



 all about  
*you*  
salon and day spa

## I would like to welcome

you to All About You Salon and Day Spa. Come to our conveniently located full-service day spa in Foxboro, Massachusetts, to ease away from the stresses of daily life. We feature the latest in hair, skin, and nail care services. We also offer hydro and massage therapies that provide the relaxation and rejuvenation that you would expect from a destination day spa. Through professionalism, creativity, and outstanding customer service, we are dedicated to ensuring that each guest will be satisfied beyond his or her expectations.

All About You Salon and Day Spa is a local luxury experience for the individual, couple, or family. After all, it's "ALL ABOUT YOU."

Laurie Nicklas  
Owner/Hair Designer



## NAIL CARE

### MANICURE \$18

Beautify your nails with the essentials... cleansing, exfoliating, massaging, shaping, and polishing to a high-gloss shine! Everything you need on a weekly basis to keep your hands in great shape.

### SPA MANICURE \$30

Choose your favorite aromatic scent from our Aromatherapy Scent Testing Bar, followed with a classic manicure and paraffin dip, a generous hand massage wrapping the hands in a warm towel, and finish with a polish of your choice.

### ULTIMATE SPA MANICURE \$40

A healing spa manicure for dry hands using an intense hydrating therapy cream and rejuvenating moisture mask.

### FRENCH MANICURE \$23

Hand-painted white tips finished with sheer white or pink polish.

### FRENCH GEL POLISH \$35

### POLISH CHANGE \$10

Buff, shape, and polish.

### PARAFFIN \$15

Add the warmth and hydration of paraffin wax to your hands or feet.

### NAIL ART \$3 (and up)

### NAIL REPAIR \$5 (each)

### STARLITE TOP GLOSS OVER POLISHED NAIL \$5

HAND OR FOOT MASSAGE \$20  
for 20 minutes

## ENHANCEMENTS

These services begin with a comprehensive analysis of your natural nails and lifestyle to determine the best type and length of enhancement suited for you.

### [ GELS ]

Natural looking and feeling, lightweight, thin, flexible, and lasts for weeks!

FULL SET PINK & WHITE EXTENSIONS \$70  
Sculpted to perfection! Permanent French-look nails with a choice of ultra-white or softer white tip.

### FULL SET NATURAL OR PINK GEL

EXTENSIONS \$60

### PINK & WHITE GEL OVERLAY \$60

### GEL CLEAR OVERLAY \$50

Gel is applied to your existing nails, protecting and preserving your natural nails from chipping.

### REBALANCE PINK & WHITE \$43

(Gels) Backfill French

### GEL COLOR POLISH \$35

UV-cured gel polish colors that are applied to gels, acrylics, or natural nails for a manicure or pedicure to create a freshly polished look that lasts for weeks!

### FILL-IN \$31

Applying new gel only to regrowth area of the natural nail, finished with polish color of your choice.

### GEL FILL WITH GEL POLISH \$43

### [ ACRYLICS ]

Liquid and powder is sculptured to form very strong and durable natural-looking nails, keeping polish on for weeks.

### FULL SET PINK AND WHITE

SCULPTURED NAILS \$70

### FULL SET OF SCULPTURED NAILS \$55

Enhancement maintenance - fills recommended every 2-3 weeks.

### FILL-IN \$31

Applying new acrylic only to regrowth area of the natural nail, finished with polish color of your choice.

### REBALANCE PINK & WHITE \$43

(Acrylics) Backfill French

### REMOVAL \$30

Soak off or file product. Mini manicure included.

*All rebalances and fills 4 weeks and more, add \$5 for each week over.*

## FOOT TREATMENTS

### EXPRESS PEDICURE \$25

Soothing foot massage with gentle exfoliation followed by lotion and polish.

### CLASSIC PEDICURE \$40

Revive and condition your feet. Hot soak, nail clipping, sloughing, intense massage, and polish of your choice are included.

### SPA PEDICURE \$50

Choose your favorite scent from our Aromatherapy Scent Testing Bar. Soothe sore, tired feet in a customized footbath, created with exfoliating sugar scrubs and rejuvenating massage lotions, and relax with a warm towel wrap to hydrate the feet. Choose from one of the following: heel rescue, paraffin dip, or hydrating mask.

### ULTIMATE SPA PEDICURE \$60

A healing spa pedicure using an intense exfoliating foot scrub and hydrating therapy with choice of two of the following: heel rescue, paraffin dip, or hydrating mask. Followed by an exceptional foot massage.

