

TRUYU @ CHOICE
SPA SERVICES



**Boldly
beautiful.**



MENU OF SERVICES

HydraFacials

HydraFacial is the only microdermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidants simultaneously resulting in clearer, more beautiful skin with no discoloration or downtime. Excellent for any age, skin type, ethnicity or condition.

Signature - This 30-minute session deeply cleanses, exfoliates and hydrates the skin utilizing Super Serums filled with antioxidants, peptides and hyaluronic acid.

- » One session\$149
- Series of 4.....\$476.80

Clarifying - This 45-minute HydraFacial targets oily/congested skin that can be unruly and difficult to manage. With an added blue light treatment just one HydraFacial treatment will leave the skin clear of congestion, impurities and excessive oils.

- » One session\$165
- Series of 4.....\$528

Restorative - This 60-minute session specifically helps diminish the appearance of fine lines and wrinkles while enhancing the skins elasticity for a visibly noticeable result with no downtime. Included in this treatment is your choice of Dermabuilder or Britenol serums.

- » One session\$175
- Series of 4.....\$560

HydraFacial Add-on option

- Britenol Serum\$15
- Dermabuilder Serum\$15



Rhonda Allison Signature Facials

Microderm Facial

This 30-minute facial includes microdermabrasion which helps softens fine lines and wrinkles, helps to smooth textured skin, decreases the appearance of shallow scars, decreases pore size, and age spots. Let us customize this facial for you according to your skins needs.

- » One session\$99
- Series of 4.....\$315

Multi-Vitamin Hydrating Facial\$89

This 60-minute treatment cleans, smooths, softens and nourishes moisture depleted, dull, tired skin, leaving it revitalized and glowing.

Naturally Soothing/Inflammation Diffusion Facial . \$79

This 60-minute healing treatment for acne, oily, rosacea skin types reduces inflammation and lightens pigmentation with antibacterial support, stimulating surface cell turnover for healthier skin tissue and soothing relief for healthy looking radiant skin.

1-2-3 Refreshed\$69

This 30-minute treatment refreshes tired, dull skin quickly. Double exfoliation gives skin a deep polish, infusing it with much needed hydration and nutrient support.

Add-Ons

- » Deluxe Eye Treatment\$25
- Key ingredients provide powerful, restorative results for a smoother, more rejuvenated appearance. May be done during any facial or offered separately. Peeling treatments done prior to this enhance results.

Dermaplaning

This is a skin care treatment that removes dead skin cells and vellus hair.

- One session.....\$47
- Series of 4\$150

Eye Lash/Brow Enhancements

NovaLash Extensions

Classic Lashes

Full Set.....\$150

Fill (0-28 days)..... \$75

(Anything after 28 days will be a full set)

Volume Lashes

Full Set\$200

Fill (0-42 days)\$100

(Anything after 42 days will be a full set)

Volume Fill package of 4\$340

Eyelash/Brow Tint\$26

Lash Perming\$75

Makeup Services

Bare Minerals Color MatchFREE

Full Bare Minerals Makeup Application\$60

» With \$50 makeup purchaseFREE

Event Makeup

» Bare Minerals, includes trial run\$60

» Airbrush, includes trial color match.....\$85



Massage Therapy

Relaxation Massage - This full body massage uses a combination of strokes to improve circulation, promote relaxation and improve flexibility, general health and well-being.

- » 30 minutes.....\$42
 Series of 5.....\$168
- » 60 minutes.....\$73
 Series of 5.....\$292
- » 90 minutes.....\$95
 Series of 5\$380

Hot Stone - Reduce deep muscle tension and pain while promoting relaxation with the placement and movement of smooth, heated basalt stones. Excellent for those in high stress and active environments.

- » 60 minutes.....\$84
- » 90 minutes.....\$105

Therapeutic Foot and Hand Massage - A traditional swedish massage is enhanced with basic hand/foot reflexology. Reflexology is a gentle technique stimulating organ systems and body structures by strategically applying pressure to corresponding reflex points and zones. This is a great alternative approach for headaches, sinus pressure, knee/back pain and allergy sufferers.

- » 60 minutes.....\$84

Therapeutic Massage - This is a collection of massage techniques that are used to relax muscles and increase circulation. This shortens recovery time from muscular strain, stretches ligaments, tendons and promotes flexibility. Therapeutic massage is often used to treat postural issues, sport injuries or biomechanical problems that are caused by repetitive movements.

- » 30 minutes.....\$42
 Series of 5\$168
- » 60 minutes.....\$73
 Series of 5\$292
- » 90 minutes.....\$95
 Series of 5\$380

Deep Tissue - Deep tissue sessions use some of the same techniques as Swedish massage. The use of sustained, deep pressure focuses on easing chronic tension, pain and restricted range of motion. This type of massage is not recommended for everyone. Please consult your therapist to find out if it is best for you. Session includes a 15 minute steam shower to loosen up muscles before session.

- » 30 minutes.....\$53
- » 60 minutes.....\$84
- Series of 5\$335

Integrated Cupping Therapy - This therapeutic massage session includes the use of a number of partial vacuum cups strategically utilized on pressure points on the body. Cupping helps to allow the body to release toxins, activate the lymphatic system and improve circulation to restore muscular health, relieve tension, and alleviate pain.

