

a.&co.

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a spa. a salon. a way of life.

Our mission at a.&co. is to offer a sustainable salon experience constituting wellness and beauty while performing unique, creative, and educational services all while allowing each individual involved to feel a part of something greater than themselves.

- our -  
service menu



we only use products from companies who support environmental sustainability through recycling, energy-efficient powering and environmentally conscience formulas.

- OUR -  
**service menu**

we also believe in supporting our community by carrying jewelry, supplements, and trinkets made by local artisans.

**a warm foot soak** of mineral rich sea salts and aromatherapy accompanies all foot services along with your choice of an aveda comforting tea.

*Starting at:*

*Starting at:*

**moisturizing paraffin hand/foot treatment**

paraffin wax hydrates and softens skin while coating the skin's surface. it also increases circulation to the skin and opens pores, which allows the hydrating elements to penetrate the outer layers of the skin. this makes it a good candidate for treating dry skin and moisturizing cuticles. technicians apply paraffin wax by dipping the hand, or foot in warm wax allowing the wax to cool before peeling off, revealing silky smooth skin.

**hands** ..... \$15

**feet** ..... \$25

**hands & feet** ..... \$35

**stress-fix aveda luxury pedicure**

let go of stress and regain the beauty of life. no matter when you need to unwind, the aroma of lavender & clary sage have been proven to reduce feelings of stress. includes creamy exfoliation, detailed nail care, and a moisture replenishing massage to soften, relax and renew. finish with polish.

..... \$50/60min

**stress-fix aveda classic pedicure**

get all of the benefits of the proven stress reducer aromas of lavender & clary sage along with exfoliation, nail care, replenishing moisture massage and polish.

..... \$35/30min

**french polish** ..... \$10  
add to any service

**manicures**

**60min manicure** ..... \$45

let go of stress and regain the beauty of life. no matter when you need to unwind, the aroma of lavender & clary sage have been proven to reduce feelings of stress. includes mineral rich hand soak, creamy exfoliation, detailed nail care, and a moisture replenishing massage to soften, relax and renew. finish with polish.

**30min manicure** ..... \$30

get all of the benefits of the proven stress reducer aromas of lavender & clary sage along with a mineral rich hand soak, nail care, replenishing moisture massage, and polish.

**add on: gel-ish polish** ..... \$10

**add on: warm paraffin** ..... \$10

**hands & feet**

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## massage/body treatment services

every massage & body treatment includes hot towels, aroma therapy & a complimentary Comfort Aveda Tea

	<i>Starting at:</i>
<b>holistic swedish massage</b> a relaxed, flowing, well balanced full body massage to revive your energy and restore your body and well-being. using a light to medium-firm pressure with some light stretches.	
<b>30 min</b> .....	\$45
<b>60 min</b> .....	\$80
<b>90 min</b> .....	\$100
<b>deep tissue massage</b> a deep relaxing massage using heavy pressure and light stretching, focusing on moving slow and deep to relieve sore and tense muscles.	
<b>60 min</b> .....	\$95
<b>90 min</b> .....	\$115
<b>hot stone massage</b> heated stones melt away tension and relieve stress leaving you feeling deeply relaxed and refreshed.	
<b>60 min</b> .....	\$85
<b>90 min</b> .....	\$95
<b>pregnancy massage</b> this type of massage relieves a pregnant woman from the many kinds of discomforts experienced during pregnancy, like edema, backaches and headaches, leg cramps and pelvic joint pains. a pregnant woman should be comfortable lying on the massage table. our therapists are armed with plenty of pillows as the need arises because we always work with an awareness of the special needs of the mother-to-be.	
<b>30 min</b> .....	\$45
<b>60 min</b> .....	\$80
<b>90 min</b> .....	\$100

	<i>Starting at:</i>
<b>hot stone body treatment</b> this treatment is meant for relaxation. enjoy a full body rub down with hot stones and a combination of coconut oil and shea butter to nourish the skin. hot stones help expand blood vessels encouraging blood flow throughout the entire body. hot stones also have a sedative effect that can relieve chronic pain, reduce stress, and promote deep relaxation making this treatment a very healing experience.	
<b>1 hour 15 minutes</b> .....	\$75
<b>contouring body wrap</b> this treatment begins with a gentle full body exfoliation using a drybrush. next, your entire body will be covered with a detoxifying cream before being wrapped in a plastic wrap. this treatment helps the appearance of the skin, releases toxins and excess water, and can even take off inches! if done regularly, body wraps can help diminish cellulite and stretch marks.	
<b>1 hour 15 minutes</b> .....	\$90
<b>ultimate full body scrub</b> treat yourself to a full body exfoliation. choose between an organic sugar scrub or himalayan salt scrub which will be used to remove dead skin cell buildup. this treatment will leave your skin feeling refreshed, moisturized, and silky soft.	
<b>choose from:</b> original sugar scrub pumpkin pie sugar scrub lemon sugar scrub himalayan salt scrub	
<b>1 hour 15 minutes</b> .....	\$75

# massage

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**we encourage you** to bring headphones to listen to your favorite podcast or audio book during your lash extension service or if you prefer, we will have music to help you relax and take a cat nap. you will also receive complimentary hydrating eye gel pads with every eyelash extension service.