### HEEL RESCUE TREATMENT \$15

This comprehensive treatment will greatly diminish and even eliminate the rough, cracked, and hardened heels.

### HOT STONE PEDICURE \$50

For tired, stressed legs and feet. This therapeutic treatment begins with a warm, gentle foot soak to soften skin and relieve tension. Next, the feet are thoroughly exfoliated, then massaged with hot basalt stones. Lotion is massaged into the feet and calves for that finishing touch, completed with a polish of your choice.

### PINK AND WHITE GEL TOES \$50

Natural looking and long-lasting, this French manicure look is created with gel over the natural toenails.

### GEL TOE FILL-IN \$30

### FRENCH POLISH \$5 (add to pedicure)

TOE POLISH CHANGE \$10  
Buff, shape, and polish.

### DRY PEDICURE WITH GEL POLISH \$50

Revive and condition your feet. Intense massage, nail clippings, hot towels, and gel polish of your choice.

*Enjoy your manicure or pedicure outdoors (weather permitting).*

## HAIR SERVICES

### [ SERVICES ]

*(pricing may vary by stylist)*

SHAMPOO, CUT, & STYLE *from* \$45

STYLING BLOW-DRY *from* \$25

CHILDREN 12 and younger *from* \$20

IRON WORK *from* \$25

CLIPPER CUTS *from* \$25

UPDO *from* \$75

BRAIDING *from* \$20

CHILDREN'S UPDO 10 and younger *from* \$35

BRIDAL TRIAL *from* \$75

BRIDAL DESIGNS *from* \$85

INTENSE CONDITIONING TREATMENT \$20

PRE ART CONDITIONING TREATMENT \$15

HAIR EXTENSIONS *(consultation required)*

### [ TEXTURE ]

DESIGN PERMS *from* \$90

SPIRAL PERMS *from* \$85

SPOT PERM *from* \$55

KERATIN COMPLEX SMOOTHING THERAPY *from* \$325

HAIR RELAXING *from* \$120

### [ COLOR ]

*(prices below include an Intense Conditioning Treatment)*

SINGLE PROCESS *from* \$53

DOUBLE PROCESS *from* \$83

FULL HIGHLIGHTS OR LOWLIGHTS *from* \$103

PARTIAL HIGHLIGHTS OR LOWLIGHTS *from* \$78

CORRECTIVE COLOR BY CONSULTATION

REFRESHING GLAZE *from* \$33

CAP HIGHLIGHTING *from* \$53

*Long hair pricing may vary*



## COSMETICS

MAKEUP APPLICATION \$40

MAKEOVER & LESSON \$60

WEDDING APPLICATION \$60

EYELASH TABBING \$30

EAR CONING \$30

## WAXING

EYEBROW \$12

LIP \$10

CHIN \$10

UNDER ARM \$20

1/2 ARM \$25

FULL ARM \$35

1/2 LEG \$30

FULL LEG \$70

BIKINI *from* \$30

BRAZILIAN *from* \$55

BACK *from* \$50

CHEST *from* \$25

## MEN'S SERVICES

MEN'S SIGNATURE MANICURE \$18

GENTLEMEN'S SIGNATURE PEDICURE \$30

EYEBROW WAXING \$12

STOMACH *from* \$25

1/2 ARM \$25

FULL ARM \$35

CHEST *from* \$25

FULL BACK *from* \$50

SHOULDERS *from* \$35

FULL BACK & SHOULDERS *from* \$75

NECK \$15

MEN'S EXCLUSIVE FACIAL \$65

A deep cleansing begins the treatment, followed by an enzyme peel and extractions. Then, enjoy a shoulder and face massage to release tension and stress. Next, an application of a soothing mask balances and hydrates.

ALL ABOUT YOU FOR MEN \$130

Gentlemen's manicure or pedicure, deep-tissue massage, shampoo, cut, & style.

*Ask about our All About You monthly men's night*



"There is certainly no absolute standard of beauty. That precisely is what makes its pursuit so interesting."

– Emily Dickinson



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## FACIALS

CUSTOM FACIAL \$65

This is a one-hour treatment that will be customized for you according to your individual needs after an in-depth analysis of your skin by one of our professional service providers.

ALGOMASK FACIAL \$85

This cooling seaweed mask provides instant radiance by hydrating, soothing, decongesting, and minimizing redness.

EYE TREATMENT \$15

Reduces puffiness and dark circles.

COLLAGEN 90-11 \$130

This intensive anti-aging treatment hydrates, rejuvenates, tightens, and reconfigures the skin's surface to subdue the signs of aging.

