



HOLISTIC NUTRITIONAL SERVICES

..... "a natural better you"

- Providing nutritional counselling for children, teens, men and women of all ages
- Offering customized weight loss diet program
- Detoxing
- Parasite and candida cleanse
- Understanding and living with allergies and food intolerances

First consultation \$75.00
Follow-up \$40.00

FOOD INTOLERANCE TESTING
\$70.00

BASICALLY YOURS
SPA & WELLNESS CENTRE

Store Hours:

Monday	10am-2:30
Tuesday	9:30am-8pm
Wednesday	9:30am-7:30
Thursday	9:30am-8pm
Friday	9:30am-8pm
Saturday	8am-4pm

Gift Certificates available

Cancellation policy 24 hours notice is required

Visa/master card is required to reserve appointments longer than 60 mins.

Discount 15% off
for all St. Joseph's
Healthcare Hamilton
Staff



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basicallyyours@bellnet.ca

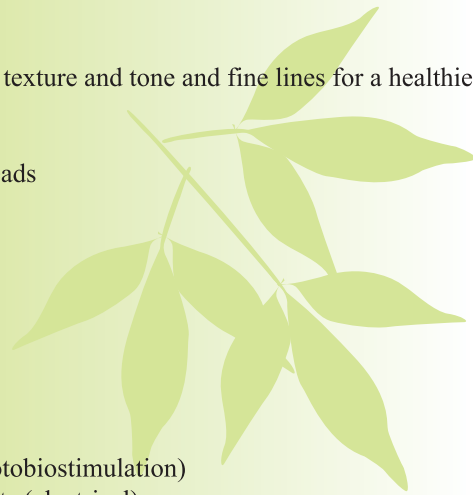
And much more.....

*Come visit us
if you're looking for a
natural alternative solution.*

Glycolic Peels

All skin types, notice an improvement in texture and tone and fine lines for a healthier youthful appearance.

- 10% - 80% glycolic acid
 - Removes black heads \ white heads
 - Treat superficial sun damage
 - Acne scars, acne
 - Improves pigmentation
 - Fine lines & superficial wrinkles
- \$100 to \$145



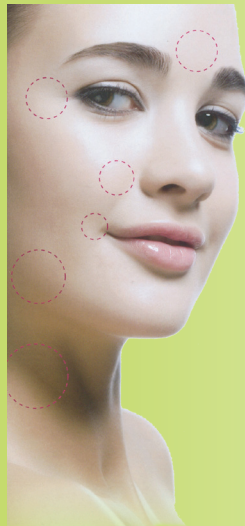
Soli-tone 2500

3 forms of energy

- LED light energy (photobiostimulation)
- Impulse Micro Currents (electrical)
- Ultrasonic energy simultaneously applied to skin

The energy sources provide greater wrinkle reduction, tighter facial contour and eliminate undesirable pigmentation and redness without epidermal injury. Stimulates collagen production, decreases destruction of collagen fibres, resulting in smoother skin and less wrinkles.

Lifts sagging muscles, restores muscle tone. \$200.00



Skin Remodeling System

The Skin Remodeling System™ is a revolutionary skin rejuvenation treatment that effectively stimulates new collagen growth in the deeper skin layers, replacing aged and sun damaged collagen, plumping the skin, smoothing wrinkles, tightening skin and muscles. During a single treatment, the Skin Remodeling System™ combines:

- HVPC
 - Ultrasound
 - Impulse
 - Microcurrents
 - Electroporation
 - Iontophoresis
- all widely recognized 'age reversal' technologies
\$125.00



Microdermabrasion

Erasing years from the skin, removing upper layers of epidermis by controlled streams of natural mineral crystals revealing healthier skin.

- Refines pores
 - Reduces uneven pigmentation while smoothing superficial scars and blemishes
- \$125.00

Basically



Lumicell Wave 6

A targeted approach to cellulite and body contouring

- Heavy legs
- Orange peel appearance
- Dimpling of the skin
- Rippling of inner thighs
- Localized fat deposits
- Skin contour irregularities

\$200.00



Vascu Lyse

A safe, non-invasive, effective treatment for

- Embarrassing skin blemishes
- Broken capillaries
- Ruby points
- Skin tags
- Blotches

15-20 mins. \$65.00

Spa Facial: Gentle cleansing, steaming, exfoliation and extractions, mask according to skin type

-Relaxing massage \$80.00

Mini Facial (teens): cleanse, steaming and exfoliation, extraction \$45.00

Make-up application: \$40.00
Trial application \$30.00

Manicure \$25.00
French manicure \$30.00
Light concept nails \$80.00
Nail repair \$5.00/\$10.00
Polish change \$10.00
Paraffin wax \$15.00

Spa Pedicure \$45.00
French pedicure \$50.00
Paraffin wax \$20.00

Waxing

Full leg \$60.00
Full leg & Bikini \$80.00 & Up
Lower leg \$30.00
Upper leg \$45.00
Brazilian \$45.00
Bikini \$35.00
Full arm \$30.00
Half arm \$20.00
Under arm \$15.00
Back \$45.00
Chest \$45.00
Face \$25.00
Upper lip \$10.00
Eyebrow \$10.00
Chin \$10.00

Tinting

Eyelash \$20.00
Eyebrow \$15.00
Lash & brow \$30.00

Auricular Candles: Natural treatment for ear problems, ear wax build up, hearing problems, sinus congestion, earaches \$30.00

You & Your Skin

Your skin is very important. It is something that is exposed to nature's elements daily and should be preserved and protected. By using specific products for your skin daily, you can ensure that your skin will keep looking healthy.



Advanced professional skin care products for all skin types sold in salon

