

get a new look.  
recharge body, mind and spirit.

our mission at aveda is to care for the world we live in, from the products we make to the ways in which we give back to society. at aveda we strive to set an example for environmental leadership and responsibility, not just in the world of beauty, but around the world.

hair, skin and  
sensory experiences.  
put yourself in our hands.

#### Services at the Aveda Institute Minneapolis

Welcome to the Aveda Institute and thank you for choosing us. Coming to the Aveda Institute for a service is a unique experience. Our students are taught by highly skilled, licensed educators in both the classroom and the student salon environment. One of the most important aspects of the students' education is the opportunity to perform services on guests, utilizing the various techniques they have learned. Your patronage and support gives our students an opportunity to improve their skills and accelerate their learning. In exchange, you are able to receive great Aveda service at a fraction of the cost of an Aveda Concept Salon.

During your time here, the educators will interact with you and the student during the service experience, assisting and coaching when needed. We do our best to establish and maintain a relaxing learning environment. We want your experience to be a pleasant and enjoyable one.

Again, thank you for choosing the Aveda Institute Minneapolis.



AVEDA INSTITUTE  
MINNEAPOLIS

400 Central Avenue SE 55414  
Phone: 612.331.1400 [www.avedainstitutemn.com](http://www.avedainstitutemn.com)

Menu prices and services are subject to change without notice  
Massage services will be taxed.

Only guests receiving services are allowed on the salon floor. The Aveda Institute does not provide services on children 5 years old and under. Children must be 12 or older to receive a technical service. Massage and Body Treatments are not performed on anyone under the age of 16. Guests 16-17 must have written legal guardian permission at the time of check-in for massage and body treatments.

Patch test policy: A patch test (allergy test) is required for all full color and double process blonde services. The patch test must be done 30 minutes prior to the appointment. The patch test must be updated every six months. A new patch test form must be signed at each update. A patch test form must be signed and a copy maintained by the guest with each update.

Soy ink on 30% post-consumer paper.  
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Rev. 05/10

Aveda merges the science of performance-driven plant-based hair, skin and body care products with the art of high touch experience to offer a comprehensive menu of hair care, facial and massage treatments that are customized based on your specific hair, skin and body care needs.

The result – A holistic salon & spa experience in a school setting that incorporates wellness and balance to generate mind and body recovery



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## SKIN CARE

**Aveda Facial** \$45  
Restore healthy balance to your skin with a customized Aveda treatment. Through an effective consultation based on our Elemental Nature philosophy we will personalize Aveda products, essential oil aromas and facial techniques to meet your needs and expectations.

### Elemental Nature Treatment

Restore and maintain healthy skin addressing normal, oily or dry skin conditions.

### Green Science Skin Renewing Treatment

Minimize, lift, and firm to renew and repair aging skin

### Embrightenment Treatment

Diminish the appearance of dark spots, and discoloration, while improving visible skin clarity

### Outer Peace Acne Relief

Treatment for excessive oily/acneic skin

### Botanical Skin Resurfacing

Intense skin exfoliation that is a gentle alternative to microdermabrasion

### Perfecting Plant Peel:

Add \$20

Smooth, refine and even skin tone without irritation with this plant based alternative to a 30% glycolic peel

### Scalp and Foot Treatment Enhancement:

Add \$10

Add a scalp and foot treatment into your facial to relieve stress

### Hand Treatment Enhancement:

Add \$10

Restore healthy balance and a youthful appearance to the skin of your hands with a customized hand treatment

### Elemental Nature Back Treatment:

\$35

Designed to bring purity and balance to the skin on the back with a customized treatment focused on cleansing, skin exfoliation, back massage, and a masque to detoxify and treat the skin.

## HAIR REMOVAL

Let us know if you're using doctor-prescribed skin care products or any medications, so we can check for contra-indications.

