



Dana's
Total Image

Salon Day Spa* Tanning*

When your image matters.

Monday-Friday 8am-5pm

Saturday 8am-3pm

Evenings by appointment

319-753-6995

www.danastotalimage.com

914 Maple Street

Burlington*Iowa*52601







Welcome to Dana's Total Image

Supreme indulgences await you around every corner of our 5,000 square foot full-service European-Style Salon, Spa, and Tanning Complex.

Designed with your relaxation and health in mind, Dana's Total Image offers salon, spa, and tanning services along with natural treatments to soothe sore muscles, relieve stress and promote well-being and beauty.

Partake in a host of delicacies for the body and soul including refreshing herbal body wraps, relaxing massages, soothing aromatherapy, hydrotherapy, rejuvenating facials, body treatments, and salon services. Here you will find services, amenities and personnel worthy of a palace.

-  *Specialized private treatment rooms*
-  *Whirlpool*
-  *Steam Shower*
-  *Professional one-on-one therapist*
-  *Full-service beauty salon*
-  *Robes, towels, toiletries, and all of the extras are provided compliments of Dana's Total Image.*

A la carte, half-day, and full-day packages are available for individuals and groups.



Index

| | |
|--------------------------|----------|
| Salon Policies..... | Page 1 |
| Your Spa Visit..... | Page 2-3 |
| Spa Packages..... | Page 4 |
| Spa Body Treatments..... | Page 5 |
| Massage..... | Page 6 |
| Nail Services..... | Page 7-8 |
| Skin Care & Facials..... | Page 9 |
| Body Wraps..... | Page 10 |
| Tanning..... | Page 10 |
| Hair Services..... | Page 11 |
| Waxing..... | Page 11 |
| Considerations..... | Page 12 |

Dana Atkins-Owner



When your image matters.



Salon Policies

Relax & Escape

We strive to take our appointments on time, please help us in this endeavor. For spa services always arrive at least 15 to 30 minutes (depending on type of service) ahead of your appointment time. This will allow you time to check in and prepare for your service. All services will be charged as stated except in cases of specialty work. Your service provider will inform you of any adjustments during consultation.

We accept Visa, Mastercard, personal checks, and cash. We require a credit card payment in advance when scheduling a spa package. This payment is refundable only if the appointment is cancelled 24 hours in advance.

Gratuities

Appreciation to your professional staff member is at your discretion.

Gift Cards

Available for all packages, individual services, or any dollar amount. An ideal gift for any occasion!





Place Gift Card
Here

Your Spa Visit

What can you expect at Dana's Total Image? You will be welcomed by spa personnel and led to the changing room where you will change into your complimentary robe and slippers. You will then be asked to wait in the relaxing lounge area for your spa therapist.

You will enter a private treatment room designed for your comfort and relaxation. The therapist will leave the room and you will then disrobe. For a full body massage, most people undress completely, although you may choose to wear undergarments, a leotard, or swimsuit.

During a massage you will be warmly draped with a large towel, so keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times. Only the specific body area being worked upon is exposed. For hydrotherapy services, you may wish to wear a bathing suit.

-  You may wish to bring a bathing suit in order to enjoy the whirlpool.
-  Drink plenty of water two hours before and after body treatments.
-  We would ask that you please shower before any body services such as massage, wrap, or salt glow.
-  Time in the whirlpool or steam shower should not exceed 20 minutes.

Your spa visit continued on page 3.

Your Spa Visit Continued...

-  Our health experts recommend that you receive only one heat treatment per day. If you have varicose veins you should avoid all heat treatments. Also, pregnant women should avoid treatments using deep pressure and heat, such as hydrotherapy and herbal wraps. You might want to take advantage of our Maternity Massage. Following any of the heat treatments, it is important that you rest and not participate in any vigorous activity for at least one hour.
-  We request that you disclose any medical conditions and/or prescription medication you are taking as some services may be inadvisable.
-  If you feel you would be better served by another team member or would like a fresh perspective, please let us know. We work as a team to meet your needs for image and wellness.
-  If you are receiving a special occasion hair or cosmetic service, wear a button-down shirt for easy changing.
-  To guarantee availability for your next appointment, please schedule prior to leaving the salon.
-  We are interested in your suggestions. Please let us know how we may better serve you.