- » 60 minutes.....\$84
- » 90 minutes.....\$105

Pregnancy Massage - Relieve pain and tension common to healthy pregnancy in a relaxing and nurturing environment.

- » 30 minutes.....\$42
- Series of 5\$168
- » 60 minutes.....\$73
- Series of 5.....\$292

Couple's Massage - Make a date of it! Enjoy a side-by-side massage with your loved one in our special room that fits two. Choose any type and length of massage customized for each of you. Receive 10% off total price.

Honeylift Facial Massage - This treatment consists of a thorough cleansing a thorough cleansing to prepare for the massage. Then a full 30 minutes is devoted to massaging your face with the signature honeylift lotion. Our certified therapist uses a variety of massage and lymphatic drainage techniques to tone, tighten and rejuvenate the muscles of the face and decollete. The 60 minute session is wrapped up with scalp, hand and foot massage

- » 60 minutes\$63
- Series of 6\$302

Massage Add-Ons

- » Essential Oils \$5
- » Steam Shower \$20

Body Treatments

Salt Glow - This 60-minute session will reveal soft, radiant skin with eight invigorating blends of sea salt, pure mineral-rich Dead Sea salt, Ayurvedic oils and natural vitamin E. This scrub gently smooths away dryness and gives your skin a beautiful, healthy glow.

- » One session\$63
- Series of 4.....\$202

Airbrush Spray Tan - In less then 30 minutes, leave with a professionally applied airbrush spray tan using a 100% organic tanning solution.

- » One session\$31.50
- Series of 4.....\$100

Hand or Foot Paraffin Dip -\$11



Bodywaxing

» Arm	\$32
» Back	\$53
» Bikini	\$37
» Brazilian.....	\$63
Series of 4.....	\$200
» Chest	\$53
» Chin.....	\$13
» Eyebrow	\$13
» Eyebrow and Lip.....	\$21
» Eyebrow and Lip and Chin.....	\$26
» Face	\$32
» Half Leg	\$47
» Full Leg.....	\$73
» Lip.....	\$13
» Underarm	\$26

Threading

Chin	\$13
Brow.....	\$13
Eyebrow and Lip	\$21
Eyebrow, Lip and Chin	\$26
Face	\$32
Lip	\$13

Ear Piercing..... \$16 - \$47



Nails

Manicures

- » Gentlemen's Mani\$21
This treatment includes filing and shaping of the nails, cuticle treatment and exfoliation of the hands. Application of a nail strengthener or buffing to a natural shine, completes this service.
- » Mani\$26
This 30-minute treatment involves trimming and shaping nails and cuticles, cuticle treatment, nail buff, clean and polish.
- » Spa Mani.....\$37
This 60-minute treatment includes everything in the express mani, plus hand massage, mask or paraffin treatment and deep moisturizer.

Pedicures

- » Gentlemen's Pedi\$42
Once you experience it, you will be back for more! With revitalizing foot soak and a relaxing foot massage, this service also includes nail shaping, cuticle removal, callus removal and a buff to a natural shine.
- » Pedi\$37
Kick back for 30 minutes and enjoy a foot soak, nail and cuticle trimming and shaping, callous removal, nail buff, clean and polish.
- » Spa Pedi\$53
This 60-minute indulgence offers everything in the express pedi plus a leg and foot exfoliating scrub, leg and foot massage and a paraffin or mask treatment.

Add-Ons

- » French Tip\$5
- » Design.....Starting at \$5
- » Gel Polish.....\$16
- » Gel Polish Removal.....\$10

Polish Change

- » Regular\$16
- » Deluxe Polish Change\$20

SPA ETIQUETTE

Create Your Own Package

You can now bundle multiple services at once and save. Pick any separate single services and receive on the same day:

- » 3 services = 15% off
- » 4 services = 20% off
- » 5-7 services = 25% off

Spa Etiquette

Appointment Reservation - Due to the popularity of our unique services and as a courtesy to the staff and other guests, we require a minimum of 24 hours advance notice of cancellations or changes. Late arrivals will result in the appointment concluding at the original time scheduled and at the regular treatment price. Walk-ins are welcome.

Cancellation Policy - Services scheduled that are greater than one hour, including multiple service appointments that total more than one hour, require a \$25 deposit to hold the appointment. If you do not show up for your appointment or cancel with less than 24 hour notice, you will be charged \$25.00.

Age Requirements - Truyu is for adults 18 years or older. Those 17 years or younger may enjoy select services, if accompanied by a parent or a legal guardian. For the safety of our customers and staff, we request that children not be in the treatment rooms.

Early Arrival - Please arrive 15 minutes early in order to check in, complete your paperwork and relax before services.

Returns and Discounts - All sales are final. Prices do not include tax and are subject to change. Discounts and/or promotions cannot be combined. No additional discounts apply to packages or series.

Prices do not include tax.

Prices subject to change.

No refunds or returns on products, services or gift certificates.





located inside Choice Health & Fitness

4401 S. 11th Street

Grand Forks, ND 58201

701.732.7570

truyu.net