



# Guide To Services

- MASSAGE
- HYDROTHERAPY
- SKIN CARE TREATMENTS
- BODY TREATMENTS
- BEAUTY SERVICES
- CORPORATE WELLNESS SERVICES

SILVANA'S  
S Day  
pa & Salon

## WELCOME. RELAX. ENJOY.

Welcome to Silvana's – one of the few Connecticut day spas to include the unmatched health and beauty benefits of a complete hydrotherapy suite.

We invite you to fully experience a wide range of distinctive Silvana's services that will inspire you to heightened levels of relaxation, beauty and style.

*Sylvia Charette*  
Founder

## GENERAL INFORMATION AND COURTESIES

- Silvana's is a smoke-free facility.
- Guests must be at least 14 years old unless accompanied by a parent or guardian.
- Please turn off cell phones and pagers prior to arrival.

## HOURS

Tuesday To Thursday

9 a.m. to 8:00 p.m.

Friday

9 a.m. to 6 p.m.

Saturday

8:30 a.m. to 4 p.m.

Closed: Sunday & Monday

## PAYMENT

All appointments are reserved by Visa, MasterCard, or Discover. Final payment may be made by cash, check, debit card, gift card or accepted credit cards.

There will be a \$25 fee for all returned checks.

## GIFT CARDS

Gift cards are available in store or online at [www.silvanadayspa.com](http://www.silvanadayspa.com) in any monetary amount.

Gift cards are non-refundable and not redeemable for cash.

Gift cards must be presented at time of service.

## AT YOUR SERVICE

Our friendly staff is here for you. Just ask if there is something more we can do for you.

We are pleased to make your services an experience to look forward to.

## SILVANA'S PROMISE

With each visit, professional licensed technicians will treat you to the highest quality of service and purest products to give you consistent customer satisfaction time after time.

## SCHEDULING

All appointments are reserved by major credit card.

We ask all spa guests to arrive **20 minutes** prior to the appointment. This will allow preparation time and full enjoyment of services.

We understand that sometimes a guest will be late. In this event, services may be adjusted accordingly.

Timing for all services and packages is estimated.

## CANCELLATIONS

We understand that cancellations are sometimes necessary. We ask a minimum of **24 hours** notice.

Cancellation of a service with less than **24 hours** notice will result in a **100%** charge.

## GRATUITES

We suggest a 20% gratuity.

## Get Spa Discounts SERIES

Save up to 15% on services.\*

(\*Available for most services.)\*

## SPA PACKAGES

Save 10%

TABLE OF  
CONTENTS

Welcome.....2

General Information.....2

Programs And  
Services.....4

Packages.....5

Signature Spa Services.....6

Massage.....7, 8

Hydrotherapy.....8

Energy Therapy.....9

Body Scrubs.....9

Body Wrap  
Treatments.....10

Microdermabrasion.....11

Face Care.....11, 12

Hand Care.....13

Foot Care.....14

Hair Salon Services.....15

Waxing.....16

Makeup.....16

Sunless Tanning.....16

Men’s Page.....17

Gifts & Shopping.....18

Directions.....19

CALL US TODAY  
860-589-7249



Take the  
world,  
and -  
for a  
moment,  
or a day,  
let it  
slowly  
revolve  
around you.

## PROGRAMS AND SERVICES

### SILVANA'S SPA

Help address your health concerns or enjoy the simple pleasures of luxurious skin and body treatments.

Licensed Therapists and Estheticians will guide you to discover the benefits of Western and Eastern holistic therapies in an atmosphere of peace and tranquility.

### SILVANA'S SALON

Look your very best.

Accomplished stylists and a stunning setting make any visit to Silvana's a memorable pleasure.

Experience a complete array of beauty services with hairstyles and makeovers to fit your special occasion or lifestyle.

### SILVANA'S BOUTIQUE

Extend the benefits of your services with professional take home products.

Experience the difference professional skin and hair products can make for you.

### SILVANA'S ONLINE

For current service and product promotions, visit us online at [www.silvanadayspa.com](http://www.silvanadayspa.com)

### CHANGES & UPDATES

Prices, services and terms subject to change without notice. Visit our website for the most up-to-date listings.

