



SALON NORDINE & DAY SPA



*Nirvana. Your body floats
in clouds of pleasure...
soothed, cleansed, invigorated
and indulged. Salon
Nordine & Day Spa
nourishes your body and spirit
with luxurious treatments*



*designed to pamper and
rejuvenate, restore and
rehydrate. Take time
to escape the everyday
stress – from 30
minutes to an hour or the
ultimate all day affair.*



Enter a realm that exceeds your every expectation to emerge weightless and glowing.



Feel the Difference ...

FACIAL TREATMENTS

AROMAPURE FACIAL

This is a booster facial that takes your skin on a journey towards total renewal. This facial treatment cleans the skin gently and at the deepest level, in conjunction with aromatherapy oils.

DEEP CLEANSING FACIAL

A purifying treatment for oily or acne prone skin that includes exfoliation, extractions and a light refreshing massage.

ALGOMASK FACIAL TREATMENT

This treatment restores the healthy look of all skin types, instantly leaving the skin with a healthy glowing complexion. Excellent for sensitive, couperose or acneic skin. Helps to reduce redness.

HYDRO-MOISTURE FACIAL

The ultimate moisture booster facial with spectacular results. This high performance moisture treatment has a unique lift-off mask and is highly moisturizing. Recommended for dry and mature skin.

HYDRO-LIFTING FACIAL TREATMENT

This is a powerful moisturizer and exceptional lifter. It is composed of hyaluronic acids to moisturize and firm the skin.

EYE CONTOUR TREATMENT

A highly effective treatment to restore elasticity using collagen, fiber and Vitamin C serums. Helps to refine, oxygenate and increase cell renewal around the eyes so they look smoother and firmer. Reduces signs of fine lines, puffiness, dark circles and dryness.

GENTLEMEN'S EXECUTIVE FACIAL

This deep cleansing treatment helps alleviate ingrown hairs and razor burns. A stress reduction massage and a personalized mask awaken your skin's natural vitality.

CUSTOM-DESIGNED FACIAL

Let our therapist combine a number of treatments and tailor them to your individual skin needs, for any skin type. (Prices vary)



Unveil beautiful skin ...

CLINICAL FACIALS

EPIDERMABRASION TREATMENT – Microdermabrasion

This “True Lunch-Time Peel” is a safe, gentle procedure for all types and is perfect for your complexion. This treatment includes soothing cleanser and calming mask.

COLLAGEN FACIAL TREATMENT

Provides outstanding results in terms of epidermal regeneration, hydration, wrinkle smoothing and prevention, as well as scar treatment. This is an exceptional treatment for fatigued or mature skin that is unable to retain sufficient moisture.

ALPHA-HYDROXY TREATMENT – AHA & BHA

An excellent facial treatment that helps decrease the depth of wrinkles and fine lines and provides deep exfoliation without irritation. It evens out skin tone and texture, leaving your skin fresh and radiant.

VITAMIN-C FACIAL TREATMENT

Powerful oxygenative and toning treatment, that gives unequalled lifting and clarifying effects. It is designed to improve cell regeneration and rejuvenate your skin by stimulating collagen and elastin synthesis.

PURE OXYGEN FACIAL

Pure oxygen is used in conjunction with vitamins and minerals to reach the deeper levels of the skin, nourishing and revitalizing every cell. This treatment is very good for smokers or people with dull skin.

VASCULYSE TREATMENT

This is perfect for the removal of skin tags, cherry angiomas, and enlarged capillaries.

**All Facials and Massages can be purchased in packages of six or more treatments.
A 10% discount is available.**

Energize your senses ...



BODY TREATMENTS

HERBOLOGY STEAM WRAP

This ancient Chinese herbal regenerative treatment uses healing herbs and warmed hazelnut oils that polish and nourish as they are massaged onto your body. Next, the steam hydrotherapy enclosure induces the herbs to detoxify and relax tight muscles. This rejuvenating, natural treatment is designed to retexturize your body, smooth your skin and reduce stress. This treatment is great for people with very dry skin.

EXOTIC SALT GLOW

An exotic exfoliating treatment designed to invigorate and revitalize your body. Light body oils drip luxuriously all over your body before sea salt is applied. Your skin is deeply cleansed, polished and softened to perfection. A final application of body lotion leaves your skin glowing and vibrant.

