



Massage & Reflexology Therapy

Melany Rand, BSc Agr., RMT, RRT
Elizabeth Vandenberg, BSc, RMT

| Treatment duration | Fee |
|--------------------|--------|
| 30 minutes | \$ 40 |
| 45 minutes | \$ 60 |
| 60 minutes | \$ 80 |
| 90 minutes | \$ 120 |

Athletic Therapy

Sarah Mackinnon CAT (C) CSCS
Certified Athletic Therapist and
Certified Strength and Conditioning
Coach

| Treatment duration | Fee |
|---|-------|
| 60 minutes ~ Initial Assessment and Treatment | \$ 65 |
| 45 minutes ~ Treatment | \$ 50 |

AromaTouch Technique

Meghan MacDonald
Holistic Health Practitioner, Reiki
Master

| Treatment duration | Fee |
|---|-------|
| 50 minutes ~ Initial Assessment and Treatment | \$ 65 |

HST WILL BE ADDED TO ALL PRICES ~ We accept VISA & MasterCard, Debit, and Cash.

9840 Main Street, Canning, NS B0P 1H0 · 902-582-1718 · thelandingspaandstudio@gmail.com



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Infrared Sauna

| Duration | Fee | Session package | Fee |
|------------|-------|-----------------|--------|
| 10 minutes | \$ 5 | 10 x 10 min. | \$ 45 |
| 15 minutes | \$ 8 | 10 x 15 min. | \$ 70 |
| 20 minutes | \$ 10 | 10 x 20 min. | \$ 90 |
| 30 minutes | \$ 15 | 10 x 30 min. | \$ 140 |

Esthetic Services

| | Fee | | Fee |
|----------------------|-------|-----------------------|-------|
| Eyebrows | \$ 15 | Add Lip or chin | \$ 5 |
| Underarms | \$ 25 | Add Bikini | \$ 20 |
| Half Leg | \$ 50 | Full Leg | \$ 75 |
| Full Leg and Bikini | \$ 90 | Chest | \$ 40 |
| Half Leg and Bikini | \$ 65 | Back | \$ 50 |
| Lash or Eyebrow tint | \$ 15 | Lash AND Eyebrow tint | \$ 25 |

Reiki

Jennifer Boutiler, Reiki Master
 Meghan MacDonald, Reiki Master

| Treatment duration | Fee |
|--------------------|-------|
| 60 minutes | \$ 65 |

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Thai Yoga Massage (Not covered by Health Insurance)

| | Fee |
|------------|------|
| 30 Minutes | \$25 |
| 45 Minutes | \$35 |
| 60 Minutes | \$50 |
| 90 Minutes | \$75 |

SPECIAL PRICING IN EFFECT FOR FALL/WINTER 2017

Manicure

A hydrating manicure that leaves your skin feeling moisturized and stimulated. Nail cutting and shaping, cuticle grooming, as well as hand and arm massage. Choose your favorite colour for a polish application.

\$25 | 25 min

With Regular Polish \$35 | 35 min

With Gel Polish \$40 | 35 min

Pedicure

A hydrating pedicure that leaves your skin feeling moisturized and stimulated. Nail cutting and shaping, cuticle grooming, as well as foot and leg massage. Choose your favorite colour for a polish application. Bring along your favorite sandals.

\$35 | 60 min

With Gel Polish \$50 | 60 min

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Hair Cut & Style

| | Fee |
|--|-------|
| Women's cut & style | \$ 25 |
| Men's cut & style | \$ 18 |
| Youth Cut & Style (11-15 yr.) | \$ 18 |
| Children's cut & style | \$ 10 |
| Shampoo & style | \$ 20 |
| 'Updo' style | \$ 40 |
| Bridal 'updo' style (includes consult) | \$ 80 |

Hair Colour – Includes shampoo, trim, & style

| | Fee (starting at) |
|---------------------------------|-------------------|
| Permanent/semi-permanent colour | \$ 60 |
| Highlights/foils | \$ 60 |
| Partial highlights/foils | \$ 55 |
| Per Foil (with colour) | \$ 5 |
| Corrective colour | \$ 125 |
| Perms | \$ 60 |

Please note: If more time is required to perform your service the price will be increased based on the additional time and product needed.

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