

Grassroots Salon & Spa

AVEDA MENU



Grassroots Salon

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grassrootssalonspa.blogspot.com



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Facebook

Our Mission at Grassroots Salon and Spa is to provide our customers with the highest quality service with the products we use to our commitment to your well being, with our continuing education and personal training, our dedicated team will strive to make your visit the most pleasurable experience possible.



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Cutting Services

Include a individual consultation, rejuvenating scalp massage, shampoo, conditioning rinse and style all at the hands of our talented design artists.

	New Talent	Designer Stylist	Master Stylist
Woman's Cut:	\$30	\$40	\$45
Haircut with Chemical Service:	\$25	\$35	\$40
Men's Cut:	\$20	\$25	\$30
Children's Cut:	\$15 & Up	\$15 & Up	\$15 & Up
Youth Cut:	\$25 & Up	\$25 & Up	\$25 & Up
Shampoo & Style: 1/2 Hour Service	\$25	\$30	\$35
Updo:	\$45 & Up	\$45 & Up	\$45 & Up



Chemical Services

Include a consultation, shampoo and style. Create a whole new look for your hair with a perm, dynamic color, or a subtle change by adding highlights. Our organic plant derived color promises to keep your hair in tip-top shape, leaving it shiny and healthy.

Short Hair:	New Talent	Designer Stylist	Master Stylist
1 Color:	\$60	\$65	\$70
2 Colors:	\$70	\$75	\$80
3 Colors:	\$80	\$85	\$90

Medium Hair:

1 Color:	\$65	\$70	\$75
2 Colors:	\$80	\$85	\$90
3 Colors:	\$95	\$100	\$105

Long Hair:

1 Color:	\$70	\$75	\$80
2 Colors:	\$90	\$95	\$100
3 Colors:	\$100	\$105	\$110

Extra Application: *additional \$15*

Perm:	\$75	\$75	\$80
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Specialty Wrap: *additional \$15*

Temporary Relaxer:	\$75	\$75	\$80
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Corrective Color:	<i>Upon Consultation</i>		
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Keratin Smoothing Treatment: <i>(Ask Stylist for Details.)</i>	\$250
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Beauty on Demand

(15 minute value added service)

Restore:

Enjoy a relaxing hand treatment and paraffin.

\$15

Plump:

Green Science restoring lip treatment. You will also receive any Aveda lip choice to take home!

\$20

Revitalize:

Green Science line minimizing eye treatment helps refresh and awaken skin, helps to target dark circles, puffiness, lines and wrinkles.

\$20

Escape:

Enjoy a hot towel foot wrap, with a massage and polish change.

\$20

Calm:

The Outer Peace cooling facial experience will immediately decrease redness in the skin by 30%. Also helps to target red sensitive skin, wind burn, sunburn, Acne and Rosacea.

\$20

Hydrate:

You will enjoy this Green Science facial moisture blasts.

\$20





Replenish:

<i>Enjoy a soothing hand massage, paraffin and a polish change.</i>	\$20
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Glow:

<i>This perfect plant peel facial smooths and refectories skin, and helps to target fine lines, wrinkles, age spots, hyper pigmentation and increases hydration.</i>	\$35
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Eye shaper:

<i>Eyebrow wax.</i>	\$15
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Stashless:

<i>Lip wax.</i>	\$12
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Hair facial:

<i>The damage remedy hair facial will help hydrate and repair dry brittle hair.</i>	\$25
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Deep Conditioning Treatments

*A potent sensory experience and intense repair for hair. It begins with scalp, neck and shoulder massage with up to 12 aromatherapeutic essential oils - to increase scalp circulation while targeting pressure points that release tension. The hair is treated with one of two intense repair formulas: **Moisture Immersion** for up to 71% softer smoother strands; or **Strength Infusion**: for up to 71% more resistance to combining breakage. At every step, Aroma Therapy elevates, soothes or recharges.*