AROMASENSORY BODY NOURISHING WRAP

Experience this luxurious aromatic warm oil treatment for your body and soul. You will begin with an entire body exfoliation treatment to loosen rough surface skin. This is followed by a customized blend of aromatherapy oils that are massaged onto your body. Our therapist will wrap you while the steaming bath helps the oils penetrate your skin. Drift into a state of deep relaxation as the essential oils soothe away your tension.

ARCTIC ALGAE STEAM WRAP

Combining the riches of marine algae with aromatherapy oils, this seaweed wrap treatment detoxifies and deep cleanses the body both inside and out. A heated seaweed body mask containing a warming blend of essential oils is applied to the body before you are cocooned in a comforting foil wrap. The active ingredients will mineralize and restore balance to your body.

HYDROTHERAPY BATHS

Experience the healing benefits of water as powerful jets soothe muscles and induce deep relaxation. You will feel the ultimate in muscle relief as your therapist uses a high powered hose to perform a therapeutic underwater massage. Body aches are soothed and tensions are instantly melted away. Choose from the following exhilarating hydrotherapy baths:

Aromatherapy Bath - To calm and balance the body and mind.

Arctic Algae Bath - To energize and remineralize the body.

Mud Therapy Bath - To detoxify and smooth your skin.



Relax ...

MASSAGE TREATMENTS

REFLEXOLOGY

This is an ancient healing therapy that is as blissful as it is beneficial. Reflexology works on the principle that all body organs are connected to reflex points in the feet via constantly flowing energy channels. Massaging these reflex points restores your natural energy flow and improves your overall health by sending waves of relaxation throughout the body.

LYMPHATIC DRAINAGE MASSAGE

There is a silent system working to keep us healthy – the Lymph system. Many of us don't even realize that minor aches, pains, low energy or susceptibility to colds and flu may be due to a sluggish Lymph system. This technique of manual massage helps to clear the tissue of debris and toxins and promotes cell regeneration by keeping the tissue as healthy as possible. The immune system function can be extremely increased. The paradox is that such a superficial technique has such a deep impact on our health.

MYOFASCIAL RELEASE MASSAGE

Myofascial Release Massage works by the manipulation of the fascia that connects and surrounds muscles. Tension or trauma in one part of the body can affect another part. The fascia responds to the trained touch to release the adverse effects of inflammation, tensions and trauma by breaking up or releasing constrictions or snags in the fascial tissue. People with long-standing back pains, fibromyalgia and headaches will benefit from this therapeutic technique.

SHIRODHARA-AYURVEDIC TREATMENT

In the Sanskrit language, Shirodhara is composed of two words, shiro and dhara. Shiro means head and dhara means flow. In ayurvedic medicine a warm oil flow on your head is known as Shirodhara. This is a very relaxing method and a great rejuvenating therapy that gives a healthy glow and radiance to the skin. Allow two hours for this special treatment.

**All Facials and Massages can be purchased in packages of six or more treatments.
A 10% discount is available.**



Rejuvenate ...

MASSAGE TREATMENTS

SPORT/DEEP TISSUE MASSAGE

Your massage is personalized to focus on your body's area of tension and stress. Special blends of oils are prepared to penetrate your skin and soothe tired and aching muscles. This treatment is designed to increase flexibility, relieve tightness and improve circulation and recovery time.

SWEDISH MASSAGE

During this treatment, your body is lightly dry brushed to stimulate the skin and then soothed with warmed aromatherapy oils, creating a sensation of wellness. Eastern massage techniques are applied in a series of movements to bring your body and mind into perfect balance.

AROMA HOT STONE THERAPY

Therapeutic and relaxing, this treatment alleviates stiffness and soreness, while restoring energy and balance. Smooth, warmed stones glide across your body in long, flowing strokes. The stones' heat relaxes the muscles and provides a soothing effect on your body's energy points, deeply infusing muscles with heat to melt away tension.

