

MANICURE/HAND TREATMENTS

Ultimate manicure \$50.00

This complete spa manicure includes a sea salt exfoliation, luxurious mud mask, moisturizing paraffin treatment, relaxing hand and arm massage and a total beautification of your nails.

Mineral hand therapy \$25.00

Hands are exfoliated with fragrant, uplifting mineral crystals.

Special massage \$25.00

Techniques loosen tense muscles and relieve joint discomfort. Your hands are then enriched with our signature mineral balm.

Luscious hand indulgence \$25.00

Super rich ingredients leave the hands polished, glowing, silky and revitalized. The power of enzymes revives tired looking skin. Reveals a younger more refined texture. Pure heaven!

Full set of nails (tips/overlays) \$45.00

Acrylic Nail Maintenance.....\$20.00

Single nail replacement\$5.00

Removal of nails.....\$15.00

Nail polish\$7.00

French manicure\$20.00

Nail wrap for brittle nails\$30.00

Quik fix manicure\$20.00

Paraffin Treatment\$10.00

PEDICURE/FOOT TREATMENTS

Ultimate pedicure \$50.00

This relaxing pedicure includes a sea salt foot scrub and volcanic mud mask, a warm hydrating paraffin treatment, luxurious foot massage, a total beautification of your nails and therapeutic care of the sole.

Reviving foot therapy \$25.00

Essentials oils of juniperberry and pink grapefruit aid in the elimination of toxins, fluid retention and fatigue. Wonderful for the tired traveler or for those poor soles that work all day long.

Mineral foot therapy \$25.00

Feet are exfoliated with therapeutic, uplifting mineral crystals. Repair dry cracked areas with our signature mineral balm.

Quik fix pedicure ... \$30.00 French Pedicure \$35.00

Nail polish \$10.00 Paraffin treatment \$12.00

SALON SERVICES

Shampoo, cut and style/men \$18.00

Shampoo, cut and style/women \$35.00

Shampoo, cut and style/child \$15.00

Cut and style/men \$15.00 Cut and style/women \$25.00

Cut and style/child \$10.00

Bridal, stage, gala or special creation hairstyle \$45.00

HAIR TREATMENTS

Dandruff, dry or oily scalp ... \$20.00 Damaged/dull hair \$15.00

Repairing mask \$20.00 Scalp Exfoliating scrub \$15.00

Therapeutic scalp massage with essential oils \$25.00

COLOR AND BOUNCE

Hair color \$60.00 Hair color correction \$95.00

Full hi lites \$95.00 Partial hi lites \$65.00

Glossing \$40.00 Perms \$65.00

Relaxer \$75.00

WAXING

Lip \$15.00 Brow \$15.00

Chin \$15.00 Underarm \$40.00

Back \$35.00 Full leg \$50.00

Partial leg..... \$25.00 Full arm..... \$50.00

Chest..... \$50.00 Bikini \$85.00

TINTING

Eyelash \$25.00 Eyebrow \$25.00

SPA CHAKRA AND SALON DAY PACKAGES

Spa Chakra and salon signature package \$325.00

This package offers an entire day of relaxation and rejuvenation. Combining all the essential treatments and services for feminine and masculine beauty care. The ideal monthly "tune up" or a special gift for that someone special. Facial/manicure/pedicure/light lunch/body care treatment/swedish massage/hydrotherapy session/hair treatment with scalp massage/shampoo cut and style Duration: 7 to 8 hours

Spa Chakra and Salon half day package \$190.00

Facial/manicure or pedicure/light lunch/massage or body treatment/shampoo cut and style Duration: 3 1/2 to 4 hours

The balance and benefit package \$160.00

Combines the most progressive treatment to infuse your mind and body with renewed energy. Aromatherapy bath/thermastone massage/head massage with tea tree/Body booster Duration: 3 1/2 to 4 hours

Mother & daughter day package \$376.00 for 2

You can choose 4 out of the 7 treatments, you do not have to choose the exact four. Pedicure/manicure/ facial/ light lunch/ hydrotherapy/ massage/body treatment/shampoo cut and style Duration: 4 to 4 1/2 hours

Create your own package

You can create your own package or you can create that special package for someone else.

