

## NAIL SERVICES

### Classic Manicure

For clients on the go... a 30-minute rejuvenating manicure. Designed to reshape the nails, clean up the cuticles and massage moisture into the hands. Treatment is complete with a fresh coat of nail polish.  
*Treatment time: 30 minutes, \$25*

### Hydrating Manicure

Intensive therapy for dry, parched hands... an exfoliating sweet almond and sea salt treatment that gently polishes skin, followed by a moisturizing shea butter massage. Nails are buffed to a beautiful shine. Nail polish is not recommended.  
*Treatment time: 45 minutes, \$37*

### Green Tea Manicure

The soothing zen-sational qualities of antioxidant teas, plus a relaxing aroma work to calm and restore your hands and mind! Purifying hand soak, luxurious green tea scrub and a hydrating mask. Your manicure is complete with a massage using our white tea massage lotion.  
*Treatment time: 60 minutes, \$40*

### Nail Enhancements

We offer the latest in gel services. Please visit our website for a complete list of services offered.



## SUNLESS TANNING



**UV-FREE**  
VERSASPA

VersaSpa is unlike any other sunless tanning experience and features state-of-the-art comfort technologies that you won't find anywhere else.

**\$20**

*Just \$10 with membership—ask for details*

Please check our website for special offers, coupons, discounts and current hours.

[www.tresbellaspa.com](http://www.tresbellaspa.com)

## PEDICURES

### Express Pedicure

Refresh and beautify the feet in a jiffy. A great way to spend your lunch break!  
*Treatment time: 30 min, \$30*

### Classic Pedicure

Feet are soaked, followed by a gentle exfoliation of the legs and feet in a two-step process. Relax as your feet and legs are wrapped in warm towels. Your pedicure is complete with a pampering foot and calf massage and choice of polish.  
*Treatment time: 50 minutes, \$45*

### Scrub Bar Pedicure

Choose your own minerals for a truly customized experience. The base scrub is selected from salt, brown sugar and cornmeal. Next you choose an essential oil (from soothing & calming to refreshing or even stress-reduction). Powder is added to the mix, also with added health benefits and finally the mask selection consists of green tea, moor mud, desert heat or seaweed, each with its own beneficial properties. This pedicure process is equivalent to our Spa Pedicure. Your pedicure is complete with your choice of polish.  
*Treatment time: 60 minutes, \$47*

### Spa Pedicure

A luxurious, marine-inspired facial for the feet, which includes a 4-step exfoliation process of beach sand, quartz crystals, sea salt and alpha acid, followed by a rejuvenating marine-algae foot masque, and an award-winning cucumber heel therapy to relieve dry, cracked heels. Finished with a pampering foot and calf massage and your choice of polish.  
*Treatment time: 60 minutes, \$50*

### Stone Therapy Pedicure

The ultimate in relaxing pedicures... Warm riverbed stones combined with customized aromatherapy oils are used to restore your inner peace and tranquility.  
*Treatment time: 60 minutes, \$70*

### Princess Nail Services

Tres' Bella understands that young ladies want to be pampered too! Princess services are for children under the age of 12.  
*Princess Manicure, \$15*  
*Princess Pedicure, \$30*



**AVEDA**

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

## SPA ETIQUETTE & POLICIES

### Arrival Time

For first time clients having massages, facials or body treatments, we ask that you arrive 15 minutes early to complete the required paperwork. Arriving late will possibly interfere with your treatment, potentially decreasing the desired effects of the service. All appointments will end at their scheduled time so that the next guest will not be delayed.

### Cancellation Policy

We ask that, if you do have to cancel or re-schedule your appointment, you notify us 24 hours prior to your appointment time. If you are unable to notify us 24 hours before your appointment, you will be charged 25% of the total service costs.

### Health Concerns

Please notify a Spa receptionist before any spa service if you are pregnant, have allergies, high blood pressure, a physical ailment or any other health concerns. Your service provider will speak to you about the temperature, pressure, music, product and sequence of services they are providing. You may also communicate to us how you are feeling during your service. If there is anything you would like us to address, please inform your service provider. Our technicians reserve the right to discontinue services at any time, based on the health concerns of our clients.

