

Hands and Feet



Sanctuary Traditional Manicure: Improves your hands and natural nails by cleansing and shaping the nails & treating the cuticle, while enjoying a massage followed by nail color application. **\$20**

Sanctuary Spa Manicure: Improves hands & nails by cleansing and shaping the nails, treating cuticles, exfoliating, massaging in moisture, a dip in the paraffin wax bath and nail color application. **\$30**

Sanctuary Ultimate Manicure: The elaborate version of the Spa manicure, we add a mask treatment, extended massage, and your choice of color and/or nail art design. **\$40**

Sanctuary Traditional Pedicure: Our signature pedicure for those who do not need paraffin wax this time. You will be treated to nail cuticle and foot grooming, a delightful massage and nail color application. **\$30**

Sanctuary Spa Pedicure: Treat your feet to a whirlpool soak while experiencing nail, cuticle & foot grooming, exfoliation treatment, a dip in paraffin wax, a delightful massage & nail color. **\$45**

Sanctuary Ultimate Pedicure: The elaborate version of the Spa pedicure, we add a mask treatment, extended massage, your choice of color and/or nail art design. **\$65**

Additional Nail Services:

Full Set Acrylic / Acrylic Fill **\$50 / \$25**
Gel Set/ Fill **\$55 / \$30**
Forever French / Fill **\$55 / \$30**
Nail Removal **\$30**
Repair **\$5/Nail**
Polish Change **\$10**

Waxing

Brow Wax / Shaping **\$15 & Up**
Upper Lip **\$10**
Cheeks or Chin **\$15**
Full Face **\$40**
Lower or Upper Leg **\$40 & Up**
Full Leg **\$75 & Up**
Bikini **\$30 & Up**
Brazilian (first time clients \$65) **\$50 & Up**
Back **\$25 & Up**
Lower Arms **\$35**
Upper Arms **\$25**
Under Arms **\$30**
Full Arms **\$45**



Facial Tinting

Eyebrows **\$15 & Up**
Moustache **\$25 & Up**
Beard **\$35**

Skincare:

Deep Cleansing Facials

Basic Facial: This thirty-minute facial, includes deep cleansing, a masque, and a massage to keep your skin in great condition between facials. **\$45**

European Facial: Includes deep cleansing, exfoliation of dead skin cells, steam for hydration, removal of impurities, a masque for purifying, a moisturizer, and a massage of the face, neck, shoulders & hands. (1 hour) **\$70**

Sports Fitness Facial: Facials are not just for women! Cleansing, exfoliation & massage revitalize fine lines brought on by stress & aging. (45 minutes) **\$55**

Back Treatment: A facial for the back, for that hard to reach area! We cleanse, exfoliate, steam, and extract, and then add a purifying masque. It's a great treatment for brides and special occasions. **\$55**

Acne Peel: This intense formulation is designed to penetrate excess oil to correct skin conditions such as acne and enlarged pores. The unique blend of acids in Acne Peel clears the skin of blemishes and heals acne lesions, reduces inflammation and exfoliates the skin to reveal a glowing, dewy complexion. (30 min.) **\$80**

Glycolic Peel: Our very best peel to dramatically reduce the visible signs of aging. This enormously effective peel works to restore growth of healthy, young skin cells, increase cell turn over rate, and removes layers of dead skin. **\$80**

Vitamin C Peel: This revolutionary 4-layer facelift will change the image of your skin in just one application. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover and brighten, tighten and lighten your skin in just one treatment. **\$80**

Ear Candling: Ear Candling is a relaxing treatment that is great for the sinuses, the relief of headaches, and the equilibrium. **\$50**

Make-Up Application:

Professional Make-Up Application: Make-up to create a look for that special event. **\$35-\$75**

Make-Up Lesson: This consultation will find your best image and colors to enhance and reveal your beautiful features. **\$55**

Eye-Lash Extensions: Semi-permanent, long luscious, natural, and weightless lashes. They are water resistant, shower, swim, and exercise safe.

full Set \$100
fill or touch up \$55 & up

Sun Blast Tanning:

BUY 3 get 1 FREE

Change your tone with a mystic tan... \$40-\$50. Also, you can host a party, in the privacy of your own home...receive a free tan when you host with 5 or more guests. (\$35 for guests)

Wedding Special:

15% off for your choice of 2 or more services for parties of 3 or more... please schedule at least 2 weeks in advance!

Now Online!!!

Save 10% on your online Sanctuary Salon and Spa Gift Card Purchase today!!!

Visit us at:

thesanctuarysalonandspa.com

revised 6/25/08

Massage Therapy:

Swedish Massage: A classic massage using traditional muscle manipulation to soothe a sore body & promote total relaxation.

Add reflexology or shiatsu to your massage for only an additional \$10

½ Hour- \$50 / 1 Hour- \$70 / 1½ Hour- \$95

Deep Tissue/ Sports Massage:

Derived from the traditions Acupuncture, this therapy uses the fingertips rather than needles to relieve the body's pressure points.