### SILVANA'S SPA REWARDS CLUB

Ask about the Silvana's Spa Rewards Club.

Find out how you can earn points to receive FREE retail products.

### CORPORATE WELLNESS SERVICES

Call our Salon Coordinator for more information on:

- ▶ Work-place Massage
- ▶ Event Massage
- ▶ Gift Card Reward Program
- ▶ Corporate Discount Program

### BRIDAL SERVICES

Call our Salon Coordinator to arrange for a free wedding consultation.

### GIFT CARDS

Share the gift of relaxation with someone you love.

Silvana's Gift Cards make the perfect gift. Enjoy giving them for all your special occasions. Order your Silvana's Gift Cards today.



*Join a friend and enjoy a rejuvenating time together.*



## SPA PACKAGES

### Silvana's Day Of Natural Beauty

7 ½ hours

Relax your body from head to toe. Begin with a Citrus Body Polish and Vichy Rain Shower. Continue with a Spa Body Massage and European Facial. After a light lunch, treat your hands and feet to a Spa Manicure and Spa Pedicure. Complete your day of beauty with a personalized Shampoo/Blowdry and Makeup Application.

### Morning Glory

4 ½ hours

Discover one of our most preferred spa packages. Rejuvenate with a Spa Body Massage and European Facial. Continue your services with a Spa Manicure and Spa Pedicure.

### Perfectly Pampered

2 ½ hours

Escape the daily routine. Indulge in a European Facial followed by a Spa Manicure and Spa Pedicure.

### Corporate Male

2 ½ hours

Balance the stresses of work. Enjoy: Spa Body Massage, Gentleman's Facial and Sports Manicure with Hydrating Paraffin.

### Aqua Euphoria

1 ½ hours

Water lovers. Feel the tension drift away. Enjoy:

- Aroma Steam Treatment
- Vichy Massage
- Spa Body Massage

## TREAT SOMEONE YOU LOVE

We make it easy to celebrate your occasion with your favorite spa services.



### Mother To Be

2 ¼ hours

Designed specifically for expecting moms. Give her the relief of a Mother To Be massage with skilled hands and supportive pillows. Her relaxation continues with a cooling Peppermint Pedicure. Customized and adapted to each mother-to-be.

### Teen-Age Spa

2 ½ hours

Get ready and go spa! Have fun, relax, and learn healthy skin care. Includes: Renewal Facial, Signature Manicure and Signature Pedicure.

### Time For Two

4 ½ hours

Enjoy an uplifting retreat as you relax for a delightful time away together. Includes: Spa Body Massages, European Facials, Spa Pedicures and Spa Manicures.

### Spa Manicue/Spa Pedicure

2 ½ hours

Treat your hands and feet to a Spa Manicure and Spa Pedicure.



## BRIDAL SECTION

More fun, more beauty, more style. Simple elegance, sensual, or traditional—reflect your personality and style with a stunning wedding day hair and makeup design. Consult with Silvana's professional stylists and makeup artists to give you the dazzling look right for you on your special day.

### BRIDAL SERVICES

Trial Run Upwork Hair Design  
 Wedding Day Upwork Hair Design  
 Trial Run Blow Dry Styling  
 Wedding Day Blow Dry Styling  
 Wedding Day Makeup  
 Bridal European Facial

### ATTENDANT'S SERVICES

Hair Design Upwork  
 Hair Design/Blow Dry  
 Child's Hair Design  
 Trial Run Makeup  
 Wedding Day Makeup

## SIGNATURE SPA SERVICES

### VICHY SPA BODY MASSAGE

70/100 minutes

Hydrotherapy married with massage.

Your therapist kneads your neck, back, shoulders while six Vichy shower heads relax your body with warm streams of rain. Your service continues with a full 50 or 80 minute Spa Body Massage.

### Hot Towel Heaven

50/80 minutes

Experience total relaxation.

Your face, hands and feet begin wrapped in steamed towels infused with Jojoba oil.

The soothing effects of heated, rolled towels support your neck in total comfort.

Your service continues with a rhythmic and relaxing Spa Body Massage.

### Aroma Steam Massage

60/90 minutes

Warm mists and cleansing aromatherapy vapors relax muscles and purify the body in this delightful steam.