### What to Wear During Treatment

Tres' Bella clients are encouraged to undress to their comfort level. Professional draping is performed throughout the duration of the service for optimum privacy for our clients.

### Spa Payment

Tres' Bella accepts Visa, Master Card, Checks, Gift Cards and Cash. We require a credit card to reserve any service over \$100.

### Gift Certificates

Gift certificates are available in any denomination and may be used for spa services, or in our Boutique. They are non-transferable, non-refundable and have no cash value. Gift certificates may be purchased over the phone and mailed to the recipient of your choice with the use of a credit card. Gift cards expire one year after purchase.

### Cell Phones

In order to ensure a relaxing experience for all of our clients, we ask that all cell phones be silenced while in our spa area.

### Service Availability

At Tres' Bella, we pride ourselves on the amount of additional training and experience that our staff members possess. As such, the availability of some services is dependent on the availability of certain technicians. Tres' Bella reserves the right to change our hours and prices at any time. Current information will be available on our website.

### Spa Parties

For your convenience a 15% gratuity is added to every spa party. 10% off parties of 4 or more with each service of \$45.00 or more, 15% off parties of 6 or more with each service of \$45.00 or more

### Spa Tours and Children

For our client's privacy, spa tours will only be allowed when spa services are not in progress. Unless having services, children or other guests are not allowed in the treatment areas.

**Spa parties and corporate events available.**



OFFERING  
**AVEDA**  
PRODUCTS AND SERVICES



426 North Royal Ave., Front Royal, VA 22630  
[tresbella@tresbellaspa.com](mailto:tresbella@tresbellaspa.com)

**540-635-2255**

Call or visit our website for current hours

[www.tresbellaspa.com](http://www.tresbellaspa.com)

## MASSAGE SERVICES

### Elemental Nature Massage

A customized massage experience based upon the Aveda Elemental Nature Philosophy and your favorite Aveda aroma. Depending upon your needs, a variety of massage techniques will be utilized including but not limited to Swedish, Deep Tissue, Pregnancy Massage, Acupressure and Reflexology. *Treatment time: 30/60/90 minutes, \$55/\$90/\$125*

### Chakra™ Balancing Massage

An innovative treatment that focuses on centering of the chakras using a variety of massage techniques. The treatment features the Aveda Chakra Balancing Blends with deep tissue massage on the back and spinal muscles, chakra reflexology massage for the feet, and energy work for each of the chakras. In addition, guests will be guided through a meditation to enhance the benefits of stress relief, decreased muscular tension and increased energy.

*Treatment time: 60/90 minutes, \$90/\$125*

### Swedish Massage

Uses a system of long strokes, kneading and friction techniques on the outer layers of the muscles. Used primarily for full body session. Promotes general relaxation, improves circulation and range of motion, and relieves muscle tension.

*Treatment time: 30/60/90 minutes, \$45/\$75/\$115*



### Deep Tissue

Releases the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either by following or going across the grain of muscles, tendons, and fascia. It focuses on the deeper layers of muscle tissue.

*Treatment time: 30/60/90 min., \$50/\$80/\$120*

### Aromatherapy Massage

Specialized massage combined with pure essential oils, targeting the nervous system to affect every structure of the body. Relieves stress and produces a feeling of well-being and harmony of the body's energy flow. Tres' Bella uses the finest oils, Young Living, one of the world's leaders in cultivation, distillation, and production of pure essential oils. *Treatment time: 60 minutes, \$80*

### Stone Massage

Using heated basalt stones and cold marble stones, the physical body is put into a deep, relaxed state. This treatment is most effective in bringing balance back into your life. Not recommended for pregnant women or those with high blood pressure.

*Treatment time: 60/90 minutes, \$110/\$165*

### Neck/Shoulder Massage

Relieve stress and tension in your neck and shoulders by deeply massaging the pressure points within these areas. Find relief of minor headaches and muscular strain or stiffness!

*Treatment time: 30 minutes, \$45*

### Reflexology

Relieve stress and fatigue while improving circulation and increasing blood and oxygen to the head. Reflexology is based on the Asian healing method of applying thumb and finger pressure to specific nerve endings on the feet to promote a sense of comfort, relieve stress, improve circulation, and bring balance to the body.

