

Service Menu

Relax. Refresh. Replenish.

Indulge your senses and experience a balance between beauty and wellness.

Indulge your senses with a personalized and truly customized spa experience. Relax with a Master Clinical Aesthetician of more than 20 years, to achieve your ideal chosen treatment. Custom skin care, make up, body therapies and healthy hands & feet are among the options for enhancing natural beauty.

A background in aesthetic instruction ensures the latest techniques and protective protocols in a tranquil new locale.

Attention to detail in every service with exclusive appointments. My goal is to bring balance through locally sourced and carefully selected professional products, and to nourish and produce a rejuvenated mind, body and spirit.

Experience moments of true well being, by allowing me to treat you to transformative facials, total body wellness, podology consultations, perfect pedicures, customized aromatherapy and more.

I look forward to offering you life's simple pleasures!

April Sewell, MEI

Skin Care Services

A thorough skin care consultation is the beginning of any of our Skin Care Services. During this initial consultation all allergies should be made aware to the aesthetician. This would include but not be limited to an allergy to nuts as well as any other health concerns ie/ Asthma, Diabetes, Cancer or High Blood Pressure

Note: Add an Aromatherapy Shampoo & Blowout for a great finish to your treatment.

Our signature skin care services incorporate both an Ayurvedic and Aromatherapy approach to Holistic skin and body care. With each specialized consultation we view you, our guest, as a "whole" person and believe in not only balancing the skin but supporting the mind and body as well.

Holistic Skin Care Consultation (Balanced body/balanced skin)

During this specialized consultation you will be treated to a thorough skin analysis to determine your skin type and current condition. This will determine your skin's needs and any internal or external factors that may be affecting the health of your skin. You will also receive a detailed explanation of your mind and body type that will help to restore your body's balance, and a prescription customized for you that will lay out the specific products you can use at home to improve and enhance your skin's health. You will also receive step by step instructions on how to use these products at home correctly, and a list of the services best suited for you and your lifestyle. This may also include Aromatherapy if desired.

Please reserve 30mins for this specialized consultation \$30.00

Sage & Sweetgrass Signature Botanical Facial

An exclusive treatment is designed for you, for your mind, body and sense of well-being. We strive to create balance for the skin by helping to determine your true nature. This facial is like none other and it will improve and revitalize the appearance of your skin, reduce stress and enhance your own sense of beauty, balance and wellbeing. We designed this facial treatment to restore your skin to its true potential, starting with a foot soak, aroma ritual, cleansing and refinement, facial massage, treatment mask, aromatic towels, and scalp massage.

*Please reserve 1.25 hrs for this Signature Facial
\$60.00*

Image Custom Facial

Featuring the Image line of products, this rejuvenating and revitalizing facial treatment is designed to combat the signs of premature aging and is a great introduction to the Image Skin Care line. This beautiful facial offers increased skin clarity and improved hydration by using vitamins and minerals. These powerful anti-oxidants infuse visible life back into the skin, giving your skin radiance and feeling of softness. Each facial is specifically customized and optimized for your skin type using the Image Facial Treatment Enhancers. For optimum results it is recommended that a proper home care regime is implemented.

*Please reserve 1 hr for this spa treatment
\$75.00*

Image iLift Clinical Peel Series: *not all peels are created equally*

Signature Facelift Tx

Our signature results-driven treatment combines vitamin C, hydroxy acids and enzymes to speed up cellular renewal. New technology of centella stem cells support redness prone skin and botanical detoxifying and energizing complexes give noticeable results in just one session. Vitamin C and fruit enzymes blended in aloe vera base with anti-inflammatory botanicals to reduce redness. Hyaluronic acid adds moisture to dry/dehydrated skin. Gently exfoliates while infusing the skin with potent antioxidants.

Please reserve 45 minutes for this spa treatment
\$95.00

O2 Lift Tx

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated. Revolutionary oxygenating masque improves circulation, speeds healing and eliminates toxins. Powerful antioxidants protect against free radical damage and potent lightening blend reduces pigmentation, illuminating and brightening the skin. Next generation exfoliator with fruit enzymes to digest dead skin cells, soothing botanicals to calm skin and potent lighteners to inhibit melanogenesis.

