



A new you awaits...

2011



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Gift Cards

Treat someone special to a day at the spa or a day of shopping.

- Paramount Gift Cards can be purchased online, by phone, or in person.
- Available in any dollar value.
- Paramount Gift Cards can be redeemed at both locations!

Visit www.paramountdayspa.com for details.

Spa & Salon

702 2nd Avenue North, Saskatoon

Fashion Boutique

249 2nd Avenue South, Saskatoon


Spa Suite

Enjoy services with the company of friends and family.

Featuring soft seating, a cozy fireplace, french doors, and large windows, Paramount's Spa Suite is the ideal place to relax and renew... with a group!

Massage for Two

Escape with a friend or your sweetheart to candle light and a relaxing massage.



Spa Etiquette

Arrival

Please arrive 15 minutes prior to your scheduled spa booking to allow time for you to check-in, change and relax. New guests will be asked to complete a confidential medical questionnaire, designed with your well being in mind.

Late Arrival

Late arrival may result in a shortened treatment time to ensure that the next guest is not delayed. Please appreciate that we cannot adjust pricing for reduced service time due to late arrival.

Cancellation Policy

All bookings over 2 hours and Group Bookings must be guaranteed with a gift card, MasterCard or Visa.

As a courtesy to our guests and technicians, we require the following notice to change or cancel any appointments.

- **24 hrs notice** for cancellation or rescheduling of bookings requiring 2 or fewer hours of service time.
- **48 hrs notice** for cancellation or rescheduling of bookings requiring more than 2 hours of service time or group bookings for 3-4 individuals.
- **Two weeks notice** for cancellation or rescheduling of bridal parties or group bookings of 5 or more individuals.

If appropriate cancellation notice is not given, 100% of the service cost will be charged **if your vacated appointment goes unfilled**. We will make every effort to fill cancelled appointments.

Method of Payment

We accept Cash, Debit, Visa, MasterCard, and Paramount Gift Cards.

Pricing

Prices are subject to applicable taxes. Prices are subject to change.

Valuables

You may be asked to remove jewelry for some treatments. Lockers are available; however, Paramount does not assume liability for lost personal items.

Spa Boutique

Paramount offers a large selection of professional skin & hair care products as well as giftware, men's and women's nightwear, and fashion accessories. Feel free to shop and browse before or after your treatments.

Cell Phones

Please turn your cell phones off or set on silent during your time at the spa in consideration of other guests. We will be happy to relay any messages to you.

Children

As we do not have a facility for children, please arrange care for your children elsewhere for the duration of your services. This is in consideration of other guests relaxation and your own. Only children receiving services are allowed in the spa area while accompanied by a parent or guardian.

Parking

Complimentary parking is available in our on-site lot on the corner of King Street and 2nd Avenue.

Gratuities

Gratuities are entirely at your discretion and are not included in the price of our services, packages, or gift cards.

Salon Services

We are proud to be a Paul Mitchell Focus Salon

Pricing for hair and color services is based on short hair. Prices vary depending on the length & condition of hair and the experience level of the stylist.

Women's Cut & Finish	Starting at \$30.00	Updo	Starting at \$45.00
Shampoo & Finish	Starting at \$25.00	Perm (Cut Included)	Starting at \$85.00
Men's Cut	Starting at \$25.00	Curl Relaxer (Cut Included)	Starting at \$85.00
Child's cut (12 yrs. & under)	Starting at \$15.00	Specialty Wrap Perm	Starting at \$140.00
Single Process Color	Starting at \$55.00	Highlights / Lowlights	Starting at \$75.00
Add cut	Starting at \$75.00	Add cut	Starting at \$95.00
Double Process Color	Starting at \$75.00	Men's Color & Cut	Starting at \$60.00
Add cut	Starting at \$95.00	Color Correction	<i>Consultation Required</i>

Salon Treatment Enhancements *Add any enhancement to your hair service.*

Specialized Washhouse treatment	Add \$10.00	Tea Tree Scalp Treatment	Add \$10.00
add heat to intensify results	Add \$15.00	Paul Mitchell Intense Luxury Treatment	
Paraffin Hand Treatment		for Damaged Hair	Add \$40.00
(with chemical services only)	Add \$15.00		

Cosmetic Services

Make-up Application	\$40.00	Lash Perm	\$45.00
Make-up Lesson	\$60.00	Lash Tint	\$30.00
Ear Piercing (includes studs)	\$25.00	Lash Perm & Tint	\$60.00
Lash Extensions (lasts approx. 5 days or more)	\$60.00	Brow Tint	\$15.00
White Science Teeth Whitening		Tint Package (lash & brow)	\$35.00
Express	\$139.00		
Deluxe	\$219.00		

Laser Hair Removal

Pain Free, Hair Free Permanent Hair Removal is a comfortable way to eliminate unwanted body hair. Advanced Fluorescence Technology permanently removes unwanted body hair in just 6 – 10 easy treatments.

