

## Haven Room Treatments

### Massages

**Knee to Toe Massage** **\$35, \$45, or \$55**  
Incorporating a blend of different massage styles.  
20, 30 or 40 minutes

**Hand Massage** **\$30**  
Let us massage your hands with the utmost care using warm oil.  
20 minutes

**Aromatherapy Scalp Massage** **\$20**  
*Simple spa classic*  
Relieve tension while helping to quiet your mind.

**Neck, Shoulder and Head Combo** **\$28 or \$38**  
This area is a common storehouse for our everyday stresses. Let us take the world off your shoulders and melt your knotted muscles away.  
20 or 30 minutes

**Other**  
**Simply Sweet** **\$40**  
Foot bath of your choice followed by a 20 minute foot and leg massage

**Fresh Feet** **\$40**  
Aromatherapy foot bath, salt scrub and uplifting mask for the legs and feet

## Scheduling

We understand your time is precious, therefore we recommend you reserve your appointment times in advance. Weekends and holidays tend to book up quickly; to avoid disappointment we suggest that you schedule these appointments 2-3 weeks in advance. However, please don't hesitate to call for last minute appointments, as we will do our best to accommodate you.

## Cancellations

Due to the personalized nature of our services, we begin preparing for your appointment well in advance of your arrival.

Should you need to cancel, 24 hours advance notice is required for appointment cancellations. Appointments cancelled in less than the required time may be subject to a cancellation fee.

## Missed Appointments

In the event that you miss three consecutive appointments without contacting the front desk, you will be unable to schedule future appointments. However, you may be considered as a walk-in or we will be happy to add you to our cancellation list.

## Late Arrivals

Service times may be shortened to accommodate late arrivals; however, in some cases it may be necessary to reschedule services.

## Hours of Operation

<b>Mon, Thurs</b>	10:00am to 6:00pm
<b>Tues, Wed, Fri</b>	10:00am to 7:00pm
<b>Saturday</b>	9:00am to 6:00pm
<b>Sunday</b>	CLOSED

Selah Salon and Spa  
2050 E. Bogard  
Wasilla, AK 99654  
(907) 357-3155

[www.selahsalonandspa.com](http://www.selahsalonandspa.com)  
Gift cards available online!

# selah salon & health spa

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## Hair Services

*\*Hair service pricing may vary according to the individual hairstylist - please call for specific pricing\**

### Hair Cuts

Womens Haircut with Style - \$40  
Mens Haircut - \$25

### Styling

Shampoo and Style - \$25  
(shampoo and blowdry)

Special Occasion Hair - \$35  
(shampoo, blowdry, curl or flat iron style)

Updo - \$55  
(special event style)

### Colors and Highlights

Color ala Carte - \$70

Highlight (\$10 for each additional dimensional color) - \$85

Color with dimensional color - \$110

### Redken Chemistry Shots - \$35

Moisture - (replenishing moisture and shine to dry, over processed hair)

Clarifying - (perfect for removing chlorine, mineral and/or product buildup)

Color - (suggested with every color service)

## Hair Removal

Eyebrow - \$18	Bikini - \$40
Lip or Chin - \$15	French Bikini - \$50
Lash or Brow Tint - \$20	Brazilian - \$60
Lash and Brow Tint Combo - \$35	Lower Leg - \$45
Face Wax - \$50	Full Leg - \$60
Underarm - \$25	Full Leg w/ Bikini - \$80
Lower Arm - \$25	Mens Back Wax - \$50
Full Arm - \$45	

## Sweet Treats

### Infrared Sauna - \$10

Burn an average of 700 calories and detoxify your body.  
Sauna complimentary with any spa service upon request.  
30 Minutes

### Aveda Makeup Application - \$35

### Aveda Bridal Makeup Application - \$45

### Permanent Makeup

[www.agelessbeauty makeup.com](http://www.agelessbeauty makeup.com)

v. selah - to take a moment and pause

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## SPA ~ Hand + Feet

### Petite

Cuticle care, shape, buff, color  
(Toes include warm soak)

