



Looking for a spa offering the latest in men's spa services?

**Nancy Taylor Skin Therapy and Day Spa** has become the Elite spