



PH: 570.421.8077

**Ken and Company Aveda Salon Spa**  
**Connecting beauty, environment and well-being.**  
**507 Main St. Stroudsburg PA 18360**  
**570.421.8077**  
[www.kenandcompany.com](http://www.kenandcompany.com)

## **RESTORING YOUR SENSE OF WELL-BEING**

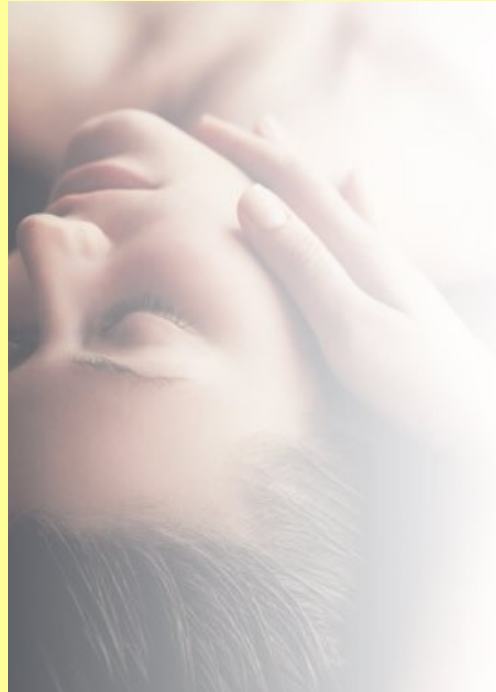
From the moment you walk into our salon, you'll notice it — our complete attention to your desire for relaxation and self-restoration. Nothing can damage body, spirit and mind more than the stresses of everyday existence. And no one knows better how to relieve those stresses than Ken and Company.

As you step through our doors, you'll immediately receive that needed respite from those ever-present stresses — to help you return to a more tranquil state. At our Aveda licensed salon spa, even a haircut is designed and executed with this in mind.

We base our treatments and services on a holistic philosophy — that each of us has some mixture of the five elements of nature within our spirit. Those five elements are infinity, air, fire, water and earth. Before we even begin to provide our professional services and spa treatments, we ask you to complete the Aveda Elemental Nature Questionnaire, which helps acquaint us with your individuality. Only then do we tailor our service to your needs -- to help restore balance within yourself.

We believe in keeping with the harmony that intrinsically exists between humans and their world. To that end, we use Aveda's natural plant-derived products in all of our treatments and services for maximum health of your hair, skin, body and the environment.

What follows is a listing and description of our treatments and services. We hope you thoroughly enjoy your time with us, and leave our salon spa with a renewed sense of energy and spirit.



And please always remember -- don't hesitate to ask us any questions about our philosophy, products, treatments and services.

## HAIR

The hair team at Ken and Company undergoes continuous training at the Aveda Academy for Advanced Hair Design in New York City. We couple our expertise in cutting, styling and specialized treatments with your need to unwind and recharge. To this end, we include a mini stress-relieving scalp massage with aromatherapy oils before each hair service, followed by a makeup touch-up. Shampoo, balancing, and blow-dry finish included. Long hair services are priced by consultation.

### THE CUT

Women - \$35 to \$50

Men - \$28 to \$42

### THE COLOR

Half hi-lite - \$57 to 64  
with cut - \$65 to 78

Hi-lite - \$72 to 80  
with cut - \$80 to 96

One-step - \$59 to 62  
with cut - \$74 to 79

Two-step - \$98 to 102  
with cut - \$107 to 117

Foil-Overlay - \$113  
with cut - \$125 to 128

Mens Color - \$51 to 59  
With cut - \$68

Corrective color - priced by  
consultation.



## THE TREATMENT

Deep conditioning - \$15

Damage Remedy Hair & Scalp Renewal - \$26 + Style

## THE PERM

Half perm - \$68

with cut - \$75 to \$85

Full perm - \$83

with cut - \$95 to 100

## THE STYLE

Shampoo and style - \$25 to 28

Blow-dry style - \$25 to 28

Up-do - \$60 to 75

Thermal straightening - style plus \$20

## AVEDA PLANT WAX HAIR REMOVAL

Brow - \$10

Chin or cheeks - \$10

Upper lip - \$10

Men's brow grooming - \$10

Underarms - \$22

Bikini line - \$25

Half arms - \$22

Full arms - \$35

Half legs - \$35

Full legs - \$55

Back and chest based on consultation



## Aveda Hand and Foot Treatments

### Therapeutic hot wax

Hands - \$10

Feet - \$15

## Manicures and Pedicures

### **Hand relieving manicure treatment** 30 minutes - \$18

Includes cuticle minimizing, exfoliation, hand and arm pressure point massage, nail shaping and polishing.