Muscles and mind continue their journey of peaceful relaxation as you experience the fragrant benefits of a full 50 or 80 minute Aroma Therapy Massage.

## CONSULTATION TIPS

- ▶ Schedule your hair/makeup consultation six months before your wedding date.
- ▶ Remember to bring magazine pictures of the looks you like to your consultation.
- ▶ Take along your headpiece and veil.
- ▶ Bring a picture and swatch of your gown.

# MASSAGE

## Spa Body Massage

50/80 minutes

Classic Swedish techniques relieve muscle soreness, increase circulation and induce a state of complete relaxation.

Customized so you enjoy the bodywork that's right for you.

## Deep Tissue Massage

50/80 minutes

Relieve deep aches, pains and stiffness. Deep-tissue massage utilizes heavier but gradually applied pressures to reach into the belly of the muscle.

Each massage is customized with pressures and techniques adapted to the needs and sensitivities of the individual.

## Hot Stone Massage

50/80 minutes

Feel tension melt away under the soothing weight of heated basalt and cooled marble stones. Expertly applied pressures and therapeutic techniques bring body and mind to a calm and meditative state.

## Jobba Massage

50/80 minutes

Enjoy luxurious relaxation and extra soft skin. Elegantly smooth and non-greasy, Jojoba oil is excellent for extra-dry, weather or sun damaged skin.

## Express Massage

20 minutes

A convenient and concentrated way to ease tension and stress.



## Mother To Be Massage

50/80 minutes

Designed specifically for expecting moms. Skilled hands and pain relieving therapy combine with precise positioning and soft pillows. Customized to each mother-to-be and adapted to any state of pregnancy.

## Aroma Therapy Massage

50/80 minutes

Choose your favorite fragrance. The therapeutic effects of pure, essential Aromatherapy oils combine with the stress relieving techniques of massage for a calming and renewing effect.

## Four Hands Massage

(Two Therapists)

50/80 minutes

Double your relaxation as two therapists work in sync to release stress and tension. Movements rhythmically mirror each other to multiply the benefits of this delightful massage.

## Just My Feet Pedisage

20 minutes

Relieve aching feet. Each foot is wonderfully warmed with steamed towels and skillfully stretched. Pressure is applied to specific points to relax and re-energize you and your feet.

## Chair Massage

15 minutes

Quick seated tension relief for necks, shoulders and backs. Relieves stress in high tension areas and promotes a renewed sense of energy, well-being and vitality.



## ANTI-CELLULITE



### Lipossage

#### Anti-Cellulite Massage

Lipossage acts to smooth, contour and detoxify the body. This procedure diminishes unsightly cellulite areas common to the thighs, buttocks, abdomen, décolleté, neck and face—without the need for invasive surgery. Within weeks you can have smoother looking skin—without the wrinkled dimples and orange peel like appearance.

- **LOWER BODY:** Diminishes the thighs, buttocks, and abdomen.
- **UPPER BODY:** Diminishes the back, chest and arms.
- **FACE/HEAD/NECK:** Firms, lifts and tones sagging tissues.



## SPECIAL THERAPIES

### Lymphatic Drainage Massage

50/80 minutes

For injuries, pre or post operative care, or after recovering from an illness. This feather-light treatment stimulates the removal of toxins, strengthens the immune system, reduces swelling and encourages health.

## HYDROTHERAPY

Hydrotherapy is the use of water to maintain health or promote healing. Enjoy these services by themselves, or complement and enhance your spa services. Silvana's trained staff can recommend the treatments that will help you look and feel your very best.

### Vichy Rain Shower

20 minutes

Lie down and drift away while water cascades over your body in streams of relaxation. The Vichy shower consists of a wet treatment massage table and a six head shower system. Developed in the spas of France, these luxurious hydrotherapy treatments detoxify and deeply relax you both physically and mentally.



### Vichy Massage

20 minutes

A therapist kneads the muscles of your neck, back and shoulders while delightful warm, streams of rain and steam work to relax mind and body. Alternating temperature from warm to cool enhances oxygen flow for a revitalizing effect.

