow (20 min).....	\$25+
Lip & Chin (15 min) .....	\$20+
Sideburns (15 min) .....	\$20+
Bikini Line (30 min).....	\$50+
Underarm (15 min) .....	\$30+
Half Arm (30 min) .....	\$35+
Full Arm .....	\$50+
Legs, Half.....	\$45
Legs, Whole .....	\$70

## *Hair Services*

Shampoo & Style .....	\$40+
Womens Haircut & Style.....	\$60+
Men's Haircut & Style .....	\$35+
Men's Barber Style Haircut .....	\$20+
Children's Haircut (ages 12 and under).....	\$30+
Beard/Bang Trim .....	\$20+
Up Do Special Occasion .....	\$50+
Trial Up Do .....	\$50+

### COLOR (Color does not include cut)

Partial Highlights.....	\$70+
Full-Foil Highlights.....	\$110+
One Step Color .....	\$70+
Two Step Color .....	\$130+

### HAIR ENHANCEMENTS (Added to Hair Services)

Scalp Treatment .....	\$25
Restore nutrients and refresh damaged hair while removing chemical build up and hydrating brittle hair. Your service will include a relaxing scalp massage as the product is worked deep into the hair. Each service is customized to your individual needs.	

## *Makeup*

MAKEUP APPLICATION Featuring AVEDA makeup.....	\$50+
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## *Facility Usage*

1 DAY (per person, per day, during business hours) .....	\$35
<i>The facility usage is not available on Saturdays.</i>	

## *Spa Packages*

**PASSPORT TO RELAXATION** This is the perfect package for you or that special someone who needs a global revitalization! Pack your bags because you will enjoy a full day of luxurious spa services. Beginning with a 50-min Invigorating Body Polish followed by our 80-min Therapeutic Custom Massage, you will continue on your journey with an 80-min Refreshing Facial. A trip to our salon for a Aromatherapy manicure and a Aromatherapy pedicure that will land you back in reality from your day of getaway! A delicious Spa lunch is also included. ....\$550

**TRANSFORMATION** Revive yourself with this extraordinary Transformation Package. You will feel refreshed and rejuvenated after your day of relaxation. You will enjoy a 50-minute Botanical Skin Resurfacing Facial, a 50-minute Therapeutic Custom Massage, a Resurfacing Manicure and a Resurfacing Pedicure. You never felt so good! .....\$350

**TOUCH OF SPA** Enjoy a wonderful 20-minute Massage and 20-minute Facial. Your magical day will conclude with a Spa Manicure and Spa Pedicure .....\$200

**RENAISSANCE MAN** Enjoy this well deserved time to relax and unwind from the everyday affairs of life. Your day will begin with a 50-minute Deep Tissue massage, followed by a 50-minute Gentleman's Facial. Conclude your experience with a Gentleman's Manicure and Pedicure. ....\$300

**WEDDING PACKAGES** Here at the Spa at Montgomery, we love to pamper our brides. Whether it is facials and massages for the bride or mani's and pedi's for the bridesmaids, we will create a special experience for the very special day. Something to remember!  
*Space is limited for nail services and facials. Please make sure to call at least one month in advance for Bridal services*

## *Spa Etiquette*

**ENTRY FEE** Spa access is complimentary with a spa treatment. Guests who have not booked a treatment, yet wish to use the spa amenities will be charged a \$35 access fee for privileges, subject to blackout days and holidays. Minimum age requirement to enter the Spa or receive a service is 16 years old.

**CHECK-IN** Please check in with the Spa Concierge at least 30 minutes prior to your first scheduled appointment. This will enable you to receive the full benefits of your Spa experience. We encourage you to shower and take advantage of amenities upon entering the Spa. Please be aware late arrivals will not receive an extension of scheduled treatment times.

**SPA ATTIRE** A robe and sandals will be provided to you upon arrival at the Spa. You will also be given a locker to store your personal belongings. Toiletries are available within the spa area for your use. We encourage you to leave your valuables at home or in the safe box in your room.

**HEALTH CONCERNS** Kindly alert our staff of any health concerns you may have at the time of booking. Some of our treatments may not be appropriate if you have health conditions. It will be our delight to assist you in recommending more suitable services.

**RESERVATIONS** Due to the popularity of our spa we highly recommend reservations be made two weeks prior to your arrival. All services need to be guaranteed against a credit card.

**SPA ETIQUETTE** To preserve the serenity of the Spa environment, cellular phones, pagers or other electronic devices are not permitted in the Spa or Salon. Spa hours, services and charges are subject to change without notice.

**CANCELLATION** If you must cancel, we would be delighted to assist you in rescheduling your appointment; however, if this is not possible, a 8-hour cancellation notice is required for a-la-carte services. Without a 8-hour cancellation notice, you will be charged 50 percent of total services. If you do not arrive for an appointment, you will be charged in full. Group cancellation will be defined within a spa contract.

**GRATUITIES** Gratuities are discretionary. Please see the Spa Concierge at the time of checkout for a gratuity envelope. For your convenience, a gratuity of 20 percent per service will be added to group contracts.

*Spa hours, services and prices subject to change without prior notice (March 2016)*

### **HOURS OF OPERATION**

Tuesday—Thursday 10 a.m. to 7 p.m., Friday—Saturday 8 a.m. to 8 p.m.

### **RENAISSANCE MONTGOMERY HOTEL & SPA AT THE CONVENTION CENTER**

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