

## Bare Escentuals Makeup

Consultation, design and application \$35.00

## Massage Therapy

**Stress Relief:**  
15 minutes \$25.00

**Swedish Massage:**  
25 minutes \$45.00  
55 minutes \$80.00  
85 minutes \$120.00

**Deep Swedish Massage**  
55 minutes \$85.00  
85 minutes \$130.00

**Deep Tissue / Sports Massage**  
25 minutes \$55.00  
55 minutes \$90.00  
85 minutes \$145.00

Hot Stone \$20.00  
Steam Room \$25.00

**Aromatherapy can be added to any of the above for an additional \$10.00.**

*Massage therapy provided by Nationally Certified NC Licensed Massage and Bodywork therapists.*

## Nail & Foot Care

**Natural Nail:**  
Manicure \$30.00  
Resort Manicure \$45.00  
Buff & Polish \$15.00  
Nail Repair \$6.00

**Pedicure:**  
Pedi Express \$35.00  
The Real Pedicure \$60.00  
Sundance Pedicure \$65.00  
Polish Change \$15.00

**Applications:** Silk, Gels, Creative Custom Blend  
Full Set with Tips \$65.00 without Tips \$50.00  
Fill-in \$25.00  
French No Charge  
Nail Repair \$6.00  
Buff & Polish without filing \$18.00

## Tinting

Lash \$20.00  
Brow \$15.00

## Waxing

Starting at  
Lip . . . . . \$15.00 & up  
Chin . . . . . \$12.00 & up  
Brow . . . . . \$15.00 & up  
Back . . . . . \$45.00 & up  
Chest . . . . . \$35.00 & up  
Stomach . . . . . \$25.00 & up  
Half Leg . . . . . \$40.00 & up  
Full Leg . . . . . \$65.00 & up  
Half Arm . . . . . \$35.00 & up  
Full Arm . . . . . \$45.00 & up  
Underarm . . . . . \$25.00 & up  
Bikini . . . . . \$35.00 & up  
Brazilian Bikini . . . . . \$65.00 & up

## The Sun Bow Rooms

Sauna • Steam

Muscles relax. Aches fade away. Heart and circulation improve. Calories are burned. Skin is renewed. Tension and discord slip into harmony. Body and soul are refreshed.

### Healthful Benefits of Sauna

- Relaxes muscles and soothes aches and pains in muscles and joints.
  - Relieves stress
  - Induces a Deeper Sleep
  - Recreational and Social Benefits
  - Flushes Toxins and Cleanses Skin
  - Improves Cardiovascular Performance
  - Burns Calories
  - Fights Illness; Relieves Congestion
  - FEELS GOOD!!
- \$12.00 per Session  
Package \$40.00 per Month

## Far Infrared Sauna Therapy

According to "Therapeutic Heat and Cold" by Justus F. Lehmann, MD, heating of muscles produces an increased blood flow level similar to that seen during exercise. Temperature elevation produces an increase in blood flow and dilation directly in capillaries, arterioles and venules.

As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate. Blood flow during whole-body hyperthermia is reported to rise from a normal 5 to 7 quarts per minute to as much as 13 quarts per minute, according to the *Journal of American Medical Association*.

\$15.00 per Session  
Package \$50.00 per Month

A Mineral Bath can be included with any service for an additional \$35.

## Mission Statement

**Sundance Plaza Spa and Wellness Center** endorses only scientifically advanced techniques as recognized by international cosmetology standards. We emphasize the latest in innovative technology, versatile cosmetics, stabilized and trend-setting products. Utmost individuality and privacy concerns are highly regarded. Our exceptional focus toward pleasing clients identifies that the finest personal care in a professional environment is guaranteed.

## Cancellation Policy

The courtesy of 24 hours notice (48 hours for spa packages) is expected to avoid your being charged for 'No-Show.' A credit card deposit or gift card number is necessary when scheduling Spa Packages or unusual time allowances.

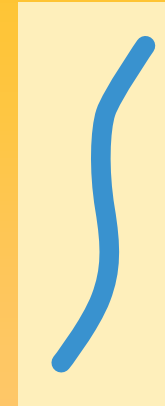
Your early arrival of 10-15 minutes before appointment time is to your benefit. Your cell phone turned off is to everyone's benefit. There is no play area for children. Children are allowed only if they have an appointment.

**Sundance Plaza Spa and Wellness Center** accepts all major credit cards. Gift Certificates are available.

**Sundance Plaza Spa and Wellness Center** recommends these fine products:

ASHTAE, DESIGN ESSENTIAL,  
ORGANIC COLOR SYSTEM, EMINENCE,  
AMBER, MAKARI, O.P.I., CREATIVE,  
AFTERGLOW ORGANIC MAKEUP,  
FLORI ROBERTS

**Sundance Plaza Spa and Wellness Center** welcomes your comments and looks forward to your next visit.



# The Day Spa & Salon at Sundance Plaza

Located at:

Clarion Collection  
**Sundance Plaza Hotel**

3050 University Parkway  
Winston-Salem, North Carolina 27105

Phone: 336-714-4588  
Fax: 336-714-4578

[www.sundancemenu.blogspot.com](http://www.sundancemenu.blogspot.com)

Tuesday thru Saturday  
10:30 am - 7:30 pm  
Closed on Sunday & Monday  
Walk-ins Welcome  
Appointments Encouraged



# Europure Facial Art

*Inner beauty- outside*

**Refresher Facial** \$50.00  
A sparkling new you in less than an hour! Refreshing. Revitalizing. A facial experience to cleanse and restore with *now* results. Replete with a masque treatment for your skin will love; your time schedule will thank you for.

**Europure Facial** \$70.00  
Sundance's own version of the European Facial *E--opure*. What's missing? U R. All skin types welcome. You'll find Sundance's Europure Facial pure pleasure. First, a purifying treatment that gently exfoliates. Next, a luxurious massage. Then our own pure, deep cleansing masque rich in botanical extracts to rejuvenate and nourish your skin. U R then introduced to an enjoyable, sensory heated hand treatment. Tres Bon!

**Back Facial** \$75.00

## Facials with Mother Earth

*Oh there beyond view I face the clouds;  
they flounce on cotton wind, and nourish my healing skin.*

A **Mother Earth** facial, blended with a *Resort at Refresher Facial*, heals, detoxifies, revitalizes and ultimately pleases. A welcoming field of choices for the ladies; Splendid for the *Sky Blue*.

**Sedona:** Anti-oxidant and anti-aging, edona purges toxins; leaves your skin soft and re-mineralized. Noticeable glow! \$70.00

**Garden Mint algae:** A highly potent, healing herbal and deep sea therapy masque. Emollients, mineral and vitamins restore moisture. Adds radiant glow! \$65.00

**Seaweed:** Stimulating. French green clay and selected marine clays rich in amino acids. \$70.00

**Dead Sea:** Soothe, heal, cleanse. Rich in anti-inflammatory desensitizing and healing properties. \$70.00

**Marine Algae:** High potency, fortifying anti-oxidant algae and essential oils seep into undernourished skin, renewing skin's strength and vitality. \$65.00

# Sundance Spa & Wellness Center

## Signature Collection

**Sundance Signature Facial**  
*Europure* Facial with the presence of **Mother Earth** ~ your passport to the cultural synthesis of facial beauty. Heal, detoxify, revitalize ~ a Portrait de la *Europure*. A Sundance Signature Facial then extends your experience ~ an indulgent hand and arm massage with heated white mittens. \$80.00

**Sundance Signature Massage**  
*Europure* Swedish Massage with the presence of **Mother Earth** ~ your sound of music at Sundance. An experience pure to mind, body and health. We'll glide you through it, then softly tune you back into wonderful reality. Includes Salt Glow. 1 hour \$105.00

**Sundance Signature Salt Glow**  
*Vision of Gold*. Essential oils are blended with selected mineral salts, safflower oil and macadamia oil to create an exfoliating mixture that will leave your skin soft and nourished; the vision of natural sheen and golden glow. Rich in Vitamin E. \$80.00

**Sundance Signature Body Masque**  
*Mud Prescription*. Body mud incorporates a massage style application with a hydrating and detoxifying masque effect ~ Revolutionary! Now close your eyes ~ choose one. \$80.00

Sedona and French red clay mud masque  
*anti-aging formulat*

Dead Sea and Chamomile mud masque  
*cleanses body & mind*

Seaweed and French green clay mud masque  
*detoxifying*

Algae body masques  
*circulation and cell regeneration*

**Sundance Signature Pedicure**  
*So sad to wear shoes and hose over Sundance Signature toes.* A wonderful Pedicure with the presence of **Mother Earth**. Cleanse, soak, scrub, hydrate, recover. Sundance Signature Pedicure treats your feet with as much importance as we treat your face and body ~ a Sundance Signature pedicure therapy with heated white booties. \$65.00

**Sundance Signature Manicure**  
*Identify yourself with Sundance Signature hands.* A Sundance Signature Manicure with the presence of Mother Earth. Cleanse, soak, scrub, massage, recover. This manicure experience will elevate you to a higher plateau ~ a Sundance Signature Manicure with heated white mittens. \$45.00