### Aroma Steam

10/20 minutes

Breathe deep and sit back as warm mists and cleansing Aroma-Therapy vapors relax muscles and purify the body.



## ENERGY THERAPY

Energetic therapies can be received clothed or un-clothed. These therapies aid to balance the body's energy and enhance the healing response.

Ask your therapist for additional information.

### Acupressure

50/80 minute

Acupressure can address a large variety of health concerns.

This ancient form of Oriental medicine works using pressure to balance your energy systems and to help stimulate your body's natural healing abilities. Therapists use thumbs, elbows, fingers, and palms to ease muscle tension and assist your body to heal.

### Reiki

50/80 minute

Japanese method of healing.

Gentle hand placement with deep breathing allows you to experience a new sense of relaxation and wellness.

### Reflexology

50 minute

Reflexology techniques stimulate pressure points on the soles of the feet and palms of the hands. Enjoy a wonderful sensation of relaxation and well being as your therapist works to re-balance the energy meridians of your body.

### Cranial Sacral Therapy

45/75 minutes

Cranial Sacral practitioners monitor the rhythm of the cerebrospinal fluid's flow. With feather weight touch, Cranial Sacral therapy works to balance energy and restore health.

## BODY SCRUBS

Body Scrubs, Glows and Polishes revitalize your skin by allowing new cells to surface. Each of these luxurious treatments is complimented with a Vichy Rain Shower and botanical moisturizers to leave you with smooth, soft, and radiant skin.

### Aromatic Salt Glow

50 minutes

Revitalize dull skin and restore natural luster. A full body loofah scrub with therapeutic sea salts gently exfoliates and polishes your skin.

### Citrus Body Polish

50 minutes

Silky softness for sensitive skin. An invigorating Citrus Body Polish wakes up your system as it cleanses, removes dead skin cells, and promotes cell renewal.

### Ginseng Sugar Glow

50 minutes

Energizing ginseng and aromatic plant extracts combine with essential oils and honey to nourish, soften and beautify your skin.

### Summer Sun Glow

50 minutes

Enjoy a gentle loofah scrub followed by an application of body bronzer to create a beautiful tan with a sleek, soft, smooth finish.

### Sunless Bronzer Re-Application

20 minutes

For even and deeper tans. Service available within two weeks of Summer Sun Glow body treatment.

## BODY WRAP TREATMENTS

Body wraps are excellent for detoxifying and as aids to help relieve muscle aches and mobilize fat stores.

All Silvana's wraps include the benefits of a Vichy Rain Shower and botanical moisturizers to leave your skin cleansed, silky, soft and luxurious.

### Thalasso Slimming Therapy

90 minutes

Thalasso seaweed therapy is known for its slimming effect on the body.

The marine body mask, rich in micronutrients and pure essential oils, penetrates the skin to help eliminate water retention, toxins and cellulite.

### Moor Mud Wrap

90 minutes

Relieve aching muscles and joints. The Moor Mud is legendary for its purifying and healing properties. A phyto-exfoliant first clears skin to allow for full mineral absorption. While wrapped, enjoy a face and scalp massage for added stress relief.

### Herbal Detox Wrap

50 minutes

Eliminate toxins and impurities. This Egyptian heat treatment begins with a gentle loofah brushing. Your body is then snugly wrapped in unbleached linen sheets infused with aromatic herbs.

## SEASONAL SPECIALTIES

### Celebrate With Every Season

Delightful Scrubs, Glows Wraps and ahh... deliciously scented Chocolate Body Treatments. Relax. Enjoy. Indulge in your good health.

### Rain Forest Glow

[December, January]

### Chocolate Body Treatments

[February, March]

### Maple Sugar Glow

[April, May]

### Orange Sorbet Body Polish

[June, July, August]

### Autumn Pumpkin Scrub

[Sept., Oct., Nov.]



### Hydrating Aloe Wrap

90 minutes

For chronic, extra dry or sun damaged skin.

After a light exfoliation, an herbal wrap allows your skin to fully absorb a soothing application of healing aloe and restorative oils.

Enjoy a gentle face and scalp massage while you relax in this soothing aloe cocoon. A Vichy Rain Shower and an application of botanical moisturizers leaves your skin feeling soft, smooth and re-hydrated.