Spa Packages

The Express Package

Short but sweet! After a "mini" facial, receive a deep tissue massage for 30 minutes, then treat your hands to a basic manicure.

90 minutes.....\$76.00

A Day of Beauty

Leave looking and feeling like a million bucks! Receive an Anti-Aging facial, Deluxe Manicure, and Pedicure. Finish your day with a hairstyle and makeup application.

4 hours.....\$145.00

The Quick Fix

After a long, hard day, unwind in our spa with a one hour body massage, Executive facial, and Spa pedicure. Go home feeling rested and ready to face your next challenging day.

3 hours.....\$154.00

Total Body Transformation

Transform your mind, body, and soul with a one hour aromatherapy massage. Smooth and soften your skin with a body polish and complete your body transformation with a Spa Manicure and Spa Pedicure.

3 1/2 hours.....\$175.00

Half-Day Excursion

"Total Body Rejuvenation" Begin with a hot stone massage and Executive Facial, followed up with a Spa Manicure and Spa Pedicure. Make it a great way to spend a special occasion or do it "just because you deserve it!"

4 hours.....\$195.00

Total Image Experience

This is the ultimate spa package. Begin with a Deluxe Swedish Massage, followed by a Total Image Facial. Enjoy a Deluxe Manicure and Deluxe Pedicure. Enter the salon for a wash, style, and makeup application. Lunch included.

6 hours.....\$263.00

Spa Body Treatments

Buff and Tan

Don't you wish you could have that "sun" kissed glow without the sun? You can! This revolutionary spray tan goes on smooth and streak free. Great for any time or in the nick of time for any special event. Along with our complete body exfoliation your tan will last 7-10 days.

60 minutes.....\$60.00

Back Facial

This treatment incorporates selected products to deeply cleanse and exfoliate the back. A soothing, must have service for sore, tired backs.

60 minutes.....\$50.00

Remineralizing Body Treatment

Sea salt treatment exfoliates and remineralizes your skin to a smooth finish, then the steam shower exhilarates and leaves you feeling fresh and rejuvenated.

60 minutes.....\$55.00

Body Polish

Exfoliates the whole body for a sense of well being. Reduces stress, improves microcirculation and cellular regeneration. Also excellent for dry skin.

60 minutes.....\$55.00

Ear Candling

Centuries old, candling continues to be used as a soothing and relaxing treatment for the ears. A cylinder is gently placed in the ear and lit on the opposite end to create a slow vacuum. With no discomfort, old ear wax and toxins are removed, helping to relieve pressure, wax buildup, and inner ear blockage. A perfect way to balance mind, body, and soul.\$20.00

Aromatherapy Scalp Massage

Essential oils massaged into the scalp to enhance circulation. A great way to relieve tension.

10 minutes.....\$10.00

Aromatherapy Steam

A great extra to add to any spa service before or after your service. Relax in a mist of steam shower with essential oils. \$1.00 per minute with any service, 20 minimum.

Massage

On The Run Massage

Designed for the person who wants target areas worked and doesn't have the time for the whole massage. This is a great way to work those areas. Half hour Swedish relaxing massage on a heated table.

30 minutes.....\$37.00

Swedish Massage

Good for relaxation and stress reduction. This treatment uses various kinds of strokes, such as Petrissage, Effleurage, Friction, and Muscle Stripping, facilitating increased circulation to flush toxins from the muscles and from the body. Also includes a state of true relaxation which quiets the mind and gives the spirit a rest.

60 minutes.....\$50.00

Deluxe Swedish Massage

For the ultimate in relaxation a Swedish Massage and choice of whirlpool time or steam shower.

90 minutes.....\$70.00

Hot Stone Therapy Massage

Unique heated river rocks center the mind and body as the heat from the stones penetrate deep into the body to produce a state of relaxation like no other.