A complimentary consultation will be required prior to your first treatment.

Arms	\$150.00	Chest	\$150.00
Bikini Line	\$100.00	Chin or Upper lip	\$50.00
Extended	\$150.00	Lower Leg	\$250.00
Brazilian	\$200.00	Underarm	\$50.00
Back	\$300.00	Upper Leg	\$300.00
Upper Back & Shoulders	\$150.00		

***Above pricing is approximate only. Price and approximate number of treatments required will be determined on your personal consultation prior to your first treatment.**

For current services and pricing visit www.paramountdayspa.com

Hair Removal

Waxing removes hair at the root and leaves the skin smooth for weeks. Please allow a minimum of 1/4" to maximum 1/2" hair growth for all waxing appointments.

Waxing

Full Leg (includes Bikini)	\$65.00	Lower Leg	\$35.00
Upper Leg (includes Bikini)	\$45.00	Underarms	\$18.00
Brow Shaping	\$16.00	Chin	\$16.00
Upper Lip	\$16.00	Chest, Stomach or Back	\$45.00 per area
Shoulders	\$30.00 & up	Arms	\$35.00 & up
Bikini Line	\$23.00 & up	Full Bikini (first time)	\$60.00 & up
		(maintenance)	\$40.00 & up

Basic Wax Package

Lower Leg, Bikini & Underarms	\$70.00 & up
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Facial Wax Package

Brow, Upper Lip & Chin	\$38.00 & up
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Hand & Foot Care

Spa Manicure and Pedicure—*French Polish must be requested at time of booking. See pricing below.*

Spa services include soothing warm paraffin treatment, gentle exfoliating scrub, moisturizing massage, heel grooming, nail grooming, and professional polish.

Spa Manicure	\$50.00	Spa Pedicure	\$75.00
Spa Manicure & Pedicure Package			\$120.00

Classic Manicure & Pedicure—*French Polish must be requested at time of booking. See pricing below.*

Classic services include heel grooming, nail, grooming, moisturizing massage and professional polish.

Classic Manicure	\$40.00	Classic Pedicure	\$60.00
Classic Manicure & Pedicure Package			\$95.00

Men's Hand & Foot Care

Men's services include heel grooming, nail grooming and buffing, and moisturizing massage.

Men's Hand Care	\$30.00	Men's Foot Care	\$45.00
Men's Hand & Foot Care Package			\$70.00

Men's spa services include soothing warm paraffin treatment, gentle exfoliating scrub, heel grooming, nail grooming and buffing, and moisturizing massage.

Men's Spa Hand Care	\$45.00	Men's Spa Foot Care	\$60.00
Men's Spa Hand & Foot Care Package			\$100.00

Princess Manicure & Pedicure (12 yrs. & under)

A shortened version of our Classic services suited for little princesses.

Princess Manicure	\$30.00	Princess Pedicure	\$30.00
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Toe Nail or Heel Grooming (does not include polish)	\$40.00
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Polish Change (does not include nail or heel grooming)	\$20.00
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Hand & Foot Care Enhancements *Add any enhancement to your Hand & Foot Care Service.*

French Polish	Add \$10.00
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Warm Paraffin Treatment	Add \$15.00
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Facial & Skin Care

At Paramount we pride ourselves on providing expert skin care. Our professional estheticians will analyze your skin and recommend the most appropriate treatment and products for your skin type and lifestyle.

Men's Facial Treatment. <i>Designed for Men's Unique Skin Needs</i>	\$90.00
Teen Facial Treatment. <i>Educational, Introductory Treatment to Proper Skin Care</i>	\$80.00
(18 and under) Includes Brow Shaping	

Guinot Institut Paris

Offering treatments that are unique in the world, **Guinot** was the first to create skincare products containing the 56 active biological ingredients fundamental to cellular life.

Hydradermie Lift. <i>The Ultimate in Anti-Age Skincare Treatments</i>	\$135.00
Hydradermie Lift Eye. <i>Rejuvenates the Eye Area</i>	\$55.00
Liftosome. <i>The Firming Radiance-Boosting Treatment</i>	\$95.00
Beaute Neuve. <i>The Renewing Peeling Treatment</i>	\$90.00
Hydradermie. <i>Deep Cleansing and Hydrating Treatment with the use of Ionization</i>	\$90.00
Acnilogic. <i>Specific for Acne-Prone & Oily Skin</i>	\$90.00

Yon-Ka Paris

Using essential oils and botanical extracts, **Yon-Ka** aromatic treatments invite you on a voyage to a land of harmony, balance and plenitude. Drawing strength from nature, Yon-Ka offers treatments that slow the effects of time and provide a complexion that is radiant.