Spa Chakra and Salon

Nurture and nourish your entire being with our complete line of personal services

3825 Goodman Road • Southaven, MS 38672
662.890.6015

Spa Chakra and Salon

Nurture and nourish your entire being with our complete line of personal services

Welcome to Spa Chakra and Salon, truly a place of refuge from the modern world. Here we practice the art and science of healing the whole person- body, mind and spirit, embracing a "beauty" from the inside out philosophy. The minute you walk through the door, you sense a place of relaxation and rejuvenation.

Chakras are centers of energy located on the midline of the body. There are seven of them and they govern our psychological properties. The chakras located on the lower part of our body are our instinctual side, the highest ones our mental side.

Our spa/salon treatments include: massages, hair care services, detoxifying programs, manicures/pedicures, body care services and if there is not a service that fulfills your needs we will gladly customize a service for you.

Whether you enjoy a full day of relaxation, an hour or just a few minutes, Spa Chakra and Salon will nurture and nourish your entire being.

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Mon., Tues., Wed., Fri. 10-6 • Thurs. 12-8 • Sat. 9-2

- *Massages*
- *Professional Skin Care*
- *Detoxifying Programs*
- *Manicures/Pedicures*
- *Hair Care Services*
- *Body Care Services*

ENHANCE YOUR SPA EXPERIENCE

Arrival at the spa

Please check in at the spa 15 minutes prior to your first scheduled appointment. Each service is scheduled precisely and will end on time so that the next guest is not delayed.

What to bring

You will be given a robe and slippers to change into before your treatment. Our spa therapists will only expose the portion of your body that is being treated at the time. However, for your own comfort and privacy you may wear a bathing suit for hydrotherapy or underwear for other services.

As a courtesy to our guests, please refrain from using cell phones/pagers while visiting Spa Chakra and Salon.

Medical concerns

Upon arrival to the spa you will complete a brief history form to assist the spa therapists in providing the best possible experience and to ensure your maximum safety and comfort.

Cancellation

A 24 hour notice is requested to avoid charges for cancelled services. Gift certificates will be forfeited if not given a 24 hour notice. We Do understand that emergencies come up and will discuss on individual basis.

MASSAGES

Swedish \$85.⁰⁰ 1 hour \$50.⁰⁰ 1/2 hour

This massage is known for stimulating circulation, reduces stress, renews energy, purifying lymphatic system and offers relief from physical pain.

Skin deep therapeutic \$95.⁰⁰

This massage is a deep tissue manipulation therapy using techniques as neuromuscular, muscle energy and pressure to release blocks in the muscular system. This deep tissue promotes release of tension and increased freedom of movement.

Thermastone \$100.⁰⁰

Heated stones are incorporated in this unique massage treatment to facilitate the balancing of energy centers in the body and encourage muscle relaxation.

Ultra relaxing foot massage/reflexology \$40.⁰⁰

The foot massage releases built up tension in the feet, achilles tendon and calves, relaxes the feet and lower legs, which results in a feeling of "floating on air". It will stimulate blood circulation and improves the oxygen content within the tissue. There are 7200 nerve endings in each foot which correspond to all the major organs, glands, and body parts.

Aromatherapy \$85.⁰⁰

The natural blend of healing herbs, spices and oils combined with a massage creates a sensory paradise for you mind, body and spirit.

Prenatal \$85.⁰⁰

The expectant mother is seated in a chair and relaxes forward onto a bed with pillows. She is placed in a yoga position known as the "child's pose." This in itself expands the hips and relaxes the whole body.

Ayurvedic-head \$35.⁰⁰

Relieve stress and mental fatigue while improving circulation and increasing blood and oxygen supply to the head. Frankincense will soothe your mind in this unique head massage.

HYDROTHERAPY

Vichy shower \$45.⁰⁰

Powerful sprays of water circulate and stimulate the body.

Aromatherapy bath \$45.⁰⁰

Customize this bath by choosing an essential oil revitalizing mineral bath gentle foaming seaweed extract bath, rich in minerals. The jets in the bath gently massage the back, thighs, and calves. It induces a sense of well being while providing a rematerializing effect on the body organs and revitalizes dry skin that is losing its tone.

Detoxifying mud bath \$50.⁰⁰

For those spa goers looking for general contouring and detoxification. This mud bath is for you. Mud boosts metabolism and drains excess fluids from tissue.