Add reflexology or shiatsu to your massage for only an additional \$10

½ Hour- \$55/ 1 Hour - \$80/ 1 ½ Hour- \$100

Aroma Therapy:

Rare oils derived from bark, & leaves are used in this treatment. This massage Will leave you feeling rejuvenated.

½ Hour- \$55/1 Hour - \$85/1 ½ Hours- \$105

Lomi-Lomi Massage:

An ancient Hawaiian massage technique that focuses on increasing circulation and finding congested areas in the body and dispersing them, by moving the palms, thumbs knuckles, and forearms in rhythmic motions.

½ Hour- \$55/ 1 Hour - \$80 / 1 ½ Hour- \$100

Hot Stone Massage:

Experience a relaxing massage combined with deep heat therapy. Smooth, Polished Basalt Lava stones are heated and incorporated into a massage. The perfect treatment to loosen tight muscles and relieve tension.

1 Hour - \$90 / 1 ½ Hour- \$110

Pre-Natal Massage:

Your body is changing & experiencing stresses and strains. By focusing on needs of the woman, and using special pillows, our therapists will use maternity massage techniques to relax & relieve the aches and pains experienced by expectant mothers. **Available after your first trimester*

½ Hour - \$50 1 Hour- \$75

Spa Packages:

Mom's Escape: Stress fades away with this mini escape so you can focus on yourself rather than the housework, the job, the kids, or whatever it may be. We start with your choice of a one hour facial or one hour massage, followed by a Spa Manicure and Spa Pedicure. (3 Hrs) **\$145**

Gentlemen's Retreat:

Experience this package specifically designed for today's busy gentleman. A Full 1-Hour deep tissue Massage, a soothing Fitness Facial, followed by a Sport Manicure and Sport Pedicure will leave you feeling rejuvenated and ready to tackle the day. (Approx 3 1/2 Hrs) **\$200**

I Deserve It!

This half-day of pampering begins with a one-hour Massage, then a European Facial, followed by a Spa Manicure and Spa Pedicure. All of this is topped off with a Hair Cut & Style. (Approx. 6 Hrs)

\$260

Movie Star:

Let us treat you like a movie star with a marvelous day of luxury you will always remember! Enjoy a One-Hour Body Massage, Spa Facial, Spa Pedicure, Spa Manicure, Hair Cut & Style & Make-Up Application. This is a package that would make Julia Roberts jealous! **\$300**

You may customize a package of your choice. Bridal packages for both the Bride & Groom are available. Call for details.

Salon Services:

Haircut/Style	\$45 - \$55
Haircut	\$25 & Up
Shampoo/Style	\$20 & Up
Flat Iron Service	\$20 & Up
Partial High-Lite	\$60 & Up
Full High-Lite	\$85 & Up
All-Over Color	\$55 & Up
Color Correction	\$55/hr & Up
Perm	\$65 & Up
Spiral Perm	\$85 & Up
Up-Do's & Formal Styles	\$45 & Up
Deep Conditioning (w/ hair service)	\$20
Japanese Straightening	Call For Quote
Extensions	Call For Quote

-prices subject to change-

Enter The Sanctuary

When you enter the doors of The Sanctuary Salon & Spa, you will be invited by friendly, experienced staff that wants to create a place that takes you away from stresses of everyday life. We strive to have a quiet and peaceful environment where each client can relax; feeling assured of professional service in a friendly atmosphere.

The hair, skin & body are a reflection of your health. With the help of our hairstylists, massage therapists, estheticians, nail technicians, and make-up artists, we can help you reach a balance both inside and out. Our creative, nurturing environment promotes health and beauty as well as relaxation and rejuvenation.

Important Suggestions:

1. You should arrive at least 10 minutes prior to your scheduled appointment. This will allow our reception staff to check you in and complete the necessary information prior to your treatment. A late arrival may result in a shortened treatment time if other guests scheduled immediately after your appointment time.
2. If you are having a spa treatment, it is your choice to undress entirely, leave your under garments on, or wear a bathing suit. We provide clean robes and sandals for you to use in our spa, with private rooms to change in. All of our therapists provide draping during services to ensure your privacy. We also provide lockers with keys to properly and safely store your belongings while you are having your treatment.
3. For your utmost comfort, our therapists may ask you to remove all jewelry. To avoid possibly forgetting your valuables, we ask that you leave your jewelry at home. We will not be responsible for lost items.
4. We suggest that to ensure availability, you schedule your next appointment prior to leaving The Sanctuary.
5. We require a 48 hr cancellation notice for all services. Packages require a credit card for guarantee and will be charged 50% of the amount if cancelled within 48 hours and the entire amount if cancelled within 24 hour or if you no show. Please help us accommodate all of our clients by abiding by this policy.
6. Gift Certificates are available for all services and can be customized to fit the needs of the special person you have in mind **WE APPRECIATE YOUR BUSINESS**

The Sanctuary Salon & Spa



916-967-1212

www.thesanctuarysalonandspa.com



Hours of Operation

Tuesday-Saturday 10am-7pm

Monday-Sunday

by appointment only

5925 Birdcage Center Lane #100

Citrus Heights, Ca 95610