SEA C SPA \$100

Turn back time with this powerful antioxidant treatment, which incorporates vitamin C, seaweed, and an organic mud mask. Will help restore your skin's youthful appearance.

HYDROLIFTING \$100

This five phase anti-aging treatment exfoliates, hydrates, restores, lifts, and firms the skin.

EXPRESS FACIAL \$45

A deep pore cleansing and treatment mask with massage.

TEEN FACIAL \$40

This facial will help balance, restore, and give a clearer, brighter complexion.

BACK FACIAL \$65

This treatment includes a deep cleansing, exfoliation, steam, massage, and mask for your back. Great for relieving stress and tension.

## CLINICAL FACIALS

DERM RENEWAL PEEL \$65

A deep exfoliating treatment that combines a patented complex offering the full benefits of AHAs without discomfort, renewing and moisturizing a more radiant complexion. Great for acneic skin.

BOTINOL \$140/ Series of four \$540

This anti-aging treatment combines peptides with vitamin A for a Botox-like effect without the pain or worry. Maximum results after four consecutive weekly treatments.

MICRODERMABRASION \$100/ Series of six \$560

A skin-freshening technique to help repair skin from the sun and the effects of aging. Helps reduce fine lines and wrinkles and unwanted pigmentation.

ULTRASONIC FACIAL \$120/ Series of six \$650

This treatment gives you consistent exfoliation with no irritation or inflammation. Great for anyone who needs superficial resurfacing for common photo-aging skin damage.

REIKI \$65 for 60 minutes

OXYGENATING FACIAL \$125

OXYGENATING ACNE FACIAL \$95

COLLAGEN \$130/ Series of five \$595

Anti-aging treatment hydrates and reduces the signs of aging.

## MASSAGE

Buy a series of 6 and your last one is half off. Buy a series of 10 and your last one is free.

**HOT STONE** \$100 for 60 minutes/\$150 for 90 minutes  
A relaxing luxurious massage combined with heat therapy.

**SWEDISH MASSAGE** \$80 for 60 minutes/Series of six \$400  
A full-body massage to ease sore muscles, relieve tension, and promote an overall sense of well-being.

**DEEP TISSUE** \$90 for 60 minutes  
A technique which incorporates deep pressure to release stress and pain.

**BACK MASSAGE** \$40 for 30 minutes  
A targeted version of our Swedish massage.

**AROMATHERAPY MASSAGE** \$85 for 60 minutes  
Our Swedish massage with the added benefit of aromatic oils.

**SHIATSU MASSAGE** \$65 for 60 minutes  
Shiatsu uses rhythmic pressure on specific points along the body. Also includes gentle stretching and range of motion; helps relax the body and maintain general health.

**CHAIR MASSAGE** \$25 for 15 minutes  
When 15 minutes of relaxation is needed, this is for you. Massaged fully clothed in a chair designed to relax you.

**MATERNITY MASSAGE** \$100

*Outdoor massage (weather permitting).*

### [ SPA PACKAGES ]

**ALL ABOUT YOU EXPERIENCE** \$250  
Enjoy a 90-minute hot-stone massage, custom facial, ultimate spa manicure, and ultimate spa pedicure.

**COUPLES DAY OFF** \$175  
Start your day off with someone special with a side-by-side massage followed with a Jacuzzi bath. You can add to your experience with any of our other services.

### [ CUSTOM PACKAGES ]

We would be glad to customize an experience for you. Half and full days of beauty available (light lunch included). Enjoy our seasonal outdoor treatments and be sure to ask about our monthly specials.

### [ BODY WRAPS/TREATMENTS ]

**GREEN TEA MINT ALGAE BODY MASQUE** \$80  
This treatment stimulates circulation. Dead sea salts are applied to exfoliate the skin, preparing it for the algae masque, which heals and detoxifies the skin. Finally an ultra-hydrating body lotion is applied.

**INDIAN SUNSET MUD WRAP** \$115  
This iron-rich mud treatment begins with a brisk citrus exfoliation. Next, warm Sedona mud is applied over the entire body and wrapped in a blanket to seal in heat, improving circulation and drawing out impurities. The treatment ends with a light massage.

**SEAWEED BODY WRAP** \$115  
The seaweed wrap is rich in iodine and minerals which helps to promote the body's general metabolism. First the body is exfoliated and then seaweed is applied. The body is wrapped in a blanket and finally a moisturizer is lightly massaged to the body.

