

## 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 the cuticles with hot oil to 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. **\$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, mask treatment, exfoliation treatment, a delightful massage & nail color. **\$45**

Sanctuary Ultimate Pedicure: The elaborate version of the Spa pedicure, we add a mask treatment, extended massage with hot stones, and a dip in paraffin wax & your choice of color. **\$65**

### Additional Nail Services:

Glitter Powder Set	<b>\$45/ Fill \$35</b>
Full Set Acrylic / Acrylic Fill	<b>\$30/\$20</b>
Pink & White Gel/Fill	<b>\$50/\$35</b>
Nail Removal	<b>\$10 &amp; Up</b>
Repair	<b>\$5/Nail</b>
Polish Change	<b>\$10 &amp; Up</b>
Add Callus Removal	<b>\$5</b>
Gel Polish	<b>\$30/ for French add \$5</b>
Nail Design	<b>\$5</b>
Paraffin Wax	<b>\$8</b>



## More Hands and Feet

The Classic 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**

Ice Dancer Manicure: Wear Relax your hands into HERBAL MINERAL BATH. Exfoliate and massage your arms to gently remove dead skin cells with LIQUID BODY LUFRA. Remove dirt, oil and impurities with GRAPEFRUIT BODY BAR. Sooth away aches, pains, and stimulate tired arms with ICE DANCER GEL. Finish up with BAOBAB BODY BUTTER CREAM for smooth skin. **(Ask for Vicki) \$30**

Ultimate Lavender Manicure: The elaborate version of the Classic Manicure, we add a lavender scrub, mask treatment, dip in the paraffin wax bath and your choice of color or application. **(Ask for Vicki) \$40**

The Classic Pedicure: The service starts with nail trim and shaping, cuticle grooming, callus removal, orange scrub, a delightful warm lotion massage, and nail color application. **(Ask for Vicki) \$30**

Tropical Spa Pedicure: Our tropical pedicure service includes citrus slices mixed with peppermint or lavender oil and your choice of scrubs (**Lavender, Green Tea, Tropical**). Continue with cooling mask then submerge in warm paraffin wax. Topped off with an invigorating pressure point hot stone longer massage to eliminate muscular tension and balance spirit. **(Ask for Vicki) \$45**

Ice Dancer Pedicure: Wear Relax your feet into HERBAL MINERAL BATH. Exfoliate and massage your feet to gently remove dead skin cells with LIQUID BODY LUFRA. Remove dirt, oil and impurities with GRAPEFRUIT BODY BAR. Sooth away aches, pains, and stimulate tired arms with ICE DANCER GEL. Nourishment and rejuvenate your feet with the FIREWALKER FOOT CREAM. Restore smooth feet with anti-callus cream with SOLE SOLUTION.

Finish up with BAOBAB BODY BUTTER CREAM for smooth skin. **(Ask for Vicki) \$55**

Ultimate Organic Spa Pedicure: Pure relaxation with the complete spa kit your choice of **Citrus Orange, Lavender Blossom, Green Tea & Acai, Hawaiian Orchid**. Start with soaking the feet with warm diamond crystals and ocean salts, followed by an Organic Sugar scrub exfoliation to rejuvenate youthful skin. After gentle scrub, an Organic mask is applied and feet are then submerged in warm paraffin wax. Topped off with an invigorating pressure point hot stone longer massage to eliminate muscular tension and balance spirit. Extra 10 minute reflexology feet massage, add \$10. **(Ask for Vicki) \$65**

**\*Gel Polish add \$10**

## Eyelash Extensions

Classic Full Set	<b>\$120+/Fill \$60+</b>
Volume Full Set	<b>\$130+/Fill \$70+</b>
Kim K. Effect (Wispy) Full Set	<b>\$150+/Fill \$80+</b>
Remove Extensions	<b>\$35</b>



## Waxing

Brow Wax / Shaping	<b>\$15 &amp; Up</b>
Upper Lip	<b>\$10</b>
Cheeks or Chin	<b>\$15</b>
Full Face	<b>\$40</b>
Lower or Upper Leg	<b>\$ 80 &amp; Up</b>
Full Leg	<b>\$100 &amp; Up</b>
Bikini	<b>\$40 &amp; Up</b>
Rio	<b>\$40 &amp; Up</b>
Brazilian	<b>\$75 &amp; Up</b>
Back	<b>\$75 &amp; Up</b>
Chest	<b>\$75 &amp; Up</b>
Lower Arms	<b>\$40 &amp; Up</b>
Upper Arms	<b>\$40 &amp; Up</b>
Under Arms	<b>\$30 &amp; Up</b>
Full Arms	<b>\$75 &amp; Up</b>
Stomach V	<b>\$25 &amp; Up</b>



## Facial Tinting

Eyebrow Tint	<b>\$25</b>
Eyebrow Tint/ Eyebrow Wax	<b>\$25</b>
Eyelash Tint	<b>\$25</b>



## Skincare

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**

### Collagen Face, Neck & Décolleté:

(A Facial) Fine lines are plumped, skin is tightened, elasticity is improved and moisture is restored with a pure collagen mask. Selected active botanicals fill out fine lines, brightens dark circle puffiness for a well rested look & healthy glow. Fortify the Immune system massage of the face, neck, shoulders and hands. (1 hour) **\$85**

Galvanic Euro Facial: Includes deep cleansing, exfoliation, steam for deep removal of impurities, a masque, & moisturizer, galvanic currents to refresh & energize the skin in a gentle massaging action, with positive charges deliver the beneficial ingredients into your skin. (1 hour and 15 mins.) **\$90**

