

## SEA OF FACIALS

### **RECHARGER FACIAL**

For those who need skin care in a hurry, this service includes a deep cleansing, exfoliation, followed by a mask and moisturizer, leaving the skin feeling refreshed and ready to go! A mini scalp, hand and arm massage included.

30 minutes • \$45

### **ELEMENTAL RESCUE FACIAL**

A relaxing retreat...rejuvenates all skin types. This Classic Facial treatment begins with skin analysis, deep cleansing, exfoliation, and a relaxing massage followed by a customized mask, moisturizer and sunscreen.

60 minutes • \$75

### **DEEP PORE CLEANSING FACIAL**

This facial offers a great exfoliation: hydration and a deep pore cleanse. This treatment will keep your skin smooth and healthy preventing future breakouts and congestion.

60 minutes • \$75

### **FOUR ELEMENTS SIGNATURE FACIAL**

Indulge with a 20 minute essential oil back massage. After the tension is eased away experience our signature elemental rescue facial and eye zone treatment, creating a firmer, healthier looking skin. You'll be floating on Air when you finish this facial!

90 minutes • \$120

### **EYE ZONE TREATMENT**

Our signature eye treatment relieves puffiness and dark circles with a gentle pressure-point massage.

Add to facial • \$15 | 25 minute treatment • \$25

*\*All full facials receive a relaxing hand and arm, foot with leg, and scalp massage.*

## BODY TREATMENTS

### **SWEDISH BACK MASSAGE**

Enjoy a classic massage technique using long strokes which soothes aching muscles and relieves stress.

Add essential oil blend for \$5.00.

30 minutes • \$40

### **RELAXATION MASSAGE**

Soothing and relaxing, relieve stress and tension in the body, improve blood circulation and muscle tone.

Add essential oil blend for \$5.00

60 minutes • \$60 | 90 minutes \$80

### **DEEP TISSUE MASSAGE**

A focused massage technique designed to release muscle tension or knots. Applied pressure relieves stiffness, softens muscles and increases flexibility.

60 minutes • \$65 | 90 minutes • \$85

### **SALT GLOW EXFOLIATION**

Begin with an invigorating Himalayan salt and oil scrub, which encourage your skins natural cell renewal process. . Your skin will be left soft, moisturized and purified.

60 minutes • \$70 | 90 minutes • \$90

## HAND & FEET TREATMENTS

*Your feet and hands deserve special care and attention.*

### **HIGH SPEED MANICURE OR PEDICURE**

Get your nails into shape with a file, buff and polish.

\$15

### **EXPRESS MANICURE**

This is the no-fuss manicure. Treatment includes: nail shaping, cuticles, moisturizing, polish/buffing.

\$20

## HAND & FEET TREATMENTS CONTINUED

### **MINT MANICURE**

Replenish lost moisture and strengthen your nails with a minty manicure. Includes mint tea hand soak, nail shaping, cuticle clipping, massage and polish.

\$25

### **THREE ELEMENTS MANICURE**

Indulge in three elements with this manicure. Begin with a mint tea Water soak, nail shaping, cuticle clipping, and Earthy exfoliation. Next enjoy a Hot oil nail bath and hand and arm massage.

\$30

### **EXPRESS PEDICURE**

For the in-between moments; includes: cuticle clean-up, nail-shaping, callous removal, and your choice of exfoliation, massage or polish.

\$30

### **FOUR ELEMENTS PEDICURE**

Your treat for your feet! Treatment includes a footbath, followed by an exfoliation, nail and cuticle care, callous removal, a relaxing foot and leg massage and polish application/buffing

\$45

### **INTENSIVE PEDICURE**

Extra callous work and warm oil massage included.

\$50

### **ADDITIONAL ELEMENTS**

#### **Gel Polish**

Basic colour \$10 • French \$15

#### **French polish application**

\$5

## WAXING

*\*Using Lukewarm wax and Hard Wax*

Brow wax or tweeze • \$15

Lip, chin, cheek or sideburns • \$10

Full face wax • \$30

Bikini • \$20

Extended bikini • \$25

Brazilian • \$35 - \$45

Half leg • \$20

Half leg and bikini/extended • \$35 | \$40

Half leg and Brazilian • \$50 - \$60

Full leg • \$40

Full leg and bikini/extended • \$55 | \$60

Full leg and Brazilian • \$70 - \$80

Underarm • \$15

Half arm • \$20

Full arm • \$30

Back • \$30

Chest • \$30

*\*Waxing prices are based on time and are subject to change if more time is required.*

## **LASH AND BROW TINTING**

Do you have eyelashes and eyebrows that are nearly invisible, sensitive to mascara, or pressed for time? Tinting is an effective, way to darken your eyelashes and eyebrows, lasting several weeks. While tinting, receive a relaxing hand and arm massage.

**LASH TINT • \$18**

**BROW TINT • \$12**

**LASH AND BROW TINT • \$27**

**BROW TINT AND BROW WAX • \$25**

**LASH/BROW TINT WITH BROW WAX • \$ 40**

## FOUR ELEMENTS PACKAGES

### **ELEMENTAL EARTH PACKAGE**

Indulge in full body pampering with this package

- Four Elements Signature Facial
- Mint Manicure
- Four Elements Pedicure

Estimated time 2 hours and 20 minutes • \$130

### **ELEMENTAL AIR PACKAGE**

For wherever the wind may take you, this package is perfect!

- Salt Glow Exfoliation
- Mint Manicure
- Four Elements Pedicure

Estimated time 2 hours and 25 minutes • \$125

### **ELEMENTAL FIRE PACKAGE**

This package will warm your senses from head to toe!

- Deep Tissue Massage
- Intensive Pedicure
- Three Elements Manicure

Estimated time 2 hours and 30 minutes • \$135

### **ELEMENTAL WATER PACKAGE**

This package is perfect to quench dehydrated skin!

- Salt Glow Exfoliation
- Elemental Rescue Facial
- Four Elements Pedicure

Estimated time 3 hours • \$170

*\*Gift Certificates Available*

# Four Elements Esthetics

- By Lori

*Four Elements is a quiet Sanctuary  
where you are the only one who  
matters. Feel whole and balanced!  
Dedicated to making a difference.*

*For appointments:*

**604-892-4156**

*Monday through Friday*

**9:00am – 7:00pm**

*\*Evening and weekend appointments  
available upon request.*

Located in Garibaldi Highlands  
40409 Perth Drive  
Squamish, BC V0N 1T0

[www.FourElementsEsthetics.com](http://www.FourElementsEsthetics.com)  
[www.facebook.com/FourElementsEsthetics](http://www.facebook.com/FourElementsEsthetics)