



Ear Candling

\$60 (1 Hr)

Restore your senses and treat your body to a feeling of well-being with this ancient practice. A warm and soothing treatment which helps to provide relief from headaches, sinus congestion, swimmers ear, hearing, overall balance and more. ***Can be done as often as needed***

Body Art Glitter

\$15 up

or Henna Tattoos

\$25+

Create unique and intricate designs for any occasion! Can be applied to any part of the body. Choose from many Colorful & Sparkly colors. ***Lasts 1 to 3 weeks***

Body Piercing

\$45 jewellery extra \$35

Piercing for all body parts are offered in discreet and private surroundings. These include any facial, ear, belly button and piercing below the belt.

Disposable & sterilized needles and gloves are always used.

Ear or Nose Piercing includes jewellery

\$45

~Soft part of ear only and includes jewelry \$45

Permanent Make-Up

Imagine, not having to worry about make-up! Permanent make-up that lasts for years. You will look your most beautiful 24 hours a day. Enhance your overall appearance with this non-surgical micro procedure, inserting pigment beneath the top layer of the skin into the dermal layer. Pioneered permanent make-up in Saskatoon. With over 25 years of experience and being a board certified permanent make-up technologist, journeyman cosmetologist and Esthetician Carolyn Schwab C.E.O. is a master in her background. Innovative and understanding when meeting anyone's cosmetic needs. Providing discreet complimentary consultations, "It's about helping people feel better about themselves. I'm blessed to have the gift."

"Permanent cosmetics are beneficial to anyone, especially the very active."

Eyebrows

Our most popular requested procedure. If you have thin eyebrows, uneven or no brows, this procedure will make a satisfying difference to your beauty and your self-confidence. Eyebrows help frame the face, an important part of a person's expression and appearance. Become free of smudging eyebrow pencils and light colored brows. All colors are custom blended to suit your own coloring and personal preferences. Eyebrow pigmentation can mimic hair or be a solid shade depending on what look is best for you. We work with the natural coloring to give as realistic effect as possible. Your own hair will help give brows definition. The brows are drawn on your skin allowing you to make adjustments to ensure you're getting exactly the right look before committing. Choose from a full range of colors for your customized look.



\$350

Microblading

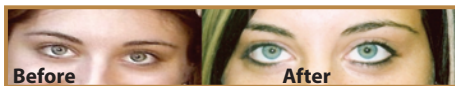
3D, embroidery eyebrows, a semi-permanent tattoo which lasts one to three years. It is done using a very fine blade to deposit pigments into the epidermis. Because we're impacting color closer to the surface, the strokes appear crisp and very fine. There is no "spilling" under the skin. This method is ideal for anyone wanting to enhance the look of their eyebrows. The results are natural looking, hair-like strokes, regardless of the amount of hair present. **\$495**



Upper/Lower Eye Liners

Glamour without fuss, your eyes will look brighter, and more alive than ever before. Imagine never having to use a pencil again even when exercising, while being intimate with a partner or while you sleep. Eyeliner ranges from a variety of different styles, shapes and colors. You can choose from a soft natural-looking liner to a more dramatic defined black liner – the choice is yours. Enjoy having your eyes looking great all day, every day. Remember you can always add regular make-up over top, if you so desire.

Upper Liner \$350 Lower Liner \$350 Both \$600



Eye Touch-Ups

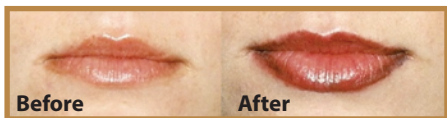
Skin around the eyes is the most sensitive, thin and continually renews itself. Pigment works its way to the surface of the skin and is naturally sloughed off over time. Consistent usage of soaps, cleaners and the sun will also gradually fade permanent eyeliners. Touch-ups are recommended every few years. Touch-ups are quick, affordable and will make your eyes look freshly renewed.

Using single use disposable needles and sterilized autoclave.

\$100

Full Lip Colors & Lip Liners

Your friends will be asking how you look so good! Choose between a wide variety of beautiful lip colors and liners that will last throughout the day and night. These can be applied in either a natural or more vibrant hue. Helps to prevent lipstick from bleeding, correct un-even lips, minimize the appearance of wrinkles and gives more fullness and definition. Enjoy wearing it alone or applying different shades of gloss or lipstick over top.



Lip Liner \$350 Full Lips \$450

Scar Camouflage

Helps to smooth your skin and acts as a corrective procedure, improving the appearance of many facial or body disfigurements. Enjoy a flawless new look and rid yourself of scars from such things as: cleft lip, grafts, acne or face lifts, fine lines, scars and some wrinkles. **\$150+ per area**

Areola Restoration

This popular tattooing technique is specifically for anyone who has had to go through breast surgery. A customized pigment is applied in the skin to form an areola and nipple. Results are incredibly natural. **Full areola \$450**





Beauty Marks

Be unique and create your own mark! These can be designed or perfected.

\$75 Each

Tattoos

Changes Salon & Spa is a place where people from all walks of life can receive body art in a comfortable atmosphere.

(Prices available upon consultation)

SAVE \$100 DOLLARS WITH TWO OR MORE TREATMENTS!

Men's Grooming Care

Spa treatments are helping men manage stress, as well as look and feel their best.

Men's Designer Cut & Style

\$30+

Men's Hair Color ~ For a richer, more **natural look**. (Add a cut \$20+)

\$50+

Sports Manicure ~ Your hands say a lot about you, so get them into great shape with one of our most popular men's services. **Nails are filed and buffed as cuticles are clipped then conditioned.** We finish off with a **softening scrub** and a **soothing hand and forearm massage** to work out all the knots, leaving hands smooth and 'hand'some.

\$45 (1 Hr)

Sports Pedicure ~ Great for athletes and men who are always on their feet. Relax with a **complimentary beverage**, as feet are soaked in a **therapeutic footbath**. Rough spots and **calluses are removed. Feet & lower legs** are then **scrubbed and massaged** with a revitalizing foot cream. Your feet will feel brand new again!

\$60 (1 Hr)

Golf Ball Massage **FORE!!!** Golf Ball Massage is a hole in one with golfers.

Loosen up your swing and get a better grip on the club. 1 hour massage includes 30 minute Sauna Plus 1 ball and 2 tees.

\$75

Gentlemen's Facial ~ Escape from the day's work with a retreat for the face. Begin with an exhilarating **steam with hot towels**, followed by a **regime that helps revive skin from daily shaving and exposure to the outside elements**. Includes; **cleansing, exfoliation, extractions, face, neck massage, ending with a conditioning masque** to sooth and awaken the senses.

\$95 (1.5 Hrs)

Russian Beer Treatment ~ A 30 minute **sauna to rid the body of toxins, body buffing scrub followed by an hour-long massage**. Top off the experience with a cold Russian beer. **\$150 (2.5 Hrs)**

Hot Towel & Shave ~ Give your face a good old fashioned treatment. Experience **soothing warm towels** to prep for a **shave** so accurate, your skin will feel baby smooth.

\$60 (30 Mins)