

A Total Image
Salon & Day Spa
652 South Main Street
Central Square, NY 13036
315-668-2822

Hair & Chemical Services

*Children's Cut	\$10
*Men's Cut	\$12
*Wet Cut/Ladies Cut	\$14
*Shampoo & Cut	\$18
*Wash & Style	\$20
*Shampoo, Cut & Style	\$22
*Prom Formal Hair	\$40
*Formal Hair Style/Updo	\$50 & up
*Perm	\$45 & up
*Relaxer/Straightener	\$85 & up
*Color	\$60 & up
*Color Retouch	\$50 & up
*Corrective Coloring	\$75 & up
*Cap Highlights	\$50 & up
*Foil Highlights	\$75 & up
*Mutli Dimension	\$80 & up

Waxing

*Eyebrow	\$10
*Lip	\$8
*Chin	\$10
*Half Leg (Knee Down)	\$35 each leg
*Full Leg	\$50 each leg
*Back	\$50
*Underarm	\$10 each arm
*Full Arm	\$30 each arm
*Bikini	\$25
*Brazilian Bikini	\$60

Miscellaneous

*Make Up Application \$35

*Ear Candeling \$50

Present student ID for 15% off services, (except formal hair, already discounted)

Pedicures

Pedicure \$35

Spa Pedicure \$45

Ultimate Spa Pedicure \$60

French Polish \$5

Paraffin Dip \$13

Manicures

Manicure \$20

Spa Manicure \$23

French Polish \$5

Man's Manicure \$13

Natural Acrylics \$33

Natural Fill \$13 & up

French Acrylics \$38

French Fill \$13 & up

Color Acrylics \$43

Nail Removal \$13

Nail Repair \$4 ea.

Nail Polish Change \$8

Paraffin Dip \$13

Present student ID to receive 15% off services.

Massage/Bodywork

Relaxation/Swedish Massage

Swedish Massage is primarily used to relax the body & mind with slow, light to medium pressured strokes over the body. It is also used to shorten recovery time after exercise by removing metabolic wastes out of the muscles. The strokes & manipulations of this massage are designed with therapeutic benefit in mind. This massage also stretches ligaments & tendons & relaxes the nerves while stimulating the skin. Swedish massage is a regular component in stress management programs.

****60 minutes \$60

****90 minutes \$85

Pregnancy Massage

Pregnancy Massage is designed to relieve muscular tension & structural discomforts, enhances body awareness & offers emotional support to reduce anxiety & stress. The therapist will use comfortable positioning with pillows for the expectant mother along with a variety of massage techniques to nurture & soothe her. This massage is helpful in relieving discomfort due to weight gain & swelling in the body.

****60 minutes \$60

Deep Tissue Massage

As the name suggest, this therapy is used to release chronic muscle tension by slower, keeper & more direct touch. Deep Tissue massage locates ingrained areas of discomfort & slowly opens them.

****60 minutes \$70

Aromatherapy Massage

Aromatherapy utilizes pure therapeutic grade essential oils, which consist of the distillation of highly concentrated, aromatic essences of various flowers & plants. Essential oils have healing properties & are used for relaxation, distressing, relieving muscle soreness.

****60 minutes \$70

Raindrop Technique

Raindrop Technique is a powerful non-invasive tool for the body that brings about electrical alignment. This technique integrates Vita Flex & application of pure therapeutic grade essential oils, which are dispensed like drops of rain from approximately six inches above the back & applied along the vertebrae & the muscles on the back & neck. The same oils are integrated into the Vita Flex points on the foot, particularly on the spinal points. The effects of the oils may continue to work for five to seven days.

****45 - 60 minutes \$60

Couples Massage

Enjoy your massages in the same room followed by an aromatherapy foot soak accompanied by fresh fruit or cheese & crackers along with a complimentary glass of wine or water.

***\$150 entire package

Reflexology

Reflexology is based on the theory of reflex points in the hands & feet, which are a feature of Oriental medicine. In Oriental theory bodily energy flows through invisible routes called channels or meridians. These channels end at the feet & hands. They are also represented on the ears. Specific points & areas are directly related to the bodily organs, functions & systems. Pressing these points as in acupuncture & manipulating these areas results in a treatment effect similar to acupuncture.

***60 minutes \$60

Reiki

Reiki Therapy is used to balance & amplify energy for the physical, mental, emotional & spiritual well being of the recipient. The Reiki therapist is used as a channel to draw energy from the universe, through the palms of the hands, to the recipient's chakras, glands & major organs. The therapist may also use guided visualization techniques to relax, reduce stress & help you see your own well-being.

***60 minutes \$60

Facials

Basic European Facial

This facial cleans, exfoliates and moisturizes leaving your skin feeling smooth and refreshed.***30 minutes \$35, 60 minutes \$70

The Four Layer Facial

This anti-aging facial guarantees consistent visible results. The energy rich seaweed formula tones & firms skin with a vitamin, mineral, & protein packed treatment. \$70

Pore Perfecting Facial

This facial controls the production of oil while maintaining facial moisture by ridding the skin of impurities. The seaweed, lemongrass & cucumber that is used leaves the skin feeling refreshed and renewed. \$70

Renewal Facial

This anti-aging exfoliating facial is meant for the dry/sun damaged skin. It eliminates fine lines & evens out your skin tone to make you look & feel younger. \$70

Organic Spa Facial

Choose from a deeply purifying or revitalizing 8 Step Organic Spa Facial. Organic facials use all natural internationally certified plant based organics and include warm neck pillow, scalp massage, cleansing, gentle exfoliating scrub, mineral mask, balancing toner, serums, moisturizers and hydrating mist. \$40

Day Spa Packages/Gift Certificates

Little Miss Princess \$99

Manicure & Pedicure
60 Minute Massage

Royalty For A Day - 3 1/2 hours \$155

Spa Manicure & Spa Pedicure
60 Minute Massage
30 Minute Facial

A Total Image Make Over - 6 hours \$225

French Acrylic Nails
60 Minute Massage
30 Minute Facial
Hair Cut & Color
Make Up Application

The Grand Package - 5 1/2 hours \$320

Spa Manicure & Spa Pedicure
60 Minute Massage
60 Minute Facial
Hair Cut & Color & Highlight
Eye Brow Wax

The Ultimate Bridal Package

4 1/2 hours \$175
Manicure & Pedicure
60 Minute Massage
Formal Hair & Make Up Application

Policies

*All Packages are final, no substituting.

*Gift Certificates valid 30 days past expiration.

*Cash/credit deposit due when booking Bridal Party.

*The Bride's formal hair is FREE when booking a bridal party of 4 or more.