## FACE CARE

### European Facial

60 minutes

Recommended as a first facial. Each facial begins with an analysis of your skin type and needs. Each facial is customized using specially formulated products to repair, balance and restore skin to youthful elasticity. Your treatment includes: cleansing, exfoliation, steaming, toning, massage, mask and botanical moisture creams.

### Anti-Aging Alpha Facial

75 minutes

Diminish fine lines and skin discolorations. This aromatic fruit acid therapy exfoliates dead skin cells to allow new cells to surface for younger looking skin. A restorative and preventive anti-aging treatment for all skin types.

### Glycolic Peel Facial

30 minutes

Anti-aging treatment using fruit acids and skin moisturizers. Give your skin an instant healthy glow and beautiful complexion. *Recommended as a series of 4.*

### Lifting Optimizer Facial

75 minutes

Lift, firm and tighten your skin. Double-layer clay mask and micro-peel plump, tone and firm your skin for an immediate natural face-lift and smoother, clearer complexion.

### Hydrating Essence Facial

75 minutes

Re-hydrate chronic dry or weather damaged skin. Botanical moisturizers and essential oils act to heal and replenish your skin with this revitalizing treatment.

### Cocooning Hot Stone Facial

90 minutes

This luxurious facial is designed to indulge your skin with a double hydrating masque and a double facial massage. The rhythm of the hot stones will relax and unwind you, while the warm products will plump and nourish. Treat yourself to the ultimate experience.

## MICRO- DERMABRASION

### Facial Microdermabrasion

45 minutes

Smooth fine lines, wrinkles and diminish scarring. Lighten age spots. Microdermabrasion is preferred by many as a safe, non-invasive and non-toxic treatment to reduce the effects of aging, acne, weather and sun. Each session includes a cool, moisturizing mask to hydrate, soothe and soften your skin.

### Microdermabrasion Six Treatment Series

Buy FIVE Get One FREE!

Microdermabrasion produces the best results after a series of treatments. *Recommended.*

## ADDITIONAL MICRODERMABRASION TREATMENTS

Additional skin smoothing treatments are available to help you look your very best. *(Available as an add-on to Facial Microdermabrasion treatments.)*

### Neck

15 minutes

### Décolleté

15 minutes



## FACE CARE

### Clarifying Facial

60 minutes

Unclog pores and help keep your skin free of acne and blemishes.

Your treatment includes a clarifying cleanse and steam with a purifying mask chosen for your skin type.

### Sensitive Skin Facial

60 minutes

Care for delicate or easily irritated skin. Gentle steam and soft, natural cream cleansers first clear off debris and dead cells.

A soothing mask acts to comfort and calm irritated areas while imparting softness and vibrancy to your skin.

### Renewal Facial

20 minutes

Refresh and cleanse your skin. Combines cleansing, exfoliation and hydration. Customized appropriately for your skin type.



### Did You Know?

Human skins ph value is somewhere between 4.5 and 6. Ask your esthetician why it's important and what you can do to help keep it in that range.

## ***SERIES DISCOUNTS***

Save up to 15% on sevicees.

Series available for most services.

Ask a Customer Service associate for details.

### Eye Contour Facial

60 minutes

Diminish dark circles, puffiness and relieve congestion. Warm and cool stone therapy, along with cryo-tonic gel packs, flush toxins and generate blood flow to reduce swelling.

Includes: cleansing, micro-peel and hydrating mask for younger looking eyes.

### Back Facial

60 minutes

Designed for your back, this treatment offers deep pore cleansing, exfoliation and an appropriate mask for your skin.

## SKIN CARE ADD ON SERVICES

Ask your Esthetician if these additional skin resurfacing treatments can be right for you.

### Micro-Peel

10 minutes

Organic acids and compounds act to enhance the exfoliation process and speed cellular regeneration to reveal smoother, softer, and more refined skin.

### Lips So Smooth

10 minutes

For extra dry lips. This restorative lip treatment provides a hydrating mask and moisturizing nutrients for extra soft and smooth lips.

### Hydrating Fruit Mask

15 minutes

Moisturize and soothe your skin. Fruit extracts, marine proteins and deep hydrators act to nourish and renew skin for firmer tone and texture.