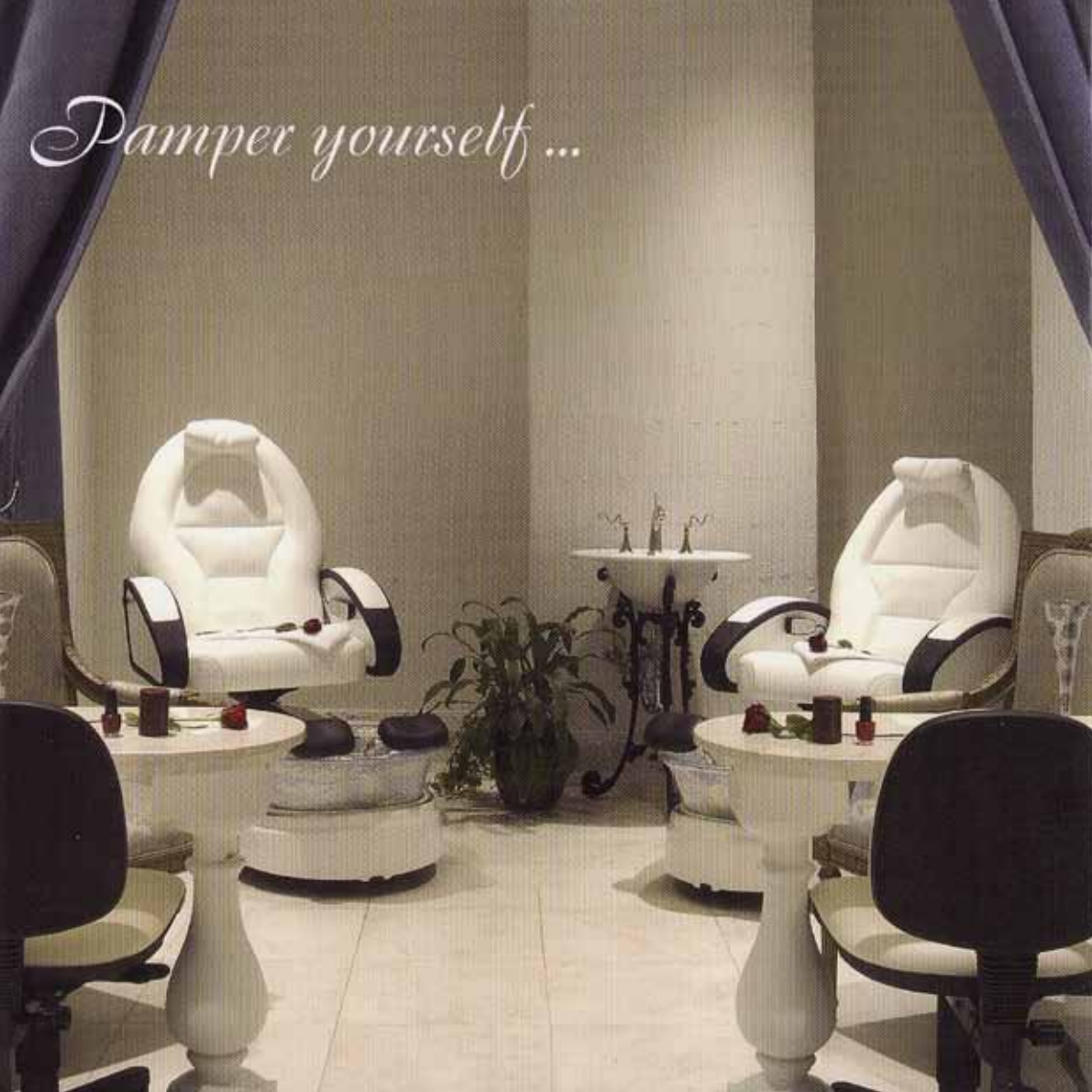
PRENATAL MASSAGE

Specially designed for mothers-to-be, this massage promotes relaxation, increases circulation and provides comfort during your wondrous time of change. The treatment helps to relieve tension and alleviate swelling in the hands or feet while uplifting your spirit. Your comfort and safety are assured with supportive pillows and camellia oil.

CUSTOM-DESIGNED MASSAGE

Let our therapist combine a number of various massage therapy techniques and tailor them to your individual likes and needs.

**All Facials and Massages can be purchased in packages of six or more treatments.
A 10% discount is available.**



Pamper yourself ...

