

## Why get a Massage?

- Reduces Stress & Anxiety
- Increases Circulation
- Improves Muscle & Skin Tone
- Alleviates General Aches & Pains
- Increases Mental Clarity
- Relieves Headaches
- Speeds Recovery of Injury/Surgery
- Relieves Dry Skin
- Improves Digestion
- Reduces Swelling & Fluid Retention
- Promotes Vitality & Energy
- Enhances Breathing
- Improves Overall Health
- Alleviates Insomnia









## Why get a Facial?








- Deep Cleans
- Exfoliates
- Increases Circulation & Detoxifies
- Relaxes Senses, Nerves & Muscles
- Stimulates the Skin Functions & Metabolism
- Slows Down Premature Aging
- Corrects or Alleviates Conditions such as Dryness, Oiliness or Redness
- Softens Wrinkles & Aging Lines
- Helps Clear Up Blemishes & Minor Acne

*Services performed by appointment.*

*Kindly give 24 hours notice if you must cancel or reschedule to avoid being charged.*

## Listing of Therapies & Prices

|   |  |  |
|---|--|--|
|    | <b>Swedish Massage</b><br>Most common type of Massage using a variety of techniques. Focus is on Relaxation.   | 1 hour<br>\$55                             |
|    | <b>Therapeutic Massage</b><br>Deep, slow stroking of the underlying muscles. These muscles are rarely treated and often overworked.  | 1/2 hour<br>\$35                           |
|    | <b>Trigger Point Therapy</b><br>Focusing on the especially tender points of the major muscle groups. These points are often the primary cause of muscle tension.                         | 1 hour<br>\$65                             |
|    | <b>Pregnancy Massage</b><br>Massage has proven to have great positive effects in pregnancy including the reduction of swelling. Plus, you of all people deserve it.                      | 1/2 hour<br>\$40                           |
|    | <b>Foot Treatment</b><br>Eliminate the tension in your feet with an exfoliating scrub followed by a soothing mask and ending with a relaxing foot massage.                               | 1/2 hour<br>\$40                           |
|   | <b>Facial</b><br>Deep cleansing, exfoliation, steam, extractions (if needed), facial mask, deep hydration. Face, neck & shoulder massage. Using the finest natural & botanical products. | 1 hour<br>\$55                             |
|  | <b>Mini Facial</b><br>Cleanse, exfoliate, facial massage and moisturizer   | 1/2 hour<br>\$35                           |
|  | <b>Collagen Mask</b><br>Healing, rejuvenating, rehydrating and softening to the skin. Plumps fine lines. Improves elasticity.  | 45 min<br>\$45<br><br>w/Facial<br>Add \$15 |

|   |   |                |
|---|---|----------------|
|     | <b>Acne Treatment</b><br>Cleanse and soothe your skin with this treatment designed to reduce its impurities. Light exfoliation, steam, extractions concluding with a purifying mask.                                | 1 hour<br>\$55 |
|    | <b>Facial Peels*</b><br>New generation of treatment for reducing signs of aging. Evens out skin tone, acne & other skin conditions  | 35 min<br>\$45 |
|    | <b>Manual Microdermabrasion*</b><br>A gentle exfoliation used to diminish sun damage, pigmentation, fine lines and wrinkles, enlarged pores and coarse textured skin.   | \$45           |
|    | <b>Lash &amp; Brow Tinting</b><br>Lash & Brow.....\$25<br>Lash.....\$15<br>Brow.....\$15  |                |
|    | <b>Ambiance Mini Package</b><br>1/2 hour Swedish Massage plus<br>1/2 hour Facial  | \$60           |
|    | <b>Ambiance Full Package</b><br>1 hour Swedish Massage plus<br>1 hour Facial  | \$100          |
|  | <b>Waxing</b><br>Brow, Lip & Chin.....\$15<br>Brow Design.....\$20<br>Full Face.....\$30<br>Full Leg.....\$45<br>Half Leg.....\$30<br>Full Arm.....\$45<br>Forearm.....\$25<br>Underarm.....\$25<br>Bikini.....\$30 |                |

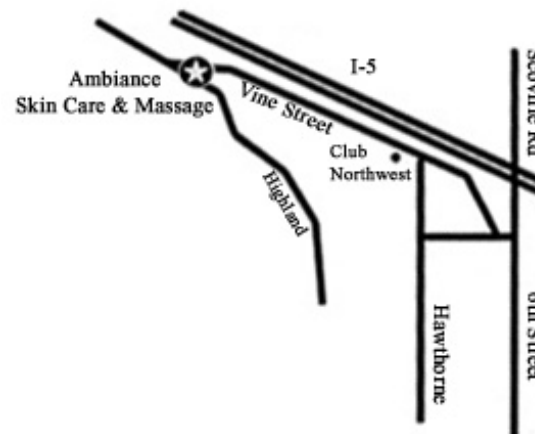
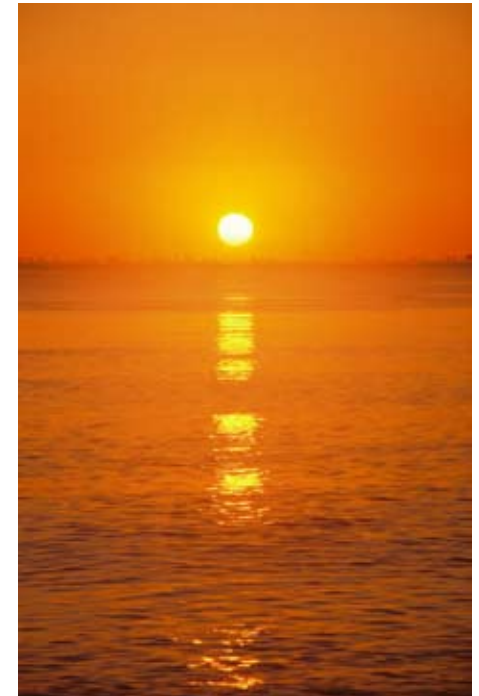


**Gift Certificates Available**

\*Series of 4-6 treatments recommended. Discounts available when series are scheduled.

## Welcome to Ambiance

Ambiance is a place where you can leave your worries at the door and enjoy a few peaceful moments away from the everyday bustle of modern life. This is your space, your time... this is all about you. Let us pamper you. Our desire is that you leave Ambiance rejuvenated, uplifted and ready to face the world again.



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