## HAND CARE

Our natural nail approach to hand care will help you achieve beautiful nails and healthy, fantastic looking hands.

All manicure services include shape, buff and polish to perfection.

### MANICURES

#### Spa Manicure

45 minutes

Hands, forearms and elbows are treated to a full exfoliation. After a light massage, hands are wrapped in moist steamed towels. Enjoy warm, hydrating paraffin followed by a polish to perfection.

#### French Spa Manicure

60 minutes

#### Signature Manicure

30 minutes

This classic manicure consists of cleansing, shaping and cuticle removal. A light massage and hand wrap of steamed towels ready fingers for a perfect polish.

#### French Signature Manicure

45 minutes

### Nail Care At Home

Certain nail care products may damage the cells of your nail. Soaps and household cleaners can rob your skin and nails of vital nutrients and cause your nails to split and peel.

Ask your Silvana's technician how you can maintain the care of your hands - at home and at work - for healthy hands all year long.

## NATURAL NAIL SERVICES

Fingers or toes. Enjoy a new polish or an expert repair.



### Polish Change

Enjoy choosing fresh, trendy lacquers for fashionable living or special occasions.

### French Polish Change

Fabulous and stylish. Have fun choosing the look and color you like!

### Nail Repair

(per nail)

With manicure or pedicure service.

## ADD ON TREATMENTS TO COMPLEMENT YOUR MANICURE SERVICES

### Hand Paraffin Dip

15 minutes

Warm, hydrating paraffin soothes hands while wrapped in pampering mittens.

### Jojoba Hand Massage

15 minutes

Indulge and soften your hands as they are gently massaged with this premium plant oil. Elegantly smooth and non-greasy.

## FOOT CARE

Silvana's natural nail approach to foot care can help you achieve beautiful nails and healthy feet.

All pedicures include shape, buff and polish to perfection.

### Spa Pedicure

60 minutes

Indulge in a luxurious whirlpool foot spa. Recline as your legs and feet invigorate with a loofah scrub. After a light massage, your feet are dipped in warm paraffin and wrapped in steamed towels.

### French Spa Pedicure

75 minutes

### Signature Pedicure

45 minutes

A foot care essential. Includes a whirlpool soak, gentle foot exfoliation, a light foot massage and a wrap of steamed towels.

### French Signature Pedicure

60 minutes

### Hot Stone Pedicure

60 minutes

Smooth basalt stones, soaked in aromatic essential oils, massage and moisturize tired foot muscles. Warm, hydrating paraffin readies your toes for shape, buff and polish.



## TIME FOR YOUR FEET

The Greek philosopher Socrates said, "When our feet hurt, we hurt all over."

Taking time to take care of your feet will ease tension, stress and maintain skin and nail health.

### Men's Sport Pedicure

60 minutes

A relaxing whirlpool soak is followed by an invigorating scrub and exfoliation of the feet. After a light massage using essential oils, feet are treated to warm paraffin and wrapped in steamed towels.

### Peppermint Pedicure

60 minutes

Revitalize your legs and feet. This aromatic treatment soothes aching feet in a warm and bubbly peppermint soak followed by an invigorating foot scrub.

Your service continues with an application of a cooling peppermint mask on your calves and feet to reduce swelling. A light massage with refreshing cryo-tonic gel leaves your feet tingling, smooth, and re-charged.

### Healing Hydration

60 minutes

For extra dry and cracked feet. An aromatherapy soak soothes and cleanses your feet. An exfoliation treatment and Shea butter softening mask is followed by a light massage using essential oils.

Your service continues as feet are dipped in hydrating paraffin and wrapped in moist, steamed towels.



## HAIR SALON SERVICES

Silvana's stylists combine experience and creativity to ensure the health of your hair and also to achieve a look that complements your individual facial structure and lifestyle. Consult with one of our talented stylists to attain the style and fashion that makes you look your very best.