NAIL SERVICES

REGULAR MANICURE

FRENCH MANICURE

SPA MANICURE

Intensive moisture therapy nourishes your skin and cuticles while penetrating heat increases circulation. This treatment leaves your skin smooth, relaxed and deeply moisturized.

REGULAR PEDICURE

FRENCH PEDICURE

SPA PEDICURE

A warm paraffin treatment will increase circulation. It eases aching joints, and relaxes stiff muscles while intensive moisture therapy nourishes your skin.

FULL SET OF NAILS – Acrylic, Silk, Gel

FILLS – Acrylic, Silk, Gel

BUFF AND POLISH

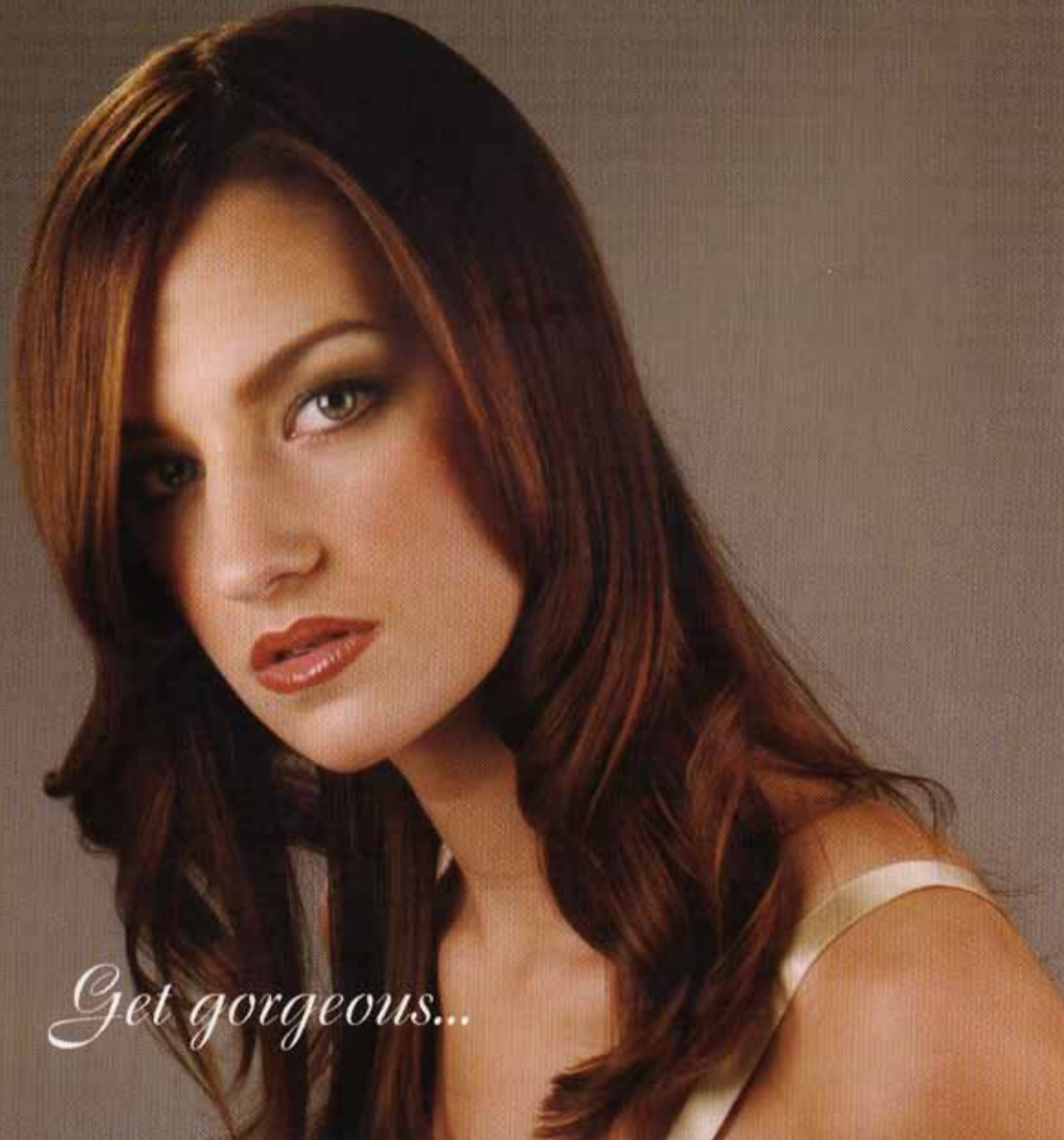
POLISH CHANGE

NAIL REPAIR

COSMETICS

MAKEUP LESSON

MAKEUP APPLICATION



Get gorgeous...