Please reserve 1 hour for this spa treatment
\$99.00

Wrinkle Lift TX

This ultra-resurfacing blend of glycolic acid and retinol visibly reduces the appearance of fine lines and wrinkles leaving skin firm and revitalized. Buddleja stem cells reduce inflammation and diminish photo-aging, botanical coffee and peppermint energize, while eucalyptus and ylang ylang purify the skin. Anti-aging blend of glycolic acid, retinol, and botanical lighteners in an aloe vera gel base to correct, repair and rejuvenate aging.

Please reserve 30 minutes for this spa treatment
\$85.00 (Post Treatment Kit is included)
Book a series of 6 treatments for \$475.00

Lightening Lift Tx

Uneven complexions have met their match. This results-driven treatment combines the most innovative and effective botanical brighteners luminescine and seashine® with echinacea plant-derived stem cells and anti-aging peptides immediately leaving the skin younger looking and luminous. This powerful AHA and kojic acid blend in an organic aloe vera gel base targets and corrects all forms of pigmentation to leave skin even toned and illuminated.

Please reserve 30 minutes for this spa treatment

\$85.00 (Post Treatment Kit is included)

Book a series of 6 Treatments for \$475.00

Customized Add ons:

Face and Décolleté Finish

Aging doesn't stop at the face so why should your treatments. This results-oriented treatment combines the most innovative ingredients to erase wrinkles, pigmentation and tighten loose skin, leaving skin tightened, toned and ready for that daring neckline.

Add 15 minutes

\$25.00 & up depending on the treatment

I enhancers

What a better way to complete your facial experience than with an infusion of highly concentrated vitamins and minerals. These serums will help prevent environmental damage, even out skin tone and give the skin a firming lift.

Add 15 minutes

\$10.00

Eye Zone Wrap

This treatment focuses on the delicate eye area, which is vulnerable to stress and the environment. This treatment helps eliminate under eye puffiness, temporarily softens wrinkles, diminishes fatigue circles under the eyes and improves circulation. This wonderful revitalizing treatment!

Add 15 minutes

\$15.00

Spa Add-On Services and Finishing Services

Stone Therapy / Aromatherapy

Stone therapy utilizes the therapeutic and relaxing benefits of either heated basalt stone or our charka gem stones. The natural energy of the stones combined with your customized aroma will bring balance and comfort to your treatment service rituals.

\$15.00

Scalp Treatment

Your choice of essential oils heated and massaged into your scalp to relieve stress and add shine and moisture back into your hair by brushing each strand with the warm oil.

Please add 15 minutes

\$15.00

Heated Hands and Feet

Your aesthetician will perform a full massage of your hands, arms, feet and legs which will leave you feeling completely relaxed from head to toe. For even more decadence, your hands and feet will be massaged with the soothing aroma that was chosen just for you! To increase the benefits of these products and your massage, heated mitts and booties will be added.

Please add 15 minutes

\$20.00

The Perfect Finish

For a night on the town, or special occasion add a makeup application and shampoo with blow out.

Makeup application

\$35.00

Shampoo/Blowout

\$23.00

Signature Essentials for your whole body:

Sage & Sweetgrass' Rituals Meaning:

A prescribed ceremony honoring a holistic approach to skin and body care. Our mind, body & spirit connection consider the person as a whole. Our ritual series of body treatments invite you on a journey of holistic wellness incorporating mind, body, and spirit as it pertains to overall health and skin care.

Sage & Sweetgrass Goddess Reveal

We invite you to an exclusive treatment ritual designed especially for you – your body, mind and spirit. This treatment begins with you enjoying the aromatic blend of our Goddess essential oils while your feet soak and soften in a warm water bath. A full body dry brushing follows designed to stimulate circulation and further relax your body. Next, a specially blended Organic Sugar Scrub will be applied to further exfoliate and prepare the skin for a fully body Masque that is customized for you. While the mask is on, experience the warmth of being wrapped in a heated blanket so that all the hydration and minerals will penetrate the skin deeply. Warm towels remove the last traces of the Masque and our Goddess Body Lotion is applied to lock in moisture and leave you feeling silky soft. ~ This is the perfect body treatment to Reveal The Goddess Within.

Please reserve 1 hour, 30 minutes for this service

\$115.00

Sage & Sweetgrass Essential Back Treatment

This is a relaxing, deep cleansing treatment for the shoulders and back. Designed to target those hard to reach areas where dehydration and breakouts can be frequent with the ever changing weather. Like a facial, this treatment includes a skin care analysis, deep cleansing, steaming, and exfoliation, followed with a stress relieving massage, customized masque and finally hydration.