## eyelash extensions

*Starting at:*

**classic full set**.....\$90

classic lashes are a single lash placed on top of your natural lash. classic lashes are simple and natural.

**2wk fill** .....\$35

**3wk fill** .....\$45

**hybrid full set** .....\$120

hybrid is a mix between classic and volume lashes giving you a more dramatic look.

**2wk fill** .....\$45

**3wk fill** .....\$55

## eyelash & brow tinting

**eyelashes** .....\$20

**brows** .....\$10

**eyelashes & brows** .....\$25

**brow wax and tint**.....\$15

## lash lifts

lash lifts perm your natural lashes to give you a natural curl. add a lash tint to say good bye to mascara. results last 4-6 weeks.

**lash lift** .....\$55

**lash lift and tint**.....\$65

## microblading

*Starting at:*

**first session** .....\$300

upon arrival, we will discuss the style, definition, shape, arch, thickness, and color you desire. the procedure takes approximately 3-4 hours. there will be an extensive amount of measuring, numbing and prep done before the microblading begins. our number one priority is your safety and comfort. you will be able to provide input throughout the process.

**6 week touch up** .....\$50

a touch up session after 4-6 weeks is necessary as everyone heals differently and outcome will vary. certain areas may not pick up during first session and will need to be refilled. pigment color may need to be adjusted, brow thickness and more strokes can be added. individuals with oily skin often require a deeper shade during the touch up session as the oils tend to lighten the pigment. most importantly, your touch up session is when we refine your brows to ensure it looks perfect and retains the color for the whole year!

**annual touch up** .....\$75

microblading is a cosmetic tattoo. the pigment will fade over time and we recommend to get an annual touch-up to keep them looking their best. there is no guarantee in how long it lasts as each individual has very different skin and lifestyle.

**frequency of touch-ups depends on a number of factors including:** skin type, pigment selection, lifestyle (sun exposure, smoking, acidic skincare products, etc), iron deficiency (your body absorbs iron-oxide as a supplement), chemical peels, etc.

**please note:** final results can not be guaranteed as each unique skin type will hold pigments differently and break down at different rates. we will re-evaluate how your skin has received the pigment at your touch-up appointment and make any changes necessary.

# brows & lashes

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## chemical peels & exfoliants

\*must buy pre & post home-care kit for superficial & medium peels (\$90)

\*you must have a complimentary skin consultation before having any chemical peel and follow any pre-treatment instructions your esthetician recommends including following a pre & post home-care regimen with recommended products. the type of peel performed will be decided by your esthetician based on their professional knowledge and information collected during the skin consultation.

*Starting at:*

*Starting at:*

**aha (very superficial).....\$50**

Contains a blend of glycolic and lactic acid, helps to reduce wrinkles, dislodge comedones, and prevent further skin issues while reducing the risk of hyperpigmentation. infused with chamomile, ginseng root, and orange peel oil, this product balances and heals the skin while keeping it active.

**5-berry pigment control (very superficial-superficial).....\$25**

Combines TCA and the reparative, protective, and anti-aging benefits of 5 natural berries: cranberry, raspberry, blueberry, blackberry, and bearberry. These potent antioxidants are abundant with natural tyrosinase inhibitors that gently modify and brighten pigmentation. Great for the in-clinic treatment of photo-aging, wrinkles, hyperpigmentation, post inflammatory pigmentation, and acne.

**lactic acid 30%-50% (superficial).....\$50**

Combines the exfoliation and skin brightening power of lactic acid with active tyrosinase inhibitors and skin calming herbal extracts to provide excellent exfoliating action while moisturizing, healing, and protecting the skin. This compound is not only a superior exfoliant but also one of the best treatments for hyperpigmentation and is a preferred peel for skin of color.

**vitamin a (superficial).....\$50**

Provides strong exfoliation and stimulates new collagen production. This stable combination of active retinol (vitamin A), glycolic acid, and tca accelerates epidermal cellular renewal and protein synthesis, improving fine lines and wrinkles. This exclusive formula is excellent for fading post inflammatory pigmentation due to photo-aging and acne, and restoring healthy tone and texture to skin.