*Treatment time: 30/60 minutes, \$45/\$90*

## Massage Services, continued

### Sports Massage

A special form of massage that is typically used before, during and after athletic events, the purpose of the massage is to prepare the athlete for peak performance, to drain away fatigue, to relieve swelling, to reduce muscle tension, to promote flexibility and to prevent injuries. It also helps to alleviate the stress and tension that build up in the body's soft tissues during physical activity. *Treatment time: 60/90 minutes, \$85/\$130*

### Pea in the Pod Massage

A luxurious Swedish massage designed to address prenatal and postnatal needs. Your massage therapist will comfort you by creating a relaxing cloud of pillows that cradle you in a side-lying position. Nurture yourself during your most delicate time. Not recommended during first trimester, always check with your doctor before scheduling your appointment.

*Treatment time: 30/60 minutes, \$45/\$75*

### Couples Massage

Indulge in a romantic couples massages in our private couples massage room with candlelight. Enjoy a classic blend of Swedish massage techniques to relax, de-stress and nurture both of you. Two therapists will treat you and your partner to a delightful, soothing experience.

*Treatment time: 60/90 minutes, \$150/\$230*

**We also offer series pricing for massages. Call spa for details.**

## BODY POLISHES & TREATMENTS

### Anti-Stress Back Treatment

The back is exfoliated then moor mud, renowned for its powerful, natural active ingredients, is applied warm to the back, neck and shoulders to relieve stress and soothe muscle soreness, aches and pains. Cooling gel is then applied to reduce tension and hydrate the skin. Followed by a relaxing massage. *Treatment time: 60 minutes, \$75*

### Rosemary Mint Awakening Body Wrap

Renew body and mind with this stimulating and nurturing wrap. Your body is exfoliated, smoothed, softened and wrapped. Essences of rosemary and peppermint will awaken your senses while a scalp and foot massage balance the body, mind & spirit. *Full body: 45 min., \$75, Back only: 30 min., \$45*

### Caribbean Therapy Body Treatment

A rejuvenating and nurturing spa treatment that uses the healing touch and plant ingredients of the Caribbean to create inner calm and renew the body and senses. The treatment begins with dry exfoliation, followed by a warm, seaweed back and foot masque to smooth and detoxify. A restorative face and body massage complete this island inspired experience. Ideal for jet lag, post trauma or stress recovery. *Full body: 60 min., \$100, Back only: 30 min., \$55*

### Essential Back Treatment

Get at those hard-to-reach places with this unique deep cleansing skin treatment for the back, neck and shoulders. While experiencing a plant and flower steam inhalation, the back and shoulders are purified. The texture of the skin is refined followed by a deeply relaxing massage and an herbal treatment masque. This treatment removes impurities, releases tension in the muscles and leaves the skin soft and smooth.

*Treatment time: 45 minutes \$75*



## SPA PACKAGES

### Bridal Package

Classic Pedicure • Classic Manicure w/ Shellac • 60 Min. Swedish Massage  
*Treatment time: 3 hours, \$150*

### Bridal Package 2

Classic Pedicure • Classic Manicure • 60 Minute Swedish Massage  
*Treatment time: 2.5 hours, \$140*

### Mother & Young Princess

Express Pedicure for Mom • Princess Pedicure  
*Treatment time: 30 minutes, \$50*

### Restful Journey

Classic Pedicure • Classic Manicure Elemental Nature Facial • Body Salt Glow • 60 Minute Swedish Massage, *Treatment time: 4.5 hours, \$300*

### Soothe Your Soul

60 Minute Swedish Massage • 30 Minutes of Reflexology  
*Treatment time: 90 minutes, \$120*

### Spa Sampler

Express Pedicure • Express Manicure 30 Minute Swedish Massage  
30 Minute Elemental Nature Facial, *Treatment time: 2 hours, \$135*

### Sun-Kissed

Body Salt Glow • Sunless Tanning Session, *Treatment time: 60 minutes, \$60*

### Ultimate Facial

Elemental Nature Facial • Back Facial • Neck & Shoulder Massage  
*Treatment time: 2.5 hours, \$190*

### Chakra Balancing Package

Prior to your treatment, you will experience a sensory journey. The chosen scent will be incorporated into each treatment, formulated to balance the body and mind.