75 minutes.....\$75.00

Aromatherapy Massage

The use of the finest essential oils combined with therapeutic massage techniques releases tension, enhances circulation in which increases relaxation and revitalizes the senses. What a great experience.

60 minutes.....\$65.00

Prenatal Massage

A Swedish massage, centered especially for the expectant mother. Relieve tension and enjoy!

45-60 minutes.....\$50.00

Seated Chair Massage

This is a wonderful stress-relieving tune-up massage concentrating on your upper back, shoulders, hands, arms, and neck. Kneading and acupressure techniques make this an effective fully-clothed treatment. Great during a lunch break to relieve the stress of the office.

10-30 minutes.....\$1.00 per minute

Reflexology

Promotes total body well-being, stress relief, and healing. Reflex points on the hands and feet are stimulated which correspond to specific body organs and glands. Great for anyone, whether you want to relax or have a specific condition.

45 minutes.....\$40.00

Nail Services

(Pamper Your Hands)

Deluxe Manicure

This rehydrating and retexturizing treatment is combined with a exfoliation, relaxing hand and arm massage and peach paraffin dip that will soften and nourish the hands.\$25.00

Spa Manicure

This manicure conditions with both a warm and moisturizing soak for the skin and nails, finishing with soothing hand massage and polish.\$18.00

Basic Manicure

Nails are shaped and polished. Hands and cuticles are moisturized and conditioned with a relaxing massage.\$15.00

Polish Change

Finger Nails.....\$8.00

Toe Nails.....\$11.00

Acrylic Nail

Sculpture, Full Set.....\$50.00 and up

Fills.....\$20.00 and up

Tip w/ Products Full Set.....\$40.00 and up

Paraffin.....\$10.00 and up

Buff and Polish.....\$12.00 and up



Nail Services

(Pamper Your Feet)

Deluxe Spa Pedicure

Manicure for the feet. Start with a 15 minute soak, a paraffin dip, followed by gentle exfoliation, mask, and shaping of the nails. Enjoy yourself and relax in our whirlpool pedicure spa units, finish with a foot and lower leg massage and polish of your choice.

90 minutes.....\$55.00

Spa Pedicure

During your pedicure, your feet are treated to a gentle exfoliation foot mask and a blissful massage.

60 minutes.....\$45.00

Basic Spa Foot Treatment

The benefits of a spa pedicure with more massage and less manicure. Designed for the person who wants more foot massage and less of the fuss. Includes 10 minute soak, light exfoliating scrub on feet, finished with a soothing moisture massage on feet and lower leg.

35 minutes.....\$35.00

Foot Relief

Start with a warm soak and scrub in the whirlpool tub and massaging chair. Then sit back and enjoy your feet being massaged with soothing oils. A must for renewal and rejuvenation of tired feet.

20-25 minutes.....\$25.00



Skin Care & Facials

The Mini Experience

Get just a "taste" of what a deluxe facial can offer you with this mini facial. Get the basics of cleansing, toning, and moisturizing of the skin with a mini massage of the face, neck, decolletage, all just to leave you wanting more!

Perfect for the first timer or those with a limited schedule.

Approx. 30 minutes.....\$30.00

Anti-Aging Facial

Beat those signs of aging with this relaxing and beneficial facial. With the use of products specifically designed to smooth fine lines and wrinkles and stimulate skin cells, your skin will be screaming for more! This facial is perfect for those who want to revitalize their skin and begin a new skin care regime.

Approx. 45 minutes.....\$50.00

The Executive Facial

This facial was designed with the busy professional in mind. It includes thorough cleansing, exfoliating, toning, and moisturizing of the skin as well as a facial firming mask. It also includes a wonderful and relaxing massage of the head, face, neck, shoulders, hands, and feet, with a hint of peppermint added to your foot massage to give you some "pep" in your step. You'll leave this facial feeling refreshed, renewed and ready to tackle the rest of your busy day.