AVEDA Damage Remedy Hair Facial:	\$55
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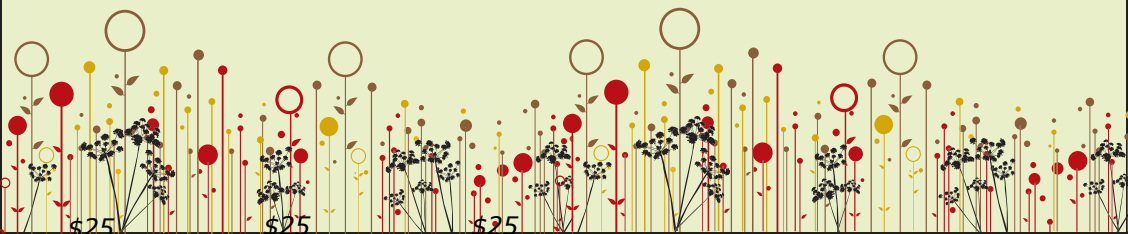
AVEDA Damage Remedy Treatment with Haircut or Color:	\$25
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Extensions

Here at Grassroots we specialize in beauty lock hair extensions. We require a consultation prior to doing the service. Please call for an appointment.

Extensions:	\$6 per strand
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Hair Tinsel:	\$2 per strand
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Nail Services

Acrylic Full-Set:	\$35
Acrylic Fill:	\$30
French Full-Set:	\$45
French Fill:	\$35
French Manicure:	\$20
Simple Nail Repair:	\$5
Glitter Toes:	\$30
Glitter Toes with Any Service:	\$20

Waxing

Eyebrow:	\$15
Upper Lip:	\$12
Chin:	\$12



Make-Up Application

Free with purchase of \$50 in cosmetics!

Make-Up Lesson:	\$40
Special Occasion:	\$25



AVEDA

AVEDA started small - in it's founders kitchen - and has grown to become a world wide industry leader with one simple promise: to promote health and beauty without the integrity of the environment or the people that live within it.

The company's products are derived from "The art and sciences of pure flower and plant essences" because AVEDA believes that what you put on your body should be as healthy as what you put into it. Aveda Salon & Spas are committed to rejuvenation, reducing stress and pampering with a plant based products and extraordinary skin and body care treatments.

Hair Care

"Your hair is a direct reflection of who you are - your lifestyle, your image - so you deserve to put it into the hands of a professional, creative team."

Our cutting and color services are a step above. Our cuts begin with a stress relieving scalp massage, followed by one of AVEDA's plant infused shampoo treatments. Our color services help you discover hair color with the energy of plants. AVEDA's hair color offers an array of customized color choices that leave your hair shiny, soft and healthy.

Gift Certificates

The perfect gift for someone special! A gift to Grassroots AVEDA Salon & Spa is a thoughtful way to express love, appreciation or gratitude. You can purchase Gift Certificates in store at one of our two locations. You can also purchase them online at www.grassrootsaveda.com

Cancellation Policy

Please allow at least 24 hour notice to cancel any scheduled treatment and at least 48 hours for packages and group functions. There is a 50% cancellation fee when proper notice is not provided, any no shows will be charged 100% of service.



Massage Services

Elemental Nature Massage:

With long flowing, Kneading stokes, your own pre blended Aveda essential oils are massaged into the soft tissues of your body. Each Oil has a unique Therapeutic effect, while the massage encourages new cell growth, improves circulation, and eliminates extra body fluids and waste.

30 min./ \$45

60 min./ \$65

80 min./ \$90

110 min./ \$120

Pure Essence Massage:

Make your massage personal and unique, You create your own blend with Aveda's 100% Pure Essence oils.

30 min./ \$50

60 min./ \$70

80 min./ \$90

110 min./ \$125

Therapeutic Massage:

Specifically designed to aid injury recovery and relief of pain, this deep pressure muscle therapy offers the maximum release of overall tension.

60 min./ \$70

80 min./ \$90

Aveda Fusion Hot Stone Massage:

Experience the aromatic power of traditional Native American Plants fused with the sensation of smooth stone massage. Sage, cedar, and sweet grass encompass the senses and enhance skin hydration. Apposing sensations of warm and cool stones fused with massage techniques balance, soothe and invigorate your body.

60 min./ \$65

80 min./ \$90

Spa Reflexology:

Because every organ in the body connects to nerve endings in the hand and feet, this massage is focused on the extremities so as to help break up congestion and dissolved blocked energy.

60 min./ \$60



Four Hands:

Two massage therapists working in synchronized rhythm bring you to a deep level of relaxation, from head to toe, in this ultimate massage experience.

60 min./ \$110

Grassroots Tango:

Enjoy a custom scented massage side by side.