Optimizer. <i>Lifting & Firming Facial Treatment</i>	\$95.00
Alpha-Vital. <i>Resurfacing, Radiance Boosting Facial Treatment</i>	\$95.00
Vital-Intense. <i>Deep Regenerating Facial Treatment</i>	\$95.00
Hydraessence. <i>Deeply Hydrating, Cleansing Facial</i>	\$90.00
Soin Puret�. <i>Corrective, Healing Facial Treatment</i>	\$90.00
Escale Beaut�. <i>Refreshing, Cleansing, Introductory Facial</i>	\$65.00

Back Treatment. <i>Deeply Cleanses, Exfoliates, and Hydrates the Back, Neck and Shoulders</i>	\$90.00
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Facial & Skin Care Enhancements *Add any enhancement to your Skin Care Service.*

Paraffin Hand Treatment	Add \$15.00	Hydradermie Lift Eye Treatment	Add \$45.00
Brow Shaping	Add \$16.00	Eye Contour Treatment	Add \$20.00

DermaSweep: Microdermabrasion

Microdermabrasion is a skin-revitalizing treatment that reduces early signs of aging, helps repair skin that is damaged from the sun, scars, acne, hyper-pigmentation, and revitalizes dull skin.

DermaSweep offers the latest innovations in particle-free microdermabrasion and revolutionary patented treatment bristle tips for tailored and optimal results. Our trained estheticians use a gentle abrasion with suction to remove the dead, outer layer of skin in order to stimulate and reveal new healthy skin underneath. This increases blood flow, which encourages collagen formulation thus firming and toning the skin.

Includes professional cleansing and calming mask

Recommended as a series of 6 treatments for optimal results.

Series of 6 (pre-purchased)	\$750.00
Individual Treatment	\$150.00

Skin PhotoRejuvenation

Age spots, broken capillaries, rosacea, and other discolored signs of photoaging can be eliminated and replaced with newer, younger looking skin with photorejuvenation. Alma Lasers AFT treatments use relatively low-energy, short-pulse broadband light to treat areas of concern with no downtime.

Includes professional cleansing and calming mask.



Before



After

A complimentary consultation will be required prior to your first treatment.

Full Face	\$300.00
Half Face	\$200.00
Neck & Décolleté	\$250.00
Full Face, Neck & Décolleté	\$450.00
Hands	\$150.00
Hands & Forearms	\$250.00
Spot Treatment	\$100.00

Photos courtesy of: Rick Jackson, MD

For current services and pricing visit www.paramountdayspa.com

Body Treatments

Tropical Mud Slide Body Wrap - Rejuvenate in the Tropics \$110.00

Mud has been used as a beauty secret since ancient times. Rich in minerals, our clay mud will detoxify, firm and re-mineralize your body. We add a touch of Mango scented oil to really get you feeling tropical.

Hydralessance Body Wrap - The Perfect Treatment for Dehydrated Skin \$120.00

This highly effective moisturizing body treatment leaves the skin feeling smooth and velvety. Loofah extracts provide a thorough exfoliation and a seaweed body-wrap, enhanced with essential oils, detoxifies and hydrates. A soothing application of rich moisturizer leaves you relaxed and regenerated. **Not recommended during pregnancy or for those with high blood pressure, iodine or sea based allergies.**

Body Polish - Love Satin-Smooth Skin \$80.00

Invigorating body care that will leave you relaxed and full of renewed energy. Loofah extracts provide a thorough exfoliation treatment that leaves your skin soft and satin-smooth.

Body Treatment Enhancements Add to any Body Treatment.

Body Bronzing. Finish your body treatment with a warm sun-kissed glow Add \$20.00

Therapies

Reiki Therapy

The ancient healing therapy of Reiki supports the whole person – physically, emotionally, mentally and spiritually. Physically, Reiki can bring relaxation to stressed muscles, decrease pain, and accelerate healing. Anxiety is reduced and a sense of well-being is increased. In this state of deep relaxation, a re-balancing of energies can occur and the natural healing ability of the body is enhanced. Reiki has become widely accepted as a very non-invasive and effective form of therapy.

60 Minute Session \$65.00

Raindrop Therapy

The raindrop technique is a powerful, non-invasive tool for assisting the body to heal naturally. We use only Young Living oils, which are organically grown. They are applied like drops of rain and then spread out over the skin with a gentle feather like touch. It is detoxifying, balancing, and may help stimulate the immune system. Leave the stresses of the world behind and experience the benefits of therapeutic grade essential oils today!

60 Minute Session \$85.00

Therapeutic Massage - Administered by a Registered Massage Therapist. *(Receipt for health plan provided.)*

30 Minute Session	\$40.00	75 Minute Session	\$85.00
60 Minute Session	\$65.00	90 Minute Session	\$100.00

Relaxation Massage

30 Minute Session	\$35.00	60 Minute Hot Stone Massage	\$85.00
45 Minute Session	\$50.00	90 Minute Hot Stone Massage	\$120.00
60 Minute Session	\$60.00		

Massage for Two - Escape with a friend or your sweetheart to candle light and a relaxing massage. Please request double room upon booking. Standard pricing applies.