**chocolate power skin rescue peel (superficial).....\$50**

Lactic acid and natural extracts of cocoa, resveratrol, and acai berry—a powerful antioxidant—are combined to deliver excellent refining, anti-aging, and skin restoring benefits. this unique formulation influences collagen and improves skin hydration, elasticity, and tone.

**salicylic 20%-30% (superficial-medium).....\$60**

Provides strong exfoliation, resulting in increased cellular turnover and superior all-around peeling for conditions such as acne and surface pigmentation. With a concentration of salicylic acid, it enhances the topical penetration of other treatments, and oxygenates and detoxifies the skin. Perfect for oily congested skin.

**tca 15% (medium).....\$60**

The gold standard of peeling! trichloroacetic acid (tca) and powerful natural tyrosinase inhibitors are renowned for their results in treating, correcting, and controlling pigmentation, wrinkles, and acne. In combination with tca, potent antioxidants vitamin E and retinyl palmitate provide unparalleled results in safe and controlled skin peeling.

**add on.....\$25**

dermasound treatment to boost your chemical exfoliant or peel

# chemical peels & exfoliants

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**all services** are inclusive to a complimentary aveda comforting tea or refreshment

	<i>Starting at:</i>
<b>women's cut:</b>	
junior stylist .....	\$25
master stylist .....	\$40
specialist .....	\$65
<b>men's cut:</b>	
junior stylist .....	\$20
master stylist .....	\$30
specialist .....	\$45
<b>men's beard trim</b> .....	\$10
<b>youth's cut:</b>	
*12 years of age and under	
junior stylist .....	\$15
master stylist .....	\$25
specialist .....	\$40
<b>fringe or neck trim</b> .....	\$10
*complimentary to existing guests	
<b>blowout &amp; style:</b>	
blowout .....	\$30
blowout + thermal style .....	\$40
thermal styling .....	\$15
special event styling .....	\$65
<b>color:</b>	
prices vary depending on the level of stylist, hair density and length, the amount of product required, as well as amount of time of the service and technique used.	
root touch-up .....	\$65
single process .....	\$75
double process .....	\$100
men's color .....	\$50
full highlight .....	\$85
full highlight + color .....	\$95
partial highlight .....	\$75
partial highlight + color .....	\$85
balayage / ombre .....	**
fashion and vivid color .....	**
**corrective coloring—all color corrections require a complimentary consultation	

**treatments**

**intensive penetrating moisture treatment for dry hair**

scalp detox massage, detoxifying shampoo, conditioning treatment

\$40

**intensive protein treatment for damaged hair**

scalp detox massage, detoxifying shampoo, conditioning treatment

\$40

**add on: hair conditioning treatment (15 min)**

\$20

**pramasana awakening scalp ritual**

exfoliating scalp massage, purifying scalp cleanser, protective scalp concentrate

\$75

the foundation of beautiful hair is a healthy scalp. the key to a clean scalp goes beyond just cleansing – it is also balancing sebum levels and the microbiome while protecting the scalp from pollution and free radicals. it's like a facial for your scalp!

**extensions**

all extension services require a complimentary consultation

**dreadlocks**

all dreadlock services require a complimentary consultation

**hair services**

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## sugaring body hair removal

never wax again! this ancient method of hair removal uses a sugar paste made up of pure, natural, vegan ingredients. it is more sanitary and less painful. there is also very little waste with this method making it the ultimate eco-friendly way to extract hair.

### new client prices

*Starting at:*

<b>brazilian</b> .....	.....\$60
<b>extended bikini</b> .....	.....\$45
<b>bikini</b> .....	.....\$30
<b>underarms</b> .....	.....\$25
<b>full arms</b> .....	.....\$40
<b>half arms</b> .....	.....\$30
<b>full leg (including toes)</b> .....	.....\$80
<b>half leg (including toes)</b> .....	.....\$60
<b>chest</b> .....	.....\$70
<b>back</b> .....	.....\$70
<b>happy trail</b> .....	.....\$10

### return clients

must be booked within 3-6 weeks of last sugaring treatment.

<b>brazilian</b> .....	.....\$40
<b>extended bikini</b> .....	.....\$35
<b>bikini</b> .....	.....\$25
<b>underarms</b> .....	.....\$20
<b>full arms</b> .....	.....\$35
<b>half arms</b> .....	.....\$25
<b>full leg (including toes)</b> .....	.....\$70
<b>half leg (including toes)</b> .....	.....\$55
<b>chest</b> .....	.....\$60
<b>back</b> .....	.....\$60
<b>happy trail</b> .....	.....\$10

### sugaring face hair removal

*Starting at:*

<b>full face</b> .....	.....\$35
<small>brows, lip, chin, sides, nose</small>	
<b>eyebrows</b> .....	.....\$10
<b>upper lip</b> .....	.....\$8
<b>chin</b> .....	.....\$10
<b>sides of face</b> .....	.....\$10
<b>upper lip &amp; eyebrows</b> .....	.....\$15
<b>nose</b> .....	.....\$8
<b>ears</b> .....	.....\$8

### secret services

<b>vagacial</b> .....	.....\$15
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yes, you read that right, this is a skin conditioning treatment for your kitty! geared towards soothing the skin and helping prevent ingrown hairs after a brazilian hair removal treatment.