2 people 60 min./ \$130

Chakra Balancing Massage:

The Chakra Balancing Massage combines the art and science of pure flower and plant essences with a variety of massage techniques including Aveda spa rituals, deep tissue massage, a chakra foot reflexology massage and chakra energy work to relax the body ease the muscle tension, soothe the mind, and bring balance to the chakra system, in addition guest actively participate in the massage through visualization and awareness techniques allowing the massage therapists to use ayurvedic principles to take their work to a new level.

80 min./ \$85

Spa Body Treatments

Body Polish:

A total body exfoliation, customized with your Aveda pure-fume of choice, warm aromatic towels, massage and moisture replenishment, make this an ideal choice.

60 min./ \$60

Aroma Body Wraps:

A full, dry body exfoliation-with deeply relaxing aromatic heat treatment-aids the body in self renewal. The result is soft, smooth skin and a total feeling of well being.

60 min./ \$70



Rosemary Mint Awakening Body Wrap:

Renew body and mind with this stimulating and nurturing dry wrap. Your body is exfoliated, soothed, softened, and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balances your whole body.

60 min./ \$70

Sun and Snow:

In Utah we have it all! A mini hot stone massage followed by a cooling Rosemary Mint Awakening Body Wrap.

80 min./ \$80

Caribbean Therapy Body Treatment:

A rejuvenating and nurturing body treatment that uses the healing touch and ingredients of the Caribbean to create inner calm and renew the body senses. Treatment begins with a dry exfoliation followed by a smoothing, detoxifying seaweed masque and wrap. A restorative scalp, face and body massage completes this island-inspired experience.

80 min./ \$70

Self-Tanning Body Treatment:

Our self-tanning program starts with an exfoliating body scrub. Followed by self tanner applied evenly to your entire body. You develop a natural, golden tan in two to three hours, without risk of sun damage. (includes self tanner to take home)

60 min./ \$55

Mlis Body Wrap:

Lay back and relax in Mlis body wrap which encourages lymphatic flow in your circulatory systems which causes cleansing of the tissue and healthy inch loss.

80 min./ \$80

Mlis Body Wrap with Facial Treatment:

Lay back and relax in Mlis body wrap which encourages lymphatic flow in your circulatory systems which causes cleansing of the tissues and healthy inch loss. Receive a customized facial cleansing which revitalizes and moisturizes the skin.

120 min./ \$115



Nail Services

We use Jet-less pedicure sinks to allow the highest sanitation possible, be assured that our sinks, brushes, and instruments are completely sanitized after each use.

Elemental Nature Pedicure:

You choose your own pre-blended aroma. Sit back and relax to our flat screen TV!

45 min./ \$30

65 min./ \$50

80 min./ \$75

Elemental Nature Manicure:

You choose your own pre-blended aroma. Sit back and relax to our flat screen TV!

30 min./ \$30

Pure Essence Pedicure:

Make your experience personal. You create your own blends with Aveda's purest oils.

30 min./ \$35

65 min./ \$55

80 min./ \$80

Pure Essence Manicure:

Make your experience personal. You create your own blends with Aveda's purest oils.

30 min./ \$35

Caribbean Therapy Pedicure:

A special exfoliating paste and warm seaweed masque combine with the healing touch and ingredients of the Caribbean to improve the condition of nails and cuticles. Rejuvenating and nurturing the treatments smooth, relax and renew.

45 min./ \$30

65 min./ \$70

80 min./ \$75

110 min./ \$120



Perfect Sense Paraffin Treatment:

Individual Sanitary Treatments. Enjoy the unique sensation of soaking your hand or feet in moisture rich, warm paraffin wax to make your skin silky smooth. This treatment helps arthritis pain melt away.

Hands/ \$20

feet/ \$20

Glitter Toes:

Enjoy showing off your nails. A gel overlay with glitter lasts longer than regular polish.

\$30

Glitter Toes With Pedicure:

Enjoy showing off your nails. A gel overlay with glitter lasts longer than regular polish.

\$20

Treatment Enhancements

Ask your spa therapists how you can personalize your facial, massage, or spa body treatment by adding on a mini-treatment with distinct benefits-be sure to schedule your treatment enhancement when you make your spa appointment.

Revitalize Eye Treatment:

Focus on diminishing fine lines, puffiness and dark circles in the delicate eye area.

15 min./ \$15

Facial and Décolleté Finish:

Vitamin therapy for luminous skin.

15 min./ \$15



Neti Massage:

Aroma steam inhalation combined with facial massage techniques relieves facial pressure.

15 min./ \$15

Green Science Neck and Décolleté Peel:

Green Science express peel uses natural plant acids to create exfoliation of skin for a more softer beautiful skin.