### Brow/Upper Lip/Chin/Cheek

\$10/ea

Full Leg

\$35

Half Leg

\$25

Full Arm

\$25

Half Arm

\$15

Underarm

\$20

Bikini

\$25

Back

\$30

Chest

\$30

## MAKE UP

Application

\$15

Lash/Brow Tint

\$10/ea

## MASSAGE

### Aveda Massage:

60 minute: \$45 80 minute: \$55

### Elemental Nature Massage

A customized massage experience based on the Aveda Elemental Nature philosophy and your favorite Aveda Chakra aroma. Based on your needs, a variety of massage techniques will be utilized including Swedish, deep tissue, foot reflexology, Aveda Spa Rituals, and pregnancy massage.

### Chakra™ Balancing Massage

A massage experience to balance the chakra energy system incorporates deep tissue massage, foot reflexology and energy work with a guided meditation – enhanced by Aveda Chakra™ balancing blends (80 minutes only)

### Caribbean Therapy™ Foot Reflexology

After a gentle exfoliation and foot bath, your feet are soothed with a warm seaweed masque. A pressure point massage of the feet stimulates the reflex areas leaving you refreshed and rejuvenated.

## SPA TREATMENTS

\$55

### Rosemary Mint Awakening Body Wrap

Renew body and mind with a revitalizing dry body wrap that cools and stimulates with essences of rosemary and peppermint. Skin is left smooth, softened and the senses awakened.

### Caribbean Therapy™ Body Treatment

Rejuvenate the senses with the aromas of the Caribbean. Dry exfoliation, a seaweed body masque, a Vichy shower experience and body massage detoxify, calm and renew in this island-inspired ritual.

### Body Elixir

A combination of exfoliation and hydrotherapy, this treatment incorporates a customized body scrub with a high pressure water hose to massage and cleanse the body. The treatment continues with a Vichy shower to stimulate and rejuvenate the body followed by a light application of customized moisturizing massage oil.

## SIGNATURE SPA EXPERIENCES \*

SERIES: \$250 Perfecting Plant Peel Series: \$350

Make a commitment to wellness in your life:

Series of 6 customized facials or massages

### PACKAGES:

\$80

#### Rejuvenation Package

Includes: Elemental Nature Back Treatment, full Make-up Application & a customized Facial

#### Serenity Spa Package

Includes: 80 minute Chakra Balancing Massage w/ scalp massage & 1 hour Caribbean Foot Reflexology

### Bliss\*

Includes: Waterless Manicure, Pedicure & a customized Facial

\* Discounts or promotions not applicable to packages or series prices

## HAIR CARE

Shampoo, Haircut & Blow-dry

\$15

Shampoo & Blow-dry

\$10

Shampoo & Style/Set

\$15

Updo/Specialty Set

\$30

Braiding

\$30

### Botanical Hair & Scalp Therapy

\$35

A deep moisturizing and strengthening hair and scalp treatment that includes a scalp and neck massage, shampoo and blow-dry.

## TECHNICAL SERVICES

\* Please allow for a patch test 30 minutes prior to appointment.

All Over Color\*

\$35

Double Process Blonde\*

\$45

Full Foil (up to 2 colors)

\$45

Partial Foil (up to 2 colors)

\$30

Relaxer

\$40

Reformation Curl

\$55

Permanent Wave

\$40

## ENHANCEMENTS FOR HAIR & TECHNICAL SERVICES \*

Style

\$10

Includes flat iron, curling iron, bumper iron, wrap or roller set finish.

Swirl

\$10

7 foils placed around the face to brighten and give your color a pop.

Gloss

\$10

Glossing is designed to give the benefits of color without changing the color of the hair. It will leave hair looking shiny and feeling conditioned (will not cover grey).

\* Must be added on to a hair service, not done as individual services.

## HAND AND FOOT CARE

Customized care for your feet & hands includes proper maintenance and grooming of nails, personalized massage, and polish.

Elemental Nature Manicure

\$15

Elemental Nature Pedicure

\$20



AVEDA INSTITUTE  
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Appointment Line: 612-331-1400

Admissions Line: 612-378-7400

Website: [www.avedainstitutemn.com](http://www.avedainstitutemn.com)

Facebook: [www.facebook.com/aveda](http://www.facebook.com/aveda)

All services are performed by supervised students