HAIR SERVICES

WOMEN'S HAIRCUT
MEN'S HAIRCUT
HAIRSTYLING
BANG TRIM
CHILD'S HAIRCUT (Children 12 and under)
UPDO
BRIDAL UPDO
PERM
RELAXER
SCALP MASSAGE
PROTEIN TREATMENT
EXTENSIONS (Consultation required)

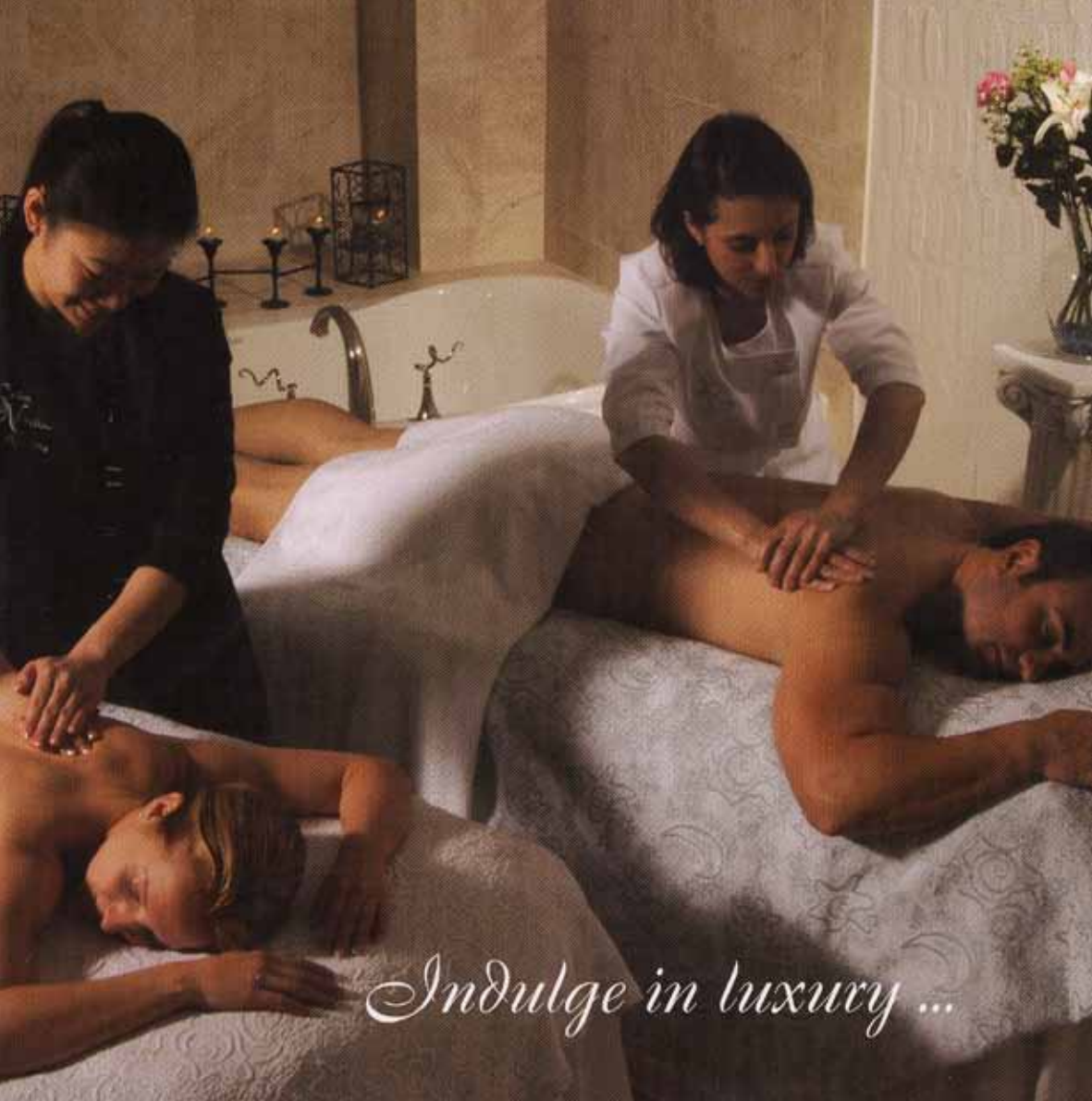
ONE STEP HAIRCOLOR
DOUBLE PROCESS HAIRCOLOR
PARTIAL HIGHLIGHT
FOIL HIGHLIGHTS (One or Two Color)
PAINTING
HAIR COLOR CORRECTION (Consultation required)