Please reserve 1 hour for this treatment

\$65.00

Sage & Sweetgrass Replenishing Sugar Body Polish

Lay back and enjoy this skin pampering, full body exfoliation treatment. This specialized treatment is designed to shed dull, rough skin and will leave the skin smoother, nourished and soft as silk. The therapeutic benefits of Organic Cane Sugar naturally increase circulation, eliminate surface impurities and replenish lost moisture. Hot towels remove the last traces of the body polish leaving behind the moisture that is also part of this delicious treatment.

Please reserve 45 minutes for this treatment

\$75.00

Sage & Sweetgrass Re-mineralizing Salt Body Polish

Enjoy soft, smooth and polished skin with this full body exfoliation treatment, which is designed to shed dull, rough and dry skin. The therapeutic benefits of marine, therapeutic salts increase circulation, stimulate the lymphatic system, eliminate surface impurities and re-mineralize the skin. Hot towel removal of the salts stimulates a deeper feeling of relaxation and the body is then replenished with rich and nourishing lotions. Your skin is left refined, smoothed and hydrated.

Please reserve 45 minutes for this pampering treatment

\$75.00

Sage & Sweetgrass Aromatherapy Relaxation Massage

Enjoy the benefits of increased circulation and release of tension in overworked, overstressed muscles.

Choosing the appropriate essential oil to further set the stage for deep relaxation...

Full body \$80.00

Back, neck and shoulder massage \$ 50.00

*suggestion add a Tub Bath when you get home...

Enjoy a half hour of soaking while allowing the soothing and healing properties of the aqua therapy salts, to relieve tired aching muscles and help you unwind after a busy day. Add a drop of your favorite essential oil.

Sage & Sweetgrass Rosemary Mint Awaking Body Wrap

Feel renewed and invigorated with a gentle, full body exfoliation to slough off rough skin and reveal a more youthful appearance. Follow this by a soothing application of our Sage & Sweetgrass body lotion infused with the essence of rosemary and peppermint. Enjoy a scalp and foot massage as you lie enveloped in warmth to balance the body and awaken the mind.

Please reserve 60 minutes for this treatment

\$80.00

Hand Care Services

The Goddess Manicure

This indulgent treatment includes a Sage & Sweetgrass sugar scrub exfoliation followed with nail shaping, soaking, and cuticle care. Follow this with a relaxing hand and arm massage, warm wax dip for your hand and a perfect polish application.

Please reserve 1 hour, 15 minutes for this treatment

\$40.00

Sage & Sweetgrass Warmed Aromatherapy Hand Treatment

Our warm aromatherapy hand soak bathes your overworked hands in deep moisture while using the therapeutic benefits of aromatherapy. This treatment also includes cuticle repair, shaping, relaxing hand & arm massage, and a perfect polish application. This signature hand treatment is a relaxing and well-deserved break from an otherwise hectic day.

Please reserve 45 minutes for this treatment

\$35.00

Manicure Hand Treatment

This treatment includes soaking, shaping, cuticle care, hand and arm massage, topped off with a perfect polish application.

Please reserve 45 minutes for this treatment

\$30.00

Simply the Basics

The nails are shaped with light cuticle care. Follow this with a hand cream application and finish with a perfect polish application.

Please reserve 30 minutes for this treatment

\$20.00

Sage & Sweetgrass Multi-tasking manicure

No time? No problem! You can enjoy this pampering manicure while your colour service is being done. Imagine being pampered simultaneously, simply for the Goddess you are! This is the ultimate in multi-tasking.

Please reserve you manicure at time of colour booking and we will do the rest!

\$30.00

Gel Polish Manicure (LCN Recolution)

A UV colour soak-off permanent polish system that is immediately dry and resilient while protecting the nail. It will even out irregularities in the nail plate creating a youthful and healthy nail surface. This polish is durable for at least 14 days under normal exposure, making it perfect for special occasions. Solvent free formulation.

Please reserve 1 hour for this treatment

\$40.00 Add Chrome Polish accent application for \$1/nail

Gel Polish Removal

The gel polish is best removed with the LCN remover specifically designed for this process. It is not recommended to pull off the product from your nail plate as this can cause damage to the natural nail.