### Microdermabrasion:

Microdermabrasion sloughs off the dead and dull surface layers of the skin, stimulating an increase in collagen production and rejuvenation. Many people see dramatic improvements in the tone, texture, and color. Micro can improve: fine lines, enlarged pores, clogged pores, mild acne scars, brown spots and oily or dull skin. (45 min) **\$85**

### The NEW Luxurious Special Oxygen Facial

A 24 k Gold Collagen Mask containing precious metals, of the gold variety, which help to moisturize, firm, and whiten. This 24K gold mask is also a great anti-aging treatment for fine lines and a great anti-inflammatory which helps to calm sensitive skin and reduce redness. The use of gold is known to accelerate the regeneration of new cells and the overall brightening of your complexion. **\$150 (90min)**

### Vitamin-C Facial

This revolutionary 4-layer face lift 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.

**\$80**

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. (1 hour) **\$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**

### Body Treatments

Seaweed Wrap: This body wrap includes a cleansing detox body wash, dry skin brush, exfoliating salt or sugar scrub and is finished with a seaweed body masque and a moisturizing body butter treatment. (Allow 1 1/2 Hour) **\$115**

Full Body Salt or Sugar Polish: This treatment exfoliates and relieves dry skin on the body in one session. The technician will use salt from the Dead Sea and imported sugar scrub mixed with rare oils, and then the body is buffed with hot towels, followed by a massage using our silky smooth body butter. (Allow 1 1/2 Hour) **\$110**

Galvanic Cellulite Treatment For than 50 years spa & salon professionals have used gentle galvanic current in their treatments to refresh & energize the skin. With your choice of our salt from the Dead Sea or imported sugar mixed with rare oils. **\$115**

### Specialty Services

Teeth Whitening (First Session) **\$79**

Ear Candling: Ear Candling is a relaxing treatment that is great for the sinuses, the relief of headaches, and the equilibrium. **\$45**

Professional Make-Up Application: Make-up to create a look for that special event. **\$40-\$75**

### Massage Therapy:

Swedish: A classic massage using traditional muscle manipulation to soothe a sore body & promote total relaxation. **1/2 Hour- \$50 / 1 Hour- \$70 / 1 1/2 Hour - \$95**

Deep Tissue: This massage is for chronic pain and for chronic knots in problem areas. With the use of knuckles, elbows and deep pressure you will gain relief. *\*Massage is done at the comfort level of client.* **1/2 Hour- \$55/ 1 Hour - \$80/ 1 1/2 Hour- \$100**

Aroma Therapy: Rare oils derived from bark, & leaves are used in this treatment. This massage Will leave you feeling rejuvenated. **1/2 Hour- \$55/1 Hour - \$85/1 1/2 Hours-\$105**

Hot Stone Massage: Experience a relaxing massage combined with deep heat therapy. Smooth, Polished Basalt Lava stones are heated and incorporated into a massage. This is the perfect treatment to loosen tight muscles and relieve tension. **1 Hour - \$90 / 1 1/2 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*

**1/2 Hour - \$50 1 Hour- \$75**

### Spa Packages:

Double Your Pleasure: This mini escape package includes a one hour Swedish massage and a one hour European spa facial. (2 Hrs) **\$120**

### The Mom's Escape:

Stress fades away with this getaway package so you can focus on yourself. We start with your choice of a one hour European facial **or** one hour Swedish massage, followed by a Spa Manicure and Spa Pedicure. (Approx. 2.5 hrs) **\$145**

### Gentlemen's Retreat:

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

I Deserve It! This half-day of pampering includes a one-hour Massage, a European Facial, a Spa Manicure and Spa Pedicure. All of this is topped off with a Hair Cut & Style. (Approx. 4.5 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, One-Hour Facial, Spa Pedicure, Spa Manicure, Hair Cut & Style & Make-Up Application. (Approx. 5 hrs.) **\$300**

# The Sanctuary Salon & Spa

**916-967-1212**

[www.thesanctuarysalonandspa.com](http://www.thesanctuarysalonandspa.com)

**Gift Cards Available!!**

### Hours of Operation

Monday restricted services available  
**Tuesday-Saturday 8:30am-4:30pm**  
Sunday closed or by appointment only

5925 Birdcage Centre Lane #100  
Citrus Heights, CA. 95610

### Salon Services:

Haircut/Style	<b>\$45 &amp; Up</b>
Kids	<b>\$20</b>
Shampoo/Style	<b>\$35 &amp; Up</b>
Flat Iron Service	<b>\$35 &amp; Up</b>
Partial Highlight	<b>\$75 &amp; Up</b>
Full Highlight	<b>\$110 &amp; Up</b>
All-Over Color	<b>\$85 &amp; Up</b>
Color Correction	<b>Call for Consultation</b>
Perm	<b>\$80 &amp; Up</b>
Spiral Perm	<b>\$95 &amp; Up</b>
Up-Do's & Formal Styles	<b>\$55 &amp; Up</b>
Deep Conditioning (w/ hair service)	<b>\$20</b>
Relaxer	<b>\$70 &amp; Up</b>
Braiding	<b>Call for Consultation</b>
Japanese Straightening	<b>Call for Consultation</b>
Extensions	<b>Call for Consultation</b>
Makeup	<b>\$45 - \$75</b>

**-Prices subject to change-**