Approx. 50-60 minutes.....\$65.00

Total Image Signature Facial

This is the ultimate facial! It not only includes everything from our Executive Facial, but it also spoils you with a wonderful hand and foot paraffin treatment and later a hand and foot lotion wrap with thermal mitts. All enjoyed while snuggled beneath a warm thermal blanket! Your skin will love this!

Approx. 75 minutes.....\$85.00

Electrolysis

Permanent Hair Removal.....\$1.30 per minute

All consultations are complementary.

Make-Up Application.....\$10.00

Body Wraps

Mississippi Mud Wrap

The rejuvenating forces of Mother Earth restore your body to its natural beauty using thick, warm mud, rich in natural vitamins and minerals. This soothing combination draws the impurities from the body, leaving you refreshed and revitalized.

60 minutes.....\$60.00

Aromatherapy Wrap

Unifying the senses of touch and smell, this procedure utilizes essential oils chosen specifically for your treatment, thus bringing equilibrium to the mind and body.

60 minutes.....\$60.00

Fat Burning Wrap

This wrap is a safe and effective way of reducing the appearance of cellulite and over all measurements while firming and re-contouring the body.

60 minutes.....\$60.00

Tanning

Spray Tanning

Raccoon Eyes.....\$5.00

Full Facial & Neck Blend.....\$8.00

Legs.....\$10.00

Full Shoulders & Arms.....\$15.00

Full Body.....\$30.00

3 Full Body Sessions.....\$75.00

Tanning Beds

One Month Unlimited.....\$40.00

One Tanning Session.....\$5.00

Please Call for our seasonal tanning packages.

Hair Services

| | |
|------------------------------|----------------|
| Shampoo & Style..... | \$15.00 and up |
| Haircut: Women..... | \$20.00 and up |
| Haircut: Men..... | \$15.00 and up |
| Haircut: Children..... | \$10.00 and up |
| Haircut & Style..... | \$28.00 and up |
| Combout..... | \$10.00 and up |
| Up Do's (Event Styling)..... | \$30.00 and up |

Permanent Waves

| | |
|-------------------|--------------------|
| Perm..... | \$45.00 and up |
| Partial Perm..... | Priced Accordingly |

Hair Color

| | |
|-------------------------------|--------------------|
| Basic Hair Color..... | \$40.00 and up |
| Foil Highlight..... | \$60.00 and up |
| Bleach/Color..... | Priced Accordingly |
| Deep Conditioner..... | \$15.00 and up |
| Demineralizing Treatment..... | \$15.00 and up |

Color and Perm Services do not include Hair Cut.
Ethnic Hair Services are available, call for pricing.

Waxing

| | |
|--|-----------------|
| Lip..... | \$10.00 and up |
| Brow..... | \$12.00 and up |
| Leg (knee to ankle)..... | \$40.00 and up |
| Leg (ankle to medium/upper thigh)..... | \$55.00 and up |
| Underarm..... | \$15.00 and up |
| Back..... | \$35.00 and up |
| Bikini..... | \$30.00 and up |
| Bikini Brazilian Wax..... | \$75.00 and up |
| Chin..... | \$15.00 and up |
| Face..... | \$25.00-\$30.00 |

Considerations

We strive to create a relaxing and enjoyable environment for all our clients. Please limit use of cell phones and pagers to allow for a more stress-free environment for yourself and those around you.

Respect other guests. The Spa environment is one of tranquility and relaxation, so respect the other guest's right to privacy and quiet.

Remember, your treatment will end on time so that the next client is not delayed, regardless of how late you start. So please be on time, if not early.

We are concerned about the safety of your children, as well as the relaxation of other guests. Children must remain in the reception area and not left unattended. Children are not allowed in the spa unless receiving services.

Questions

What do I need to bring?

Total Image Spa provides robes, slippers, and other amenities. All you need to bring is yourself.

Are there health benefits to a Spa visit?

The guaranteed benefit of a Spa visit is your immersion in a relaxing environment, which reduces stress. Stress reduction is, of course, one of the major contributions to good health. In addition, many Spa treatments are geared to easing various aches and pains. Additionally, take-home programs developed for you can help you make life-style changes for long-term benefits.