Remove and reapply gel, our own work \$40.00

Removal with Manicure \$30.00

Remove another salons work add \$20.00

Natural Nail Gel Overlay

Booster gel with keratin by LCN, this product offers strength, protection and the opportunity for growth. Add strength to thin or weak nails with this two coat gel overlay. Polish can be worn on top of this system as desired.

Please reserve 1 hour for this treatment

Clear Fingers \$40.00 Clear Toes \$50.00

Warm Wax emersion Dip

This hydrating warm wax treatment is soothing and relaxing for the hands, and can also relieve discomfort of dry, chapped skin and cuticles. This wonderful treatment can also offer relief from the pain of Arthritis.

Add 15 minutes to any treatment

\$10.00

Shape and Polish

This service includes filing the nails to a shape that suits you, and a polish application or change. A great pick me up for those "hum-drum" days.

Please reserve 20 minutes for this treatment

\$12.00

Broken Nail...Need a Repair

We have many solutions to this problem whether its fingers or toes.

Add 15 minutes - \$5/nail

Nail Biter Program

Tired of those chewed, ratty looking nails? Then we have the program for you. This program will be customized for you to kick the pesky habit of nail biting. Time and Price to be determined.

Foot Care Services

Pedicure Foot Therapy

Healthy feet are a must for any time of the year. Reward your hard working feet with true professional care and much needed pampering. This therapeutic pedicure includes a warm aroma foot bath, exfoliation, nail and cuticle care. Followed with a relaxing foot and leg massage and topped off with a perfect polish application. Your feet will soft, silky and renewed.

Don't forget your sandals!

Please reserve 1 hour, 15 minutes for this treatment

\$50.00

**No polish version for winter time or our Gent guests \$45.00*

Advanced Podology Pedi

This pedicure is great therapy for those having a hard time with the proper care of their feet, including seniors, diabetics and other busy people with foot challenges. This pedicure includes a foot analysis, an aroma foot soak, exfoliation, nail care and a moisturizing foot and leg massage. As needed, extra dry/calloused heal work, corn removal, ingrown toe relief, thickened nail shaping, and recommendations for proper at home follow up care.

Using The Footlogix Pediceuticals your feet will be returned to true health.

Please reserve 1 hour, 30 minutes for this treatment

\$55.00

The Goddess Pedicure

This luxurious service begins with a warm, re-mineralizing salt foot bath while you soak the stress away. Once the feet are softened and warmed a custom exfoliation follows. Warm towels remove the last traces of the exfoliant before your nails and cuticles are pampered & cared for. Follow this with a beautiful foot and leg massage with our own Goddess moisturizing cream, a warm wax immersion and all topped off with a perfect polish application. Don't forget your sandals!

Please reserve 1 hour, 30 minutes for this treatment

\$60.00

Just the Basics

If you are in between regular pedicures and need a quick fix, this is the pedicure for you! Enjoy a quick foot soak, light cuticle work, shaping of the toe nails, a foot cream application then finishing with a perfect polish application.

Please reserve 45 minutes for this treatment

\$30.00

Hair Removal

Waxing is a semi-permanent method of hair removal! Waxing will generally remove the papilla (or root) of the hair which results in reduced or significantly slower hair growth.

We have carefully chosen Cirépil wax because it protects the integrity of the skin. This specialty wax sticks to the hair rather than the skin and the thin gel textured wax is hypo-allergenic, rosin free and fragrance free! Especially made for Highly Sensitive areas therefore; when the integrity of the skin is uncompromised, there is reduced inflammation, redness and downtime for the client; making painful waxing a thing of the past!

Waxing does not cause ingrown hairs, bumps and cuts commonly associated with shaving. When your hair does grow back it is significantly finer and less noticeable. For best results, have at least one-quarter inch of hair growth for your appointment.

Avoid: AHA's, glycolic acids, sun exposure, tanning beds prior to your appointment and confirm there has been no change in medications since your last waxing.