A Mineral Bath can be included with any service for an additional \$40.00

# The Sundance Signature Spa & Wellness Center Ensemble

**Under The Caramel Sun** \$325.00  
*Somewhere in our distant land we yearn for peace,  
given us by a velvet hand.*

- Sundance Signature Facial
- Sundance Signature Body Salt Glow
- One Hour Aromatherapy Swedish Massage
- Sundance Signature Manicure
- Sundance Signature Pedicure
- Shampoo and Style

**On The Orinoco** \$205.00  
*(A River in South America)*

- Sundance Facial
- One Hour Aromatherapy Swedish Massage
- Shampoo and Style
- Sundance Manicure

**Sky Blue / Gentlemen's Review** \$210.00

- One Hour Sports Massage
- Gentlemen's Facial
- Sundance Pedicure

**E'blouissante** \$285.00  
*(A-blue-saunt)* Dazzling!

- One Hour Swedish Massage (Aromatherapy)
- Total Body Salt Glow with Mother Earth presence masque
- Sundance French Manicure
- Sundance French Pedicure

**Sol Expressive** \$130.00

- One Hour Swedish Massage (Aromatherapy)
- Sundance Manicure
- Shampoo and Style

**Helios** \$130.00  
*Athen's Golden Sun ~ Experience the Sun,  
the Desert and the coast of the Red Sea.*

- Sundance Facial with **Mother Earth** presence
- Sundance Pedicure

**Eilat (A-lah)** A package of healing and wellness of your design.  
*Because I care, it is with you and others that we share.*  
**Design your own Ensemble** ~ Three or more services.  
*All services must be performed on the same day.*  
*(Cancellation Policy Applies To All Packages)*

## Body Treatments

**Salt Glow**  
Scents infused of lavender aphrodisia, geranium sage and green tea mint prepare your body for focused treatments. A perfect blend of dead sea salts, selected oils and essential oils that exfoliate and soften, leaving your skin with light sheen and suppleness. . . . \$70.00

**Mud Body Treatment** . . . . . \$99.00

**Salt Body Treatment** . . . . . \$70.00

**Algae Body Masque or Mud Masque**  
Undress your inhibitions ~ algae body masques stimulate circulation, cell regeneration and you! Two unique blends: The Marine Masque will slightly stimulate your skin while The Garden Mint delivers a cool, refreshing feel. Both treatments are rich in anti-oxidants, vitamins and minerals.  
*We've got you covered, from neck to toe.* . . . . . \$99.00

**Salt Glow with Masque**  
Select the softening Salt Glow Body Treatment above and blend with either The Mud Masque or Algae Body Masque a most perfect treatment; cleanse, exfoliate, repair, hydrate, protect. . . \$120.00

**Yam and Pumpkin Enzyme Peel** . . . . . \$165.00  
Series of 5 . . . . . each \$35.00

- Exfoliates skin without irritation
- Infuses the skin with active vitamins and bioflavonoids
- Deeply hydrates and plumps the skin
- Wrinkle depth is reduced and fine lines faded
- Stimulates collagen production
- Refines and evens skin tone and assists with hyperpigmentation
- Antioxidant and age-defying benefits

**Microdermabrasion** . . . . . \$125.00  
Series of 5 . . . . . each \$50.00

**Glycolic Peel** . . . . . \$90.00

## Hair

*Your face is a portrait...your hair is the frame...your style is you.*

**Haircuts & Specialized Styling:**  
Shampoo & Style . . . . . starting at \$30.00  
Gentlemen's Cut & Style . . . . . starting at \$25.00  
Women's Cut & Style . . . . . starting at \$40.00  
Special Occasion Styling (Up-do) . . . . . starting at \$45.00  
Child's Cut (12 years & under) . . . . . starting at \$15.00

**Color Services:**  
Single Process Color . . . . . starting at \$80.00  
Double Process Color . . . . . starting at \$90.00  
Corrective Color . . . . . starting at \$95.00

**Highlighting Services:**  
Partial Foils . . . . . starting at \$80.00  
Full Foils . . . . . starting at \$99.00  
Cap . . . . . starting at \$85.00  
Low Lights . . . . . starting at \$95.00  
Full Foil with Color . . . . . starting at \$125.00

**Perming and Straightening:**  
Perm . . . . . starting at \$99.00  
Relaxer . . . . . starting at \$75.00  
Hair Straightening . . . . . starting at \$45.00

*Thank you for understanding that prices may vary according to length and thickness of hair.*