<b>vajazzle</b> .....	.....\$15
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let's keep this pretty kitty train rolling with a little bling! fun for anniversaries, wedding nights, birthdays or just because! we have a variety of designs to suit every taste and holiday! ask to see our current stock.

# sugaring hair removal

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**don't sabotage your skin** after your facial! we offer complimentary make-up brush cleaning and phone sanitation with every facial. \*add any wellness drink (see menu) to any service for a holistic, inside-out approach to healthy hair, skin, and nails.

## facial services

### basic skin consultation

complimentary with every facial

### in-depth, functional skin consultation

\*ask for details

\*\$25 credit can be used towards any facial treatment

### dermasound facial (1 hr)

anti-aging | acne-hydrating | repairing | rosacea

the dermasound machine is a clean, environmentally safe device that uses cutting-edge technology and low-frequency sound waves in a 3-stage system to combat a variety of skin conditions. safe for any skin condition, type and color. we push your treatment to the next level by using cruelty-free, pharmaceutical grade products that penetrate deeper, making your skin look and feel its best! all of our dermasound facials come with a lip plumping treatment to make your lips look extra smoochy! pregnancy and heart conditions are contraindicated.

### european facial (1 hr)

this facial is good for someone who just wants to relax. experience a gentle facial massage with certified authentic jade while we focus on relaxing techniques to help improve circulation, and reduce stress and tension. you'll leave glowing and feeling renewed.

### mother-to-be facial (1 hr)

this facial treatment addresses the hormonal changes that naturally accompany pregnancy. most moms-to-be experience some change in their skin whether it be breakouts or sensitivity, blotchiness, or just unusual reactions. these issues and more are all addressed in this facial designed especially for expectant moms!

### gentleman's beard facial (45 min)

fella's - keep things bright and bushy with this facial for furry faces. contrary to what you might think, skin with facial hair requires effort to maintain. not only do beards and mustaches demand trimming and styling, they can cause ingrown hairs, bumps, irritation, and itchiness. this multi-step professional treatment includes cleansing, exfoliating, and protecting the hard-to-get skin underneath the bristles and is the perfect compliment to your at-home beard regimen.

### lunchtime facial (30 min)

in a hurry and in need of a quick skin pick-me-up? this facial is for you. in 30 minutes we will have your skin glowing and feeling renewed.

### teen clean introduction facial (1 hr)

during this treatment we will teach teens how to take care of their skin: from how to wash their face properly and extract pimples correctly, to the importance of sunscreen and what products to use. they will receive a 30 minute facial during this experience as well as a take-home sample size masque.

Starting at:

.....\$25

.....\$75

.....\$55

.....\$55

.....\$45

.....\$30

.....\$55

Starting at:

## led light therapy (45 min)

results are cumulative and best done in a series of six, one week apart. great for reducing the appearance of fine lines and wrinkles, improving uneven skin tone, reducing pores size, killing bacteria, brightening the skin and rejuvenating the youthful look of your skin. led is good for all skin types, colors and conditions. it is safe for the eyes and it cannot be overused.

single treatment.....\$40

package of six.....\$200

add-on to any facial.....\$20

## collagen induction therapy

(cit)/micro-needling

collagen induction therapy, also known as micro-needling, is a minimally invasive skin-rejuvenation procedure that involves the use of a device that contains fine needles. the needles are used to puncture the skin to create a controlled skin injury. each puncture creates a channel that triggers the body to fill these microscopic wounds by producing new collagen and elastin. through the repair process, there is visible improvement in skin texture and firmness, as well as reduction in scars, pore size, and stretch marks. \*results are best seen after a series of treatments

### recommended schedule:

scarring (surgical, thermal, or acne):  
6 treatments 3-4 weeks apart

rejuvenation:  
3-6 treatments 3-4 weeks apart

### single cit treatments

\*includes numbing cream during treatment

full face.....\$180

decollete.....\$80

\*can add onto full face or done by itself

eye or lip treatment.....\$40

\*can add onto any facial or done by itself

growth factors.....\$250

### three cit treatments

\*includes numbing cream during treatment

full face.....\$490

decollete.....\$200

growth factors.....\$700

# facial services

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