**Fingers \$25 / Toes \$35 / Both \$55**

### Nourishing

Cuticle care, shape, exfoliation,  
light massage, buff, color  
(Toes include warm soak and mask)

**Fingers \$35 / Toes \$60 / Both \$85**

### Signature

Cuticle care, ginger exfoliation,  
seaweed mask, shape, massage, buff, color

**Fingers \$45 / Toes \$65 / Both \$100**

### Gentlemen's

Cuticle care, shape, buff  
(Toes include warm soak)

**Fingers \$20 / Toes \$30 / Both \$45**

### Renewing Hand Treatment

Petite manicure + targeted anti-aging treatment

\$40

### Gel Polish Manicure

Enjoy 2 to 3 weeks of flawless color and wear

\$45

### Gel Polish Soak off

\$5

### Hand + Feet Sweet Treats

Add Gel Polish to any Hand + Feet service

\$20

Polish Change

\$15

French Tip

\$10

Paraffin added to any Hand + Feet service

\$7

Intensive Callous Treatment

\$5

## Facial Treatments

All facials are customized to our client's individual needs. Different skins have different needs, which is why we offer a full range of facial treatments to address each client's unique skin challenges.

Our facials feature Yon-Ka skin care products, a French company that has pioneered aesthetic aromatherapy and phytotherapy beauty treatments. Give your skin the means to preserve its balance, energy and beauty.

### Selah Signature Facial

*Experience our one-of-a-kind luxurious facial!*

**80 minutes**

\$105

### Total Optimizer Facial

*A beautifying and relaxing lifting treatment for face, neck and décolleté!*

**80 minutes**

\$115

### Drench Facial

*Designed to soothe and moisturize the driest of skin.*

**50 minutes**

\$85

### Purifying Facial

*Deep cleansing treatment for radiant healthy skin.*

**50 minutes**

\$85

### Classic Rejuvenating Facial

*This facial will leave your skin fresh and glowing!*

**50 minutes**

\$75

### Enhance Fermete

*A petite beautifying and relaxing lifting treatment for the face, neck and décolleté.*

*-- Suggested add on to our Classic Facial - \$35*

**20 minutes**

\$45

### Petite Facial

*Perfect introductory way to jumpstart your skin.*

**25 minutes**

\$45

## Massage and Body Work

All full body massage includes complimentary use of our showers and infrared sauna upon request. We suggest arriving early to take a sauna prior to your treatment.

### Aromatherapy Couples Massage

\$160 or \$210

*Perfect for reconnecting with a loved one.*

**50 or 80 minutes**

### Aromatherapy Massage

\$40, \$70, or \$95

*Essential way to relax - our most requested indulgence!*

*Select from Relax, Detox or Uplifting.*

**25, 50 or 80 minutes**

### Deep Tissue

\$45, \$80, or \$105

*Perfect for active individuals*

**25, 50 or 80 minutes**

### Mixed Massage

\$40, \$75, or \$100

*Delightful combination of both Swedish and Deep Tissue techniques.*

**25, 50 or 80 minutes**

### Hot Sea Stone Massage

\$80 or \$105

*Melt away any stress and tension.*

**50 or 80 minutes**

### Pregnancy Massage

\$40, \$70, or \$90

*A relaxing way to enjoy this precious time.*

**25, 50 or 80 minutes**

## Body Treatments

### Spa Pure Olive Leaf

*An invigorating escape -  
Ideal prelude to any massage or facial.*

**25 minutes**

\$40

### Seaweed Body Mask

*Revitalize and Restore*

**50 minutes**

\$85

### Phyto - Marine Seaweed Body Wrap

*Contouring treatment will soften and re-mineralize your skin. Inch loss will vary on individual, recommended in a series of 6.*

**\$115**

### Ultimate Unwind

*A comforting escape*

**80 minutes**

\$115

### Flash Soleil

*Bronzing treatment - beautiful sun kissed glow anytime of the year!*

**45 minutes**

\$65

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