BODY WAXING

EYEBROWS
LIP
EARS
NOSTRILS
CHIN
FULL FACE
PATCHES
HALF ARM
FULL ARM
UNDERARM
HALF LEG
FULL LEG
FRENCH
BRAZILIAN
HALF BACK
FULL BACK
EYEBROW TINT
EYELASH TINT
HAIR GROWTH REGRESSION
TREATMENT (After Waxing)

FACIAL THREADING

EYEBROWS
LIP
CHIN
FULL FACE
FULL ARMS



Indulge in luxury ...

SPA PACKAGES

MINI DAY SPA PACKAGE

Indulge with an Aromapure Facial, Swedish Massage, Manicure, Pedicure and a light lunch.

FULL DAY SPA PACKAGE

This special treatment includes an Aromapure Facial, Swedish Massage, Spa Manicure, Spa Pedicure, Herbology Steam Wrap, 15 minutes in Steam Room (optional), 15 minutes in Jacuzzi (optional), Hairstyle and a light lunch.

BRIDAL PACKAGE

Nourishing 1/2 hour Express Facial, Manicure, Pedicure, Makeup Application and Hairstyle (Including rehearsal).

BATHING RITUAL SPA PACKAGE

Within the comfort of your own suite or room, discover complete relaxation and tranquility in the warmth of a luxurious bath. A spa specialist will prepare your soak with aromatherapy oils, candles and an after-bath moisturizer.

*All spa treatments can be provided in your own private suite that features a Jacuzzi, Steam Room, Fireplace and Private Showers.

\$25 per hour suite charge for a single treatment

\$50 per hour suite charge for a spa package

SERIES TREATMENTS

All Facials and Massages can be purchased in packages of six or more treatments.

A 10% discount is available.

All spa packages are automatically subject to an 18% service charge. Gratuity for exemplary service is discretionary.

Reward yourself ...



BLUE VELVET BOUTIQUE

If you can't resist the pages of *InStyle*, *People* and *Lucky* Magazines – then you will feel right at home in our Blue Velvet Boutique, where we offer personal service, exciting designs and most importantly ... Convenience!

Jill Lawson, the owner of the boutique, personally selects designers that offer contemporary gifts, accessories and clothing. Jill makes home and office deliveries and works with clients' schedules to keep shopping fun.

SUGGESTIONS TO ENSURE A WONDERFUL SPA EXPERIENCE

Please arrive 15 minutes prior to your scheduled appointment.

Wear whatever is most comfortable. A robe and slippers will be provided when you arrive.

Openly discuss your likes, dislikes, concerns or areas of focus with your spa therapist.

It is recommended that you keep your valuables with you at all times. The spa does not assume liability.

You may request a male or female therapist. However, availability of a particular therapist cannot be guaranteed.

Please contact us at least 24 hours in advance for cancellations to avoid a full service charge. All packages must be guaranteed with a gift certificate or a credit card.

Only Spa Packages are automatically subject to an 18% service charge. Gratuity for exemplary service is discretionary.

Please avoid the use of cellular telephones while in our spa.

*Discover what everyone is
talking about*



AS FEATURED IN

"Spa of the Month" – *American Spa Magazine*

Ranked "Four Stars" by *Washingtonian Magazine*

"Top American Salons & Day Spas" – *ShortCuts Magazine*

"Best Haircolor Salons" – *Elle Magazine*



Featured in *Complete Woman Magazine*

"Top Day Spas" – *Nothern Virginia Living Magazine*

Featured on *Reuter's International TV*



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