60 Minute Chakra Balancing Massage • 45 Minute Hand Treatment  
45 Minute Foot Treatment • 60 Minute Elemental Nature Facial  
*Treatment time: 3.5 hours, \$245*

**Or let our staff create a custom package for you!**

## WAXING—MEN & WOMEN

Waxing is not recommended for sensitive skin. If you are using products that contain AHA's, Retin A, Renova, Acutane or prescription medications, please discontinue use 2 weeks prior to waxing if your doctor permits. It is important that you inform your waxing specialist of these medications at the start of the service. For all other waxing please call for pricing.

### Women's Waxing

1/2 Arms starting at \$25  
Full Arms starting at \$40  
1/2 Legs starting at \$35  
Full Legs starting at \$55  
Brazilian starting at \$70  
Bikini starting at \$30  
Full Face starting at \$35

### Men & Women

Brow starting at \$15  
Lip starting at \$10  
Chin starting at \$10

### Men's Waxing

1/2 Arms starting at \$30  
Full Arms starting at \$60  
1/2 Legs starting at \$40  
Full Legs starting at \$60  
Manzillian starting at \$75  
Chest starting at \$35  
1/2 Back starting at \$12  
Full Back starting at \$50

Nose starting at \$10  
Ears starting at \$10  
Toes \$10 (or \$5 w/pedicure)

## FACIALS

### Green Science Skin Renewing Treatment

Unique, rejuvenating manipulations enhance the high-tech plant technology of Aveda's Green Science, clinically proven to lift and firm the skin while reducing the appearance of fine lines and wrinkles. For ultimate customization, choose an area of focus: Eyes, Lips, or Neck. *Treatment time: 60/90 minutes, \$85/\$115*



### Enbrightenment Discoloration Treatment

Traditional Asian massage techniques combine with a 100% naturally derived Brightening Blend to help diminish the appearance of dark spots and improve skin's visible clarity. *Treatment time: 60/90 minutes, \$85/\$115*

### Outer Peace Acne Treatment

A botanical approach to treating acne –personalized with extractions and professional exfoliation- and utilizing Aveda's Outer Peace Acne Relief with 100% naturally-derived Salicylic acid. *Treatment time: 60/90 minutes, \$85/\$115*

### Tourmaline Radiance Botanical Skin Resurfacing

Aveda's botanical alternative to microdermabrasion reveals a truly radiant complexion and Smoother skin without the irritation or redness. *Treatment time: 60/90 minutes, \$85/\$115*

### Perfecting Plant Peel

Powered by plants, Aveda's Perfecting Plant Peel system performs like a 30% glycolic peel - naturally and without the redness and irritation. The Perfecting Plant Peel can be performed as a stand-alone treatment or added on to any of our signature facial treatments. *Treatment time: 60/90 minutes, \$85/\$115*  
*Add-on Cost \$35 (add to any of our facials)*

### Elemental Nature Facial

The goal of our AVEDA Elemental Nature facial is to restore balance to the skin. Based on your elemental nature, your aesthetician will consult with you to design a facial treatment that includes personalized products, essential oil aromas, and specialized facial techniques. Your experience will be custom-made to fulfill your skin's desires. *30/60 minutes, \$45/\$75*

*Choose from the following natural elements:*

**Infinity Nature** – balances normal to dry skin conditions  
**Air Nature** – nourishes dry, dehydrated and mature skin  
**Fire Nature** – cools and soothes sensitive, irritated skin  
**Water Nature** – clarifies blemished and congested skin  
**Earth Nature** – purifies normal to oily skin conditions

### Restorative Eye Therapy Add-On Treatment

Refresh and renew your eyes with an Ayurveda-inspired treatment that combines the botanical benefits of Green Science™ Line Minimizer and Firming Eye Creme to help skin boost its natural collagen production, minimize the appearance of lines and wrinkles and reduce the appearance of puffiness and dark circles. Ayurvedic tradition believes these eye concerns are related to blockages in the marmas—vital energy centers in the body. This soothing, restorative experience for eyes includes our revolutionary marma eye massage to help relieve tension and visibly revitalize the skin around the eyes.

*Performed as an add-on to any facial treatment \$20*

**We also offer series pricing for facials. Call spa for details.**