Eye brow Shaping - \$20.00

Eye brow Maintenance - \$15.00

Upper Lip - \$10.00

Eyebrow Maintenance & Upper lip - \$20.00

Chin - \$8.00 & up

Facial areas – starts at \$22.00 (time determined)

Under arms - \$20.00

Arms - \$25.00 & up

Bikini Line - \$30.00 & up

Brazilian - \$50

Half leg - \$35.00

Full Leg - \$55.00

Back or chest - starts at \$35.00 (time determined)

Cosmetics

Young Blood Minerals are inorganic solid substances that occur naturally in rocks and the ground. When used in cosmetics, these micronized crystals reflect light to help smooth the appearance of fine lines and blemishes. Minerals provide rich colour with natural pigments from the earth and naturally provide sun protection, keeping skin healthy and youthful. Minerals do not support the growth of bacteria or microbes and pose a lower risk of allergic reaction. All our products are: Paraben-free, Talc-free, Cruelty-free, Fragrance-free, Oil-free, and many Select Vegan Products.

Make-Up Application

The artistry of make-up can enhance a person's skin tone and reveal one's own natural beauty. Together with the makeup artist we can create a look for your special occasion, night out on the town or even the perfect look for every day.

*For the best results of perfect beauty, have your eyebrows shaped before the day of your event.

Please reserve 45 minutes

\$40.00

Trial Wedding Makeup

\$45.00

Cosmetic Lesson

Learn the latest makeup looks and trends as well as the colours best suited for you and your unique complexion. The look we co-create with you will enhance your own natural beauty and compliment your lifestyle. We will teach you everything you need to know about face shapes, enhancing your eyes, perfecting your lips and concealing techniques for any imperfections. Leave knowing how to create your best looks for yourself!

Please reserve 60 minutes for this customized service

\$50.00

Finishing Touch Application – FREE with any service

Tinting

For those that like the look of added color to Eyelashes and Brows, this non-toxic dye leaves the lashes looking fuller and thicker and definition to the brow.

Brow Tinting - \$15.00 (with Brow wax \$10)

Lash Tinting - \$20.00

Eye Lash Extensions

Eyelash extensions are the most effective way to look amazing without makeup, cut your 'getting ready' time in half, boost your confidence and wake up looking fresh, vibrant and beautiful. Eyelash extensions are the best way to achieve dramatic, beautiful and luscious lashes while still maintaining a natural look. They will look and feel like real eyelashes, and that natural look is achieved by each isolated eyelash getting its own thick, dark extension for enhancement.

Classic Lash \$110

Glamour Lash \$150

Rebalance 2-3 weeks \$60

Rebalance 3-4 weeks \$80

Makeup Removal and lash prep \$25

Take home kit: eye makeup remover and lash mascara specially formulated for lash extension wearers - Add \$ 55 (value \$30 and \$36)

Ear Candling

TBA

Life Style Classes and Ongoing Education

Check often on our website for upcoming dates and times! Experience the difference, a small group setting can give you. Learn in a small amount of time, how to use our knowledge to create your own look and achieve total body wellness. A variety of topics are available to you including Aromatherapy. There is a small charge to ensure seating for these classes, but is fully redeemable in product the day of the event. We can be found at www.sageandsweetgrass.ca and be sure to join our Wellness Revolution Magazine subscription. We look forward to serving you in the future!

It's All About You

Personal Aroma Blends

Whenever you come into Sage and Sweetgrass it really is all about You! We are able to customize an aromatherapy blend best suited to you and your needs. During this service you will experience a personal aroma journey, where your own senses will unlock memories and enable you to choose the blend that is perfect for you and your lifestyle. After this service you will leave with a customized Personal Aromatherapy Blend that is perfect just for you!

Please reserve 30 minutes

\$45.00

Spa Day Package

Spa Day the Ultimate Goddess

This half day Spa Getaway is the ultimate in beauty and rejuvenation. Your Spa Treatment begins with a Signature Botanical Facial that is customized just for you and your unique skin type. This is followed by our Goddess Hand treatment and our Goddess Pedicure. Your brows will be shaped and a light Mineral makeup application will have you leaving the spa glowing and relaxed. Complete your day with us by allowing our talented stylists to give you an aromatherapy shampoo with blow out.

The Ultimate Goddess is The Ultimate Gift for any Occasion.

Please reserve 5 hours for this service

\$250.00

Please note this service includes a light lunch and a takeaway gift.

Gift Certificates Available

Appointments

Monday 1-9

Tuesday 10-6

Wednesday 1-9

Thursday 10-6

Friday and Saturday - Recharging

**subject to change*