### HAIR DESIGN

Lady's Designer Cut  
Gentleman's Haircut  
Clipper Cut  
Child's Haircut (up to 10 years)  
Bang Trim  
Moustache/Beard Trim  
Shampoo/Blow Dry  
Upwork/Updos  
Braiding  
Flat Iron  
Designer Perm  
Chemical Relaxer/Straightening

### COLOR & HIGHLIGHTING

Color Retouch/Blow Dry  
Color Retouch/Blow Dry/Cut  
Corrective Color [w/consultation]  
Lightener/Blow Dry  
Lightener/Blow Dry/Cut  
Full Highlight/Blow Dry  
Full Highlight/Blow Dry/Cut  
Lowlight/Blow Dry  
Lowlight/Blow Dry/Cut  
Partial Highlight/Blow Dry  
Partial Highlight/Blow Dry/Cut  
Gloss/Blow Dry  
Gloss/Blow Dry/Cut  
Men's Grey Blend/Blow Dry  
Men's Grey Blend/Blow Dry/Cut

### COLOR ADD ONS

Highlights (cost per foil)  
Eyebrow Tint  
Eye Lash Tint  
Eyebrow/Eye Lash Pkg. (Save \$5)



## COMPLEMENT YOUR SERVICES

Enjoy adding these enhancements to your salon services.

### SCALP & CONDITIONING TREATMENTS

Deep hair conditioning treatments restore your hair and keep it healthy.

#### Deep Hair Conditioning Massage 10 minutes

Enjoy an invigorating custom conditioning massage that leaves you refreshed and energized.

#### Hair/Scalp Hydration Massage 15 minutes

Luxurious Jojoba oil has long been used as a holistic hair treatment. Relieve dry scalp naturally and moisturize your hair to a healthy shine.

#### Jojoba Hand Massage 15 minutes

Relieve tired, dry hands. Enjoy a gentle hand massage with this elegant, non-greasy plant oil.

## WAXING

Waxing provides a safer, longer lasting alternative to shaving. The finest waxes and expert applications leave you with smooth and silky-sleek skin for weeks.

### BODY WAXING SERVICES

Brow  
Chin  
Lip  
Face (does not include brows)  
Half Arm  
Full Arm  
Underarm  
Back  
Stomach  
Chest  
Bikini  
Brazilian  
Half Leg  
Full Leg  
Full Leg/Bikini  
Half Leg/Bikini  
Full Leg/Brazilian  
Half Leg/Brazilian

### NOTES ON WAXING

- ▶ Hair must be at least 1/4 inch long for waxing.
- ▶ Please inform us if you take medications or use Retin-A, Accutane or glycolic acids.

## ***SERIES DISCOUNTS***

Save up to 15% on service. Series available for most services. Ask a Customer Service associate for details.

### EYES AND EARS

Add the finishing touches that complement your style to make you look your very best.

Brow Tweezing  
Brow Tinting  
Lash Tinting  
Ear Piercing

## MAKEUP

### Makeup Application

45 minutes

New trends, shades, or styles give you a natural look to match your special occasion or lifestyle.

### Makeup Consultation

15 minutes

Discover which colors and foundations will create the right look for you.

### Makeup Lesson

60 minutes

Includes consultation. An application is charted for your continued use, showing proper shading, contouring, and highlighting.

### SUNLESS TANNING

Attain the glowing radiance of a natural suntan without the harmful effects of the sun. Schedule a Summer Sun Glow body treatment with full exfoliation and moisturizers.

### Bronzer Re-Application

20 minutes

For a professional even tan. Service available within two weeks of a Summer Sun Glow.

### TAKE HOME THE TAN

Now you can purchase professional Bronzer from Silvana's. Apply at home to maintain your beautiful tan.



## MEN'S PAGE

Relax, ease sore muscles, or care for the special needs of your face, skin, and nails. Enjoy Silvana's wide array of treatments and packages designed and customized for the male client.

### Deep Tissue Massage

50/80 minutes

Experience the release of deep tension and muscle stiffness. A deep-tissue massage utilizes heavier, gradually applied pressures to reach deep into the belly of the muscle.

### Four Hands Massage

(Two Therapists)

50/80 minutes

Double your relaxation as two therapists work in sync to release stress and tension.

Movements rhythmically mirror each other to multiply the benefits of this delightful massage.

### Express Massage

20 minutes

A convenient and concentrated way to ease tension and stress. Perfect for relieving tension in specific areas and re-energizing sore, tired muscles.

