



## THERAPEUTIC MASSAGE

Swedish, Trigger Point &

- Deep Tissue . . . . . \$60.00 hourly
  - Half Hour Session . . . . . \$30.00 1/2 hour
  - Hot Stone Therapy . . . . . \$75.00 hourly
  - Hand Only . . . . . \$15.00
  - Reflexology (Hand & Foot) . . . . . \$35.00
- Special packages available to fit specific needs.*

### Our Therapists

Each of our massage therapists is professionally educated and certified by nationally recognized schools. Each therapist can educate and recommend to you the type of massage you may need at the time.

**Therapeutic Massage** techniques are employed to relax and tonify the musculature and to increase the blood and lymphatic flow throughout the body. This increased flow helps bring nutrition to the cells, as well as remove waste and toxins which have accumulated in the body, thus promoting deep relaxation on the physical, mental, and emotional levels. Massage techniques are described below:

**Swedish Massage** is a blend of hand movements using body mechanics, along with depth, pressure, speed, duration, rhythm and continuity to affect the body's response to touch. Swedish massages is the most widely known and prescribed system in the United States.

**Trigger Point Therapy** is a massage method that isolates a hypersensitive area of the body. Work is done with sustained digital pressure on the isolated point to relieve pain and discomfort. Trigger point therapy is used between other massage strokes when localized pain is found.



**Deep Tissue Therapy** uses slow strokes, direct pressure, and/or friction. The procedure is applied with greater pressure and to deeper layers of muscles than Swedish Massage.

**Hot Stone Therapy** is when hot therapeutic stones are placed on specific body points to enhance relaxation during massage. Stone therapy delivers a much deeper body treatment for the client and assists the therapist in providing a warm relaxing environment for the client.

**Aromatherapy** is the use of essential oils for physical and emotional healing. Fragrances affect the olfactory sensors in the brain that influence memory, learning, emotions, hormone balance, and even basic survival mechanisms. Essential oils are extracted from healthy living plants worldwide.

## SPA GIFT "PACKAGES"

*(You can add any service to the following packages, just ask!)*

**The Complete Spa Day** - Includes Full Body Massage, Spa Facial, Spa Pedicure, Spa Manicure, Shampoo, Hairstyle, Make-Up, Lunch and a Gift . . . . . **\$235**

**The Refreshing Half Day** - Includes Hydration Facial, Essential Pedicure, Shampoo, Hairstyle, Make-Up and a Gift . . . . . **\$136**

**Spa for One or Two** - Create your own package. Call and we will put together a package specific to your needs, (307) 527-7123. . . . . **\$100 minimum**



## MEN'S SERVICES

At the 11th Street Spa, all services are available to our male clientele. We can also arrange for evening appointments for more private consultations, just ask.

- Hair Cuts . . . . . \$18.00 & Up
- Hair Color . . . . . \$50.00 & Up
- Mustache Color . . . . . \$5.00
- Beard Color . . . . . \$5.00 & up

**Essential Manicure.** . . . . . \$20.00  
*Nail Shaping, Cuticle Treatment & Massage*

**Ultimate Manicure.** . . . . . \$30.00  
*Nail Shaping, Cuticle Treatment  
Exfoliation, Mask for Hands, Arm and  
Hand Massage & Paraffin Treatment*

**Essential Pedicure** . . . . . \$45.00  
*Nail Shaping, Cuticle Treatment & Massage*

**Ultimate Pedicure.** . . . . . \$65.00  
*Nail Shaping, Cuticle Treatment,  
Exfoliation Treatment & Massage, Mask,  
Stone Therapy, Massage &  
Paraffin Treatment*

**Essential Facial.** . . . . . \$45.00  
*Includes a Cleansing, Microdermabrasion  
(45 minutes) and Hydration*

# Mind, Skin, Body & Hair



**1208 11th Street • 527-7123**  
**11thstreetspa.com**



## 11TH STREET SPA OFFERS A REJUVENATING EXPERIENCE

If you are a connoisseur of fine spas or if you have never been to one you are in for a wonderful experience at the newly opened 11th Street Spa. Offering services such as massage, body polishing, skin care, facials, body waxing, pedicures, manicures, temporary tattoos, airbrush tanning and all related hair salon services such as haircuts, styling, perms, hair coloring, nails (artificial & nail art) and make-up.

Each member of the Spa is certified and specializes in a multitude of services. While each member has her niche, there is one common denominator that has resulted in much success, working together to provide the best professional care for all customers.