Immune booster bath \$50.⁰⁰

A comforting treatment combining the cleaning, strengthening power of eucalyptus and pine, which eases breathing and boosts your natural healing powers. Perfect for allergies, sinus congestion and those just looking for a clear head.

BODY CARE/ SPA THERAPIES

Athlete's cocoon \$75.⁰⁰

This treatment is designed for the weekend warrior and athletes alike. Following a gentle body buffing, an application of a warming gel with black pepper and ginger provides muscle and joint relief. As the body is wrapped, foot reflex points ease back, neck and shoulder tension.

Seaweed body masque \$75.⁰⁰

This treatment begins with a body polish, followed by a heated seaweed masque for the entire body. Rich in minerals and trace elements, seaweed has been found to detoxify, minimize cellulite conditions and stimulate circulation.

Cucumber wrap \$60.⁰⁰

For sunburnt skin feel the heat seep out of your sun burnt body using cucumber and essential oils. The cucumber feels cool on tender skin and leaves the skin soft so moisturizing afterward is optional.

Revitalizing salt glo \$50.⁰⁰

This is the ultimate treatment to awaken your skin. The treatment begins with our hydrating body buffing grains followed by a gentle loofah and after bath mist. This therapy cleans and renews the skin leaving it feeling refreshed and vibrant.

Peppermint sea twist \$60.⁰⁰

Essential peppermint oils are combined with freshly harvested seaweed to stimulate, rejuvenate and purify skin. Improves circulation, making it an ideal treatment for sore, aching muscles or water retention. Helps contour, firm and shape areas of congestion and cellulite.

Marine clay body masque \$70.⁰⁰

This treatment is a full body masque of marine clay rich in kawa kawa extracts rich in detoxifying anti-fatigue properties. The treatment is completed with precisely targeted healing and stimulating essential oils. Tiredness drifts away leaving you feeling pampered and refreshed.

Coffee body brush \$70.⁰⁰

A soft and silky body brush opens the treatment. Then a combination of finely ground coffee, orange peel and vanilla bean exfoliate the skin, while the oils in the blend leave the skin feeling fragrant and soft as silk.

Lavender relaxation wrap \$70.⁰⁰

Skin smoothed with our relaxing and balancing lavender and primrose salt scrub is wrapped in an aromatic cocoon of french rose body mud containing ultra hydrating amino acids and gentle lactic acid. Concluding with our lavender calendula hydration lotion to seal in moisture and nourish the skin.

FACIALS

The pinnacle \$85.⁰⁰ 1 hour \$50.⁰⁰ 1/2 hour

Our ultimate facial delights the skin and tantalizes the senses. This duo enzymatic treatment deep cleanses, refinishes and revitalizes your complexion. A penetrating serum and a skin sedating collagen mask soothe and hydrate the skin.

Four layer \$85.⁰⁰

The signature rejuvenating and deep hydrating facial. The vitamin, protein mineral rich facial based on fresh marine harvested seaweed, hydrates and purifies as it reduces the signs of aging.

Vitamin C \$80.⁰⁰

In this treatment your aesthetician uses products rich in naturally sourced acids, anti-oxidants and vitamin C. This facial helps stimulate new skin cells to surface and help prevent photo damage to the skin, promoting a clear, fresh and radiant complexion.

Gentleman's \$70.⁰⁰

Specialty line of men's products are used to deep pore cleanse, tone and condition the skin. A soothing massage of the chest, neck, shoulders, and face releases stress as the face is soothed with steamed aromatic towels. Please refrain from shaving for at least one hour prior to treatment.

Oxygen \$70.⁰⁰

Come up for air. An oxygenating treatment designed for the most stressed out skin. This reviving facial uses fresh oxygen to stimulate cell renewal. Oxygen dramatically diminishes the appearance of fine lines and wrinkles.

Refresher \$60.⁰⁰

The skin is cleansed and the dull surface cells are gently removed followed by a customized masque as the neck and shoulders are massaged. A veil of moisturizer leaves the skin feeling fresh and alive.

A pat on the back \$45.⁰⁰

This is an excellent treatment for problem back skin. Deep pore cleanse with steam, extractions and an antibacterial tea tree mask leave the skin soft and supple.