\$15 extra

Elemental Nature Facial Treatments

Aveda Customized Facials:

A treatment mask and massage are just the beginning of this total care facial customized for your skins specific needs-cleansing, hydrating, and balancing body and mind through nurturing aromas and rituals.

25 min./ \$35

60 min./ \$65

80 min./ \$90

Embrightenment Facial:

This helps correct skin pigmentation by diminishing dark spots, age spots and helps even out skin tones..

90 min./ \$110

Botanical Skin Resurfacing:

Aveda's innovative alternative to microdermabrasion. Our hands on approach-and the power of tourmaline -smooths skin texture, reduces the appearance of lines, and diminishes pore size while significantly increasing radiance. Giving you glowing results comparable to salon microdermabrasion - but with less irritation and inflammation.

60 min./ \$90



Green Science Facial: *(ideally recommended for first visit)*

The unique rejuvenating facial experience harnesses the powerful high-tech plant technology of Green Science and combines it with, high touch therapy to renew, repair and regenerate your skin. Clinically proven to lift and firm the skin, reduce fine lines and wrinkles, improve skins barrier strength while reducing the appearance of age spots.

110 min./ \$80

Outer-Peace Acne Relief Treatment:

A total solution-personalized for your skin-that treats not only acne symptoms, but its causes-so skin stays clear. Includes consultation, professional, exfoliation, pore extraction and redness reduction; stress relief techniques; and diet and other individualized tips for an acne conscience lifestyle. Three week series and home care unit is recommended.

60 min./ \$70

Self Renewal Hot Stone Experience:

A custom treatment that relieves stress and balances face, body, and mind. Advanced flower and plant technology-enhanced with indigenous wisdom, restores the "self" to a state of renewal.

60 min./ \$65

Essential Back Treatment:

The hard to reach area of your back is tended to during this deep cleansing masque and massage. Shoulders, neck and back are purified and refined to insure well cared-for skin all over.

60 min./ \$65



Make-up Application:

Free with purchase of \$50 in cosmetics.

30 min./ \$20

Eyelash Extensions:

After four weeks it is considered the first Set price. First week touch up is free.

First set 2hrs/ \$150

30 min. \$25

45 min. \$35

60 min. \$45

Aveda Plant Wax Hair Removal:

Eyebrow shaping and reshaping:	\$15+
Lips:	\$12+
Chins:	\$12+
Full Face:	\$40
Underarms:	\$30+
Arms:	\$35+
Legs Partial:	\$40+
Legs Full:	\$55+
Navel:	\$15+
Chest and Navel:	\$40+
Chest:	\$40+
Back:	\$40+
Bikini:	\$30+
Extended Bikini:	\$55+
Brazilian:	\$65+

Tinting:

Eyelash Tint:	\$30+
Eyebrow Tint:	\$20+



Create Your Own Package:

Choose any three or more services \$25 each, and receive \$15 off the price of your first package. Series are available for all massage, facial, and body treatments: purchase five get the sixth free. Not valid with any other specials.

Spa Etiquette:

Arrival: Please arrive at least 15 minutes prior to your scheduled appointment, to relax your mind and body with our complementary foot soak and comforting tea.

Attire: We want you to have a comfortable experience at Grassroots Spa and your modesty and privacy will always be respected. Please know that our team is well-trained in draping techniques to ensure your comfort and modesty during treatment.

Cell Phones: To maintain our stress-free environment please turn off cell phones before entering our spa.

Showering: You are welcome to use our showers prior to or following your treatment. We recommend showering for any massage or body treatment as it allow our products to have maximum effect.

Medical Notice: If you have any medical conditions such as pregnancy, nursing, allergies, prescription medications, etc. Please notify our staff prior to appointment.

Children: Please leave your children at home unless they are receiving a spa service.

Groups: Group functions are welcome at Grassroots Salon and Spa. Please contact our spa director at Grassroots Spa.

Gratuities: Gratuities are not included in our treatment rates. In appreciation for exceptional service a 10%-20% is customary and greatly appreciated.

Cancellation Policy: Please allow at least 24 hour notice to cancel any scheduled treatment and at least 48 hours for packages and group functions. There is a 50% cancellation fee when proper notice is not provided. Any no shows will be charged 100% Service

Visit www.grassrootsspa.com to view our seasonal specials or signup by email, to learn about upcoming events and new Aveda promotions.



