

## SERVICE MENU

The Aveda Lifestyle Salon & Spa is the premier location to fully experience the Aveda brand in its entirety, from complimentary Rituals to the personal touch you receive from our expert stylists, colour technicians, spa therapists and retail advisors.

### HAIR SERVICE

Our team of stylists are highly experienced in working with all hair types and texture. After a personalised consultation, enjoy an Aveda Sensory Journey using natural essential oils and a Stress-Relieving Scalp and Shoulder Ritual before your service.

### CUT & BLOWDRY

Stylist	SHORT	MEDIUM	LONG	EXTRA LONG
Cut & Blow dry	CHF 107	CHF 116	CHF 130	CHF 140
Blow dry	CHF 58	CHF 65	CHF 74	CHF 79
Men's cut	CHF 63			

Try our gloss cut service from 85 CHF

Children	Junior Cut & Blow dry
Under 6 years	CHF 25
Under 12 years	CHF 40
	Under 16 { Girls CHF 65
	Boys CHF 48

Students & Under 20 years -20% discount

### AVEDA FULL SPECTRUM HAIR COLOR

Our colour uses plant power instead of petrochemicals and is manufactured with 100% certified wind power. Immerses hair in up to 99% naturally derived formulas for essentially damage-free results.

#### Colourist

Full Head Highlights	CHF 159	CHF 169	CHF 179
Half Head Highlights	CHF 127	CHF 137	CHF 147
Creative Colour	CHF 110	CHF 120	CHF 130
Enlightener Blonding and Toner	CHF 90	CHF 100	CHF 110
Permanent Tint	CHF 87	CHF 87	CHF 95
Semi-permanent Tint	CHF 87	CHF 87	CHF 95

Try our gloss cut services

### HAIR TREATMENT

#### Botanical Hair & Scalp

A "Facial for your hair" with Aveda's holistic approach to healthy hair and scalp. Includes a scalp & hair analysis, balancing touch massage, shampoo ritual, stress-relieving hand & arm massage and blow-dry

Botanical Hair and Scalp treatment	30 mins	CHF 105
Botanical Hair Therapy	15 mins	CHF 42
Express Botanical Hair Therapy	5 mins	CHF 25

Ask your stylist or colourist about add-on services

### Comfort Area - hammam

Traditional hammam	50 mins	90 CHF	Wellness Ritual	90 mins	210 CHF
hammam & black soap scrub			hammam & black soap scrub & 30 mins massage		
Oriental Ritual	90 mins	120 CHF	Spa Experience	60 mins	
hammam & black soap scrub & rahssoul			(Hammam & sauna)		
wrap			1 person	45 CHF	
Royal Ritual	150 mins	290 CHF	2 people	80 CHF	
hammam & black soap scrub + facial exfoliation & rahssoul wrap & 60 mins massage			V.I.P Room	150 mins	270 CHF
			hammam sauna jacuzzi (treatment no included)		
			V.I.P Room Add. hour	100 CHF	
			Max 3 people		

### WAXING & TINTING

Our waxing specialists strive to provide effective hair removal while ensuring maximum comfort. Using two different types of wax allows us to customise for the area of hair removal.

	Strip Wax	Hot Wax	Strip Wax Packages
Eyebrow	CHF 25	CHF 25	Half leg & bikini
Lip or chin	CHF 35	CHF 25	Full leg & bikini
Lip & eyebrow	CHF 40		Half leg & Brazilian
Under arm	CHF 25		Full leg & Brazilian
Half arm	CHF 29		
Bikini	CHF 35	CHF 35	Hot/Strip Wax Packages
Brazilian/Hollywood	CHF 45	CHF 55	Half leg strip & bikini hot
Half leg	CHF 50		Full leg strip & bikini hot
Full leg	CHF 85		Half leg strip & Brazilian
Chest	CHF 45		Full leg strip & Brazilian
Back	CHF 45		
Eyebrow (Tinting)	CHF 25		
Eyelash (Tinting)	CHF 30		

### AVEDA MANICURES AND PEDICURES

Please select your time frame and your nail technician will carry out a full consultation to customise your manicure or pedicure to suit your needs.

Pedicure	Manicure
Feet blees	CHF 95
90 mins Stressfix	CHF 105
75 mins Chakra	CHF 105
75 mins Perfecting Plant Peel (micro Dermabrasion)	CHF 95
	60 mins Manicure
	CHF 55
	15 mins file and paint
	CHF 25
	70 mins Chakra manicure
	CHF 65
	75 mins Beautifying
	CHF 105
	75 mins Perfecting Plant Peel
	CHF 105
	70 min Stress Fix Manicure
	CHF 105

Simultaneous manicure and pedicure combinations are available please ask your nail technician. 10% Discount.

### FACIAL TREATMENTS

Select your time frame and after consultation your therapist will customise your facial or massage.

#### Tulasāra™ Facial treatments

Dry, oily, aging, uneven, sensitive and acneic skin conditions and eye concerns can all be addressed with a customized Tulasāra™ facial treatment.

Pricing	
90 mins	CHF 190
60 mins	CHF 160
30 mins	CHF 125

#### Dual Exfoliation Power Peel

The Dual Exfoliation Peel is Aveda's latest advancement in non-invasive, skin-renewing treatments.

#### Botanical Skin Resurfacing Treatment

Aveda's botanical alternative to microdermabrasion.

#### Perfecting Plant Peel™

Advancing the science of chemical peels, this professional facial treatment helps retexture skin; smooth fine, dry lines; refine the look of pores; and restore radiance. Safe for acneic skin conditions

### MASSAGE TREATMENTS

#### Stress-Fix Body Massage

Swedish and deep tissue massages are combined with foot reflexology and acupressure points.

#### Deep tissue Massage

Slow, deep pressure is applied to specific trigger points throughout the body using thumb, finger, palm and elbow pressure

#### Chakra Balancing Massage

Deep tissue massage, foot reflexology and energy work.

#### Aveda Aroma Massage

Stress, muscle tension and lack of energy can all be addressed with a customized massage treatment.

#### Pregnancy Massage

Suitable from 14 weeks until baby's birth.

#### Hot Stone Massage

### BODY TREATMENTS

Smoother, softer skin texture, body detoxification and hydrated skin can all be achieved with a customized body treatment where you determine the focus.

#### Aveda Aroma Body Polish Treatment

The Aveda Aroma Body Polish Treatment is an exfoliating body treatment featuring customized Aveda body care products and aromas.

#### Aveda Aroma Body Wrap

Warming, detoxifying seaweed body wrap treatment customized with Aveda body care products and aromas. The treatment includes a dry exfoliation, seaweed body masque, scalp and face massage and foot reflexology techniques.

### VOUCHERS :

Rolling Massage		Lymphatic drainage	
5 sessions	540 CHF	5 sessions	540 CHF
10 sessions	1080 CHF	10 sessions	1080 CHF

## PACKAGES

### Self Renewal Experience

90 mins | CHF 250

- \* Aveda back, neck & shoulder massage.
- \* Customised elemental nature facial.

### Polish and Pamper

105 mins | CHF 275

- \* Customised full face & body exfoliation
- \* Full body elemental nature massage

### Top to Toe Experience

135 mins | CHF 315

- \* Customised full face and body exfoliation.
- \* Aveda back, neck & shoulder massage
- \* Aveda pedicure & manicure



### Opening hours:

Tuesday	10:00 am - 06:30 pm
Wednesday	10:00 am - 07:30 pm
Thursday	10:30 am - 08:00 pm
Friday	10:00 am - 07:30 pm
Saturday	09:00 am - 06:30 pm

### For all booking and enquiries

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