### Spa Questions & Answers

*How early should I arrive?* **Please arrive 10 to 15 minutes early.**

*What should I bring?* **Clients are encouraged to bring their own music or essential oils to enhance their healing/relaxation during the massage treatment.**

*Do I need to disrobe entirely for my "massage" treatment?* **You may wear undergarments or swimwear if you prefer but they are not necessary. Our therapists are trained to drape any part of the body not being treated.**



## MANICURES

**Ultimate Manicure** . . . . . \$40.00  
*Nail Shaping, Cuticle Treatment, Raw Earth Exfoliation, Arm and Hand Massage with Hot Stones and a Paraffin Treatment & Polish*

**Spa Manicure** . . . . . \$32.00  
**French Tip Manicure** . . . . . \$35.00  
*Both include:*

*Nail Shaping, Cuticle Treatment, Massage Arm & Hand, Paraffin Treatment & Polish*

**Essential Manicure** . . . . . \$25.00  
*Nail Shaping, Cuticle Treatment, Massage & Polish*

**Shellac** . . . . . \$10–15.00  
*Manicure procedure that lasts 14 days without scratching, smudging, or chipping*

## ARTIFICIAL NAILS

Full Set . . . . . \$52.00  
 Fill . . . . . \$27.00  
*Includes up to 3 broken nails, for additional nail repair.* . . . . . \$5.00 each

Back Fill . . . . . \$35.00  
 Buff / Polish . . . . . \$17.00  
 Re-Polish . . . . . \$10.00

Nail-Art, minimum . . . . . \$6.00  
 Airbrushing, with 2 colors . . . . . \$10.00  
*each additional color* . . . . . \$1.00

Stones & Decals . . . . . \$0.35 each  
 Shellac . . . . . \$5.00 each

## AIRBRUSH TANNING

Full Body Spray . . . . . \$30.00

*Hours: Monday – Saturday, from 9 a.m. to 6 p.m. Please call for Appointments. 307-527-7123*  
*Terms: Cash, Checks & Credit Cards. Prices Subject to Change without Notice.*  
*Cancellations: 20% Cost of Service may be Charged without a 24 hour Cancellation Notice.*



## PEDICURES

**Ultimate Pedicure** . . . . . \$65.00  
*Nail Shaping, Cuticle Treatment, Raw Earth Exfoliation Treatment & Massage, Stone Therapy, Massage, Paraffin Treatment & Polish Mask*

**Spa Pedicure** . . . . . \$52.00  
*Nail Shaping, Cuticle Treatment, Raw Earth Exfoliation, Massage, Paraffin Treatment & Polish*

**Essential Pedicure** . . . . . \$45.00  
*Nail Shaping, Cuticle Treatment, Exfoliation, Massage & Polish*

**Ion Detox Footbath Treatment** . . . . \$35.00  
*Or 3 treatments for* . . . . . \$60.00

## FULL BODY WAXING

Eye Brows . . . . . \$10 – \$12  
 Upper Lip . . . . . \$8 – \$10  
 Full Face . . . . . \$25 – \$30  
 Full Leg . . . . . \$52 & up  
 ½ Leg . . . . . \$30 & up  
 Underarms . . . . . \$12 – \$15  
 Bikini . . . . . \$30 & up  
 Brazilian . . . . . \$62 & up

## SKIN-CARE\*

Four Layer Facial . . . . . \$95.00  
 Hydration . . . . . \$60.00  
 Body Scrub (1 hour) . . . . . \$75 & up  
 Microdermabrasion Facial . . . . . \$75.00  
 Arms & Legs . . . . . Additional

*\*Make-Up after any facial is additional*



## SALON SERVICES

Children (1 – 6 years old) . . . . . \$15.00  
 Cut Only . . . . . \$18.00

Women Cut & Style . . . . . \$20.00 & up  
 Shampoo & Style . . . . . \$16.00

Up-Do's . . . . . \$30.00 & Up  
*(dependent upon time spent by stylist)*

Color & Cut . . . . . \$73.00 & up  
 Color Only . . . . . \$55.00 & up

Weave & Highlights . . . . . \$65.00 & up  
*Multi Color Weaves* . . . . . \$80.00 & up

Perm or Straighten . . . . . \$65.00 & up  
 Designer Perms . . . . . \$75.00 & up  
*(with chemical services receive 10% off on retail products for maintenance)*

## Conditioners

Ultimate – Treatment . . . . . \$15.00  
*For extremely damaged hair*  
 Nioxin Hair Loss Treatment . . . . . \$5.00  
 Bosley Hair Loss Treatment . . . . . \$5.00  
 Renew Hair Loss Treatment . . . . . \$25.00

## ADDITIONAL SERVICES

Shampoo . . . . . \$5.00  
 Shampoo & Blow-dry . . . . . \$16.00  
*(Additional services can be added when receiving Spa Treatments)*  
 Ear Piercing Only . . . . . \$15.00  
*(Earrings are Additional)*

## MAKE-UP CONSULTING

Make-Up Consulting is Free with Purchase of \$30.00 or More of Skin Care Products  
 Make-Up (Every Day) . . . . . \$20.00  
 Make-Up: Bridal . . . . . \$45.00