### **Foot relieving pedicure treatment** 60 minutes - \$38

Feet are groomed before foot and leg pressure point massage, then nails are shaped and polished.

### **Caribbean Therapy hand and foot treatments**

Exfoliating paste and seaweed masque are coupled with Caribbean massage techniques. Nails then shaped and polished.

Hands 30 minutes - \$40

Feet 60 minutes - \$55

### **French Finish**

May be added to any manicure for an additional \$10 and any pedicure for an additional \$15

\*\*\*

## Makeup

Our Aveda certified makeup artists goal is to enhance your natural beauty.

**Application** - \$30

**Lesson** - \$40



## Bridal Hair and Makeup

We pride ourselves on a tradition of bringing out our brides' natural radiance and tranquility. A personal bridal coordinator will focus on your every need.

### Hairstyle

Head, neck and shoulder massage, shampoo, blow-dry and style. \$35

### Up-Do

Please arrive with clean, dry hair. Includes head, neck and shoulder massage. - \$60

### Cosmetic Application

Enhances your natural beauty. - \$45



## AVEDA FACIALS

We use essential oil aromas and specific facial techniques such as natural microdermabrasion, pressure point massage, lymphatic drainage and Ayurvedic massage to help restore radiance and clarity to stressed skin.

**The Elemental Nature Facial** 60 minutes - \$80

**The Facial for Radiant Skin** (natural microdermabrasion .) 60 minutes - \$100

**Green Science Anti-Aging Facial** 60 minutes - \$110.00

## AVEDA MASSAGE

### Elemental Nature Massage

We offer a variety of techniques based on your needs and our Elemental Nature philosophy.

**Thirty-minute massage** - \$45

**Sixty-minute massage** - \$65

**Ninety-minute massage** - \$90

## AVEDA SPA BODY TREATMENTS

**Back Treatment** 60 minutes - \$80

We focus on the skin of the back and include cleansing, exfoliation, massage and masque therapy.

**Caribbean Body Treatment** 60 minutes - \$95

Body masque treatment begins with a dry exfoliation followed by application of a detoxifying seaweed masque to your back, feet and hands. A scalp, face and body massage completes this treatment.

**Stress-relieving pressure point massage of head, neck and shoulder** - \$45

**Foot reflexology**

Includes pressure point massage techniques plus exfoliation.

45 minutes - \$45

## PURE SPA PACKAGES

We have created three spa packages including various treatments, depending on your needs. Ask us about creating a custom spa gift package.

**Elements of Focus** 1.5 hours - \$85

Aveda makeover: haircut and style, brow shaping, makeup, complimentary hair color consultation.

**Elements of Relaxation** 3 hours - \$218

Stress relieving Scalp massage, full-body massage, facial, blow-dry style.

**Elements of Renewal** 5 hours - \$261

Full-body massage, facial, manicure, pedicure, blow-dry styling, makeup application, and complimentary hot-wax foot treatment.



## We thought you d like to know

### **SPA SERVICES**

We thank you in advance for allowing us the privilege of taking care of you. Your privacy and comfort are of utmost importance to us. Spa treatments require various levels of undress and our therapists are trained in appropriate methods of draping. Although your therapist will fully discuss your treatment with you prior to the service, please feel free to ask any questions to ensure your complete comfort.

Please arrive 15 minutes before your first scheduled treatment. This will allow enough time for touring the spa, changing into spa attire, and consulting with our therapists.

Upon scheduling a spa appointment, we require a credit card or gift certificate number to reserve your time. The card or certificate will not be charged until service is complete.

We thoroughly understand schedule changes; we kindly ask that you give 24 hours notice to cancel a spa appointment. If no notice is given, we must apply a 100 percent cancellation fee.

Please try to make your next appointment at the conclusion of your treatment to ensure you receive the appointment that best fits your schedule.

### **PAYMENT**

We accept the following forms of payment for all our services: cash, Visa, Mastercard, American Express, and debit cards. We do not accept checks. Gratuities are much appreciated and are not included in the service or treatment price.

### **GIFT CERTIFICATES**

We offer gift certificates at the Salon Spa or 24 hours a day online.

### **HOURS**

Monday through Saturday - 8 a.m. to 9 p.m.

Closed Sunday

Ken and Company Aveda Salon Spa  
**K**ind **E**nergized **N**ice People **C**aring for **O**thers

**KEN & COMPANY**  
AVEDA SALON & SPA