Reflexology

The benefits of reflexology include an overall feeling of well-being, released tension, increased energy, and pain relief. Regular maintenance sessions are recommended to strengthen and balance the energy flow.

30 Minute Session	\$40.00
60 Minute Session	\$65.00

Therapy Enhancements

Mineral Therapy Bath - An excellent Prelude to Any Therapy \$30.00
Sea mineral crystals purify and relieve muscle and joint pain. Combined with our jetted tub, these minerals provide a relaxing and uplifting experience.

Indulgence Milk Bath - Designed to Bring Out the Goddess in You \$35.00
Indulge yourself in a bath of moisturizing milk surrounded by rose petals and candlelight.

Whipped Chocolate Bath - A Must for the Chocolate Lover \$35.00
Submerge yourself in a rich, chocolate-scented, milk bath. The milk is an ancient moisturizing secret and the chocolate...well, it just smells divine! To complete your indulgence we provide fresh European chocolate treats.

Treatment Packages

Reward yourself or someone special. We have grouped together some of our favourite services to aid in your decision process.

Take a break...

Chocolate Dreams - We dream about chocolate too - approx. 1.5 hrs. \$100.00

Slip into a **Whipped Chocolate Bath** and indulge in fresh European chocolate treats. Then we'll send you to chocolate heaven with a **60 Minute Chocolate-Scented Relaxation Massage**, calorie free of course.

Express Get-Away - Make the most of a few hours to yourself - approx. 2.5 hrs. \$155.00

Enjoy a relaxing **30 Minute Relaxation Massage** and our luxurious **Spa Manicure & Pedicure** for the perfect get-away.

Spend a few hours...

Secret to Beauty - Experience beauty secrets from ancient times - approx. 3 hrs. \$200.00

Our **Tropical Mud Slide Body Wrap** will nourish and detoxify your body and a **Guinot Hydradermie Facial** will cleanse and restore to leave your skin looking radiant.

Spa Encounter - Imagine...half a day all to yourself - approx. 4.5 hrs. \$275.00

Melt stress away with a **Mineral Therapy Bath** and **30 Minute Relaxation Massage**. Then feel renewed, refreshed and revived with the **Guinot Hydradermie Facial** and **Spa Manicure & Pedicure**.

Spend the day...

Luxury Escape - Warning: You won't want to leave - approx. 6.5 hrs. \$375.00

Enjoy the deep-heat therapy of our **60 Minute Hot Stone Relaxation Massage**, and feel renewed with a **Guinot Hydradermie Facial**. Our **Spa Manicure & Pedicure** will have you feeling pampered and refreshed. Your day will be complete with a **Shampoo and Finish** and a professional **Makeup Application**. **Lunch provided**.

Total Decadence - The name says it all - approx. 7 hrs. \$435.00

Luxuriate in milk and roses in our **Indulgence Milk Bath**. Wrap yourself in the benefits of the sea with our **Hydralessence Body Treatment**. Revive and beautify with a **Yon-ka Vital-Intense Facial** and **Classic Manicure & Pedicure**. Replenish and glorify with a **Shampoo and Finish** complete with a personalized **Washhouse Treatment** and professional **Makeup Application**. A day so complete, you'll feel totally decadent! **Lunch provided**.



PARAMOUNT *Boutique*

Clothing • Jewelry • Handbags • Giftware

Located in the Newly Rejuvenated South Downtown area of Saskatoon. Paramount Boutique is a fashion destination for women who want to express their unique, classy style. Here you will find an excellent selection of women's clothing; casual & fun to business & elegant, handbags, belts, jewelry, gift items, and much more!

Paramount Boutique

Monday – Wednesday 10 am to 5:30 pm

Thursday 10 am to 9 pm

Friday & Saturday 10 am to 5:30 pm

249 Second Avenue South Saskatoon, SK S7K 1K8
(1.5 KM South of DaySpa & Salon on 2nd Avenue)

Ph: (306) 242-5655

Fax: (306) 242-5701

www.facebook.com/ParamountBoutique



Paramount DaySpa & Salon

Open to Serve You...

Monday & Tuesday 9:00 am to 5:30 pm

Wednesday - Friday 9:00 am to 7:30 pm

Saturday 8:30 am to 5:00 pm

702 Second Avenue North Saskatoon, SK S7K 2E1

Ph: (306) 242-0017

Fax: (306) 652-8071

Toll Free: 1-877-531-7818

www.paramountdayspa.com
www.facebook.com/ParamountDaySpaSalon



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