**CELLULITE TREATMENT** \$85 *(average treatment)*  
Dramatically improve body tone with this seaweed treatment. First, the body is exfoliated with an aromatic body scrub. Next, cellulite-activating crème is massaged into the body. Finally, a highly concentrated seaweed gel is applied and the client is wrapped in a blanket as the nutrients penetrate the skin.

**SCENT-SATIONAL SALT SCRUB** \$60  
A 45-minute treatment that includes a dry-brush exfoliation, an invigorating salt scrub, and finishes with the application of a moisturizing lotion. Scrubs available: exotic fruit, lemongrass and green tea, lavender.

**DEAD SEA SALT GLOW** \$85  
The unique properties of this special combination will stimulate circulation and soften heels, elbows, and any other dry or rough areas of the body. Sea salts are mixed together with fragrant massage oils and worked into the body. The treatment finishes with a soothing, relaxing massage, leaving your body glowing and refreshed.

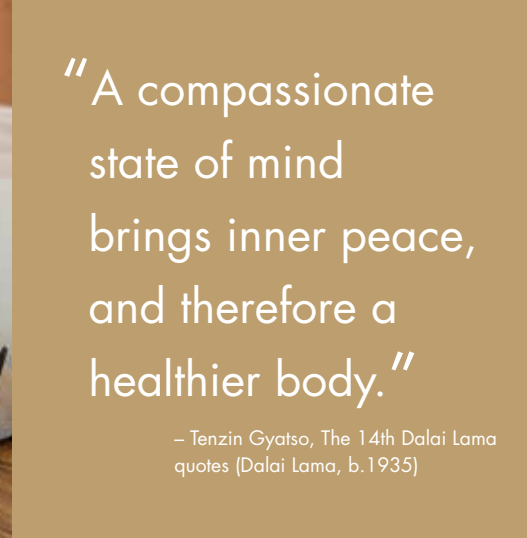
**AROMATHERAPY JACUZZI BATH** \$25

**SAUNA** price upon request  
Enjoy the benefits: burns calories, relieves pain, removes toxins, clears cellulite, eases joint pain, and much more.

*\*Wraps are not advised for diabetics, pregnant women, or guests with high blood pressure.*

## TANNING

**SPRAY TAN** \$45



“A compassionate state of mind brings inner peace, and therefore a healthier body.”

– Tenzin Gyatso, The 14th Dalai Lama quotes (Dalai Lama, b.1935)



## POLICIES AND PROCEDURES

**RESERVATION & CANCELLATION POLICY**  
When booking a spa appointment, all guests will be asked to provide a credit card number to reserve a room. We understand that sometimes emergencies come up. That's why All About You allows you to cancel your appointment as long as you provide us with a minimum of 24-hours notice. Failure to notify or show for a scheduled treatment in your room will result in a 50% charge of the price of services to be automatically charged to your credit card. This ensures that our guests always receive the exemplary service we promise. Because appointments fill up quickly, we suggest you schedule your next appointment before you leave.

**EVENT POLICY** Pricing upon consultation.

**SPA POLICY** Get the most out of your appointment by arriving 15 minutes prior to your spa treatment. If you happen to be late, we will do our best to accommodate you; however, we cannot guarantee the full length of the service.

**GRATUITY POLICY** Gratuities are not included in service price and are a matter of personal discretion on all of our services.

**CHILDREN'S POLICY** Children are always welcome at All About You. We kindly ask that all children under 10 without an appointment not accompany you while you are getting a treatment. An adult must accompany children under 12 that are receiving a service.

**CELL PHONE POLICY** Please be sure your cell phone is turned off during your treatment.

**RETURN POLICY** Receive All About You credit for returned products when accompanied by a receipt within 30 days of purchase.

**SERVICE GUARANTEE** We want you to be happy. We take great pleasure in the quality of services we provide. If for some reason you are unsatisfied with your service, please let us know and we will gladly work to ensure your happiness.

We accept all major credit cards, personal checks, and cash. There is a \$30 charge on all returned checks. All prices are subject to change.

Give the gift of All About You. Our gift cards are available for any amount you'd like.

## ALL ABOUT YOU

119b Green Street | Foxboro MA 02035

508-543-7779 | [www.foxborospa.com](http://www.foxborospa.com)

## HOURS OF OPERATION

Tuesday: 9 a.m-8 p.m.

Wednesday: 9 a.m-8:30 p.m.

Thursday: 9 a.m-8:30 p.m.

Friday: 9 a.m-6 p.m.

Saturday: 8 a.m-4 p.m.

Sunday by appointment