### Aroma Steam

10/20 minutes

Breathe deep and sit back as warm mists and cleansing vapors relax and purify your body.



### Gentleman's Facial

60 minutes

Men's facial products help repair skin damaged from weather and shaving to create a clean, crisp look. Your service includes: hot towel facial wrap, cleansing, exfoliation, facial steam, cool toning mask and botanical moisture creams. (*Shaving prior to service is recommended.*)

### Sports Manicure

45 minutes

Relax as your hands and forearms are treated to a light massage then wrapped in moist, steamed towels. A hydrating paraffin is followed by a clip, shape and buff to give you great looking hands!

### Men's Nail Tune Up

20 minutes

A smart clip, shape and buff to maintain well kept hands.

### Sports Pedicure

60 minutes

Recline as your feet are invigorated with a loofah scrub, lightly massaged and wrapped in steamed towels. A cool mud mask to condition your feet.

Nails are clipped, shaped and buffed. An application of refreshing cryo-tonic gel leaves you re-charged and ready to go.

## WAXING

Hair must be at least 1/4 inch long for waxing. Call for details.

## MEN'S SPA PACKAGE

### Corporate Male

2 ½ hours

Enjoy: Spa Body Massage, Gentleman's Facial and Sports Manicure.



## GIFTS & SHOPPING

### HIGH PERFORMANCE HAIR CARE

Silvana's uses Paul Mitchell® hair care products. Pure and natural ingredients. Tested by hairdressers - never on animals. Paul Mitchell® is the most recognized professional manufacturer of salon products worldwide.

### COLOR\*SHAMPOO CONDITIONER



*Give your hair the very best.  
Ask your Silvana's stylist to  
recommend the right Paul  
Mitchell® take home products  
for you.*

### GIFT CARDS

Share the gift of relaxation with someone you love. Order your Silvana's Gift Cards for all your holidays and special gift giving occasions.



### FACE\*BODY\*SUN Yon-Ka Skin Care

### FABULOUS SKIN FOR YOU

Angelina Jolie, Jennifer Garner, Madonna, Jennifer Lopez are among the many famous stars to use Yon-Ka.

Now you can use the same skin care products as the stars at Silvana's.

Ask your Yon-Ka certified Silvana's Esthetician to recommend the treatments and take home products best for you.

### CUSTOM GIFT PACKAGES

Custom gift packages are available upon request. Beautifully presented with your favorite products and gift cards for services. Call to find out how we can help you make the day special for someone you love.

### Make The Day For Someone You Love!

## DIRECTIONS

### SILVANA'S DAY SPA & SALON

102 East Main Street  
Rte. 72  
Forestville, CT 06010  
(860) 589-7249

### FROM HARTFORD

Take I-84 West to Bristol Exit 33 West, proceed to the first traffic light. Take a right at the light and proceed to Silvana's sign approximately 1/4 mile on left.

### FROM NEW BRITAIN

Take Route 72 West to Bristol Exit 33 West, proceed to the first traffic light. Take a right at the light and proceed to Silvana's approximately 1/4 mile on left.

### FROM SOUTHTON

Take I-84 East to Bristol Exit 33 West, proceed to the first traffic light. Take a right at the light and proceed to Silvana's approximately 1/4 mile on left.

### FROM AVON

Take Route 44 to Route 10, proceed through Farmington into Plainville to Route 372 which begins at Walgreens. Take a right on Route 372 and proceed to the fifth traffic light and bear right onto Forestville Ave. (which changes to East Main St.) Silvana's approximately 1 mile on left.



## Welcome To Silvana's



## Today, It's all about you.



# Available For Purchase

- HAIR CARE PRODUCTS
- SKIN CARE PRODUCTS
- MAKEUP
- BODY CARE ACCESSORIES
- GIFT CARDS
- CUSTOM GIFT PACKAGES

## HOURS

Tuesday To Thursday

9 a.m. to 8:00 p.m.

Friday

9 a.m. to 6 p.m.

Saturday

8:30 a.m. to 4 p.m.

SILVANA'S  
Day  
Spa & Salon

102 East Main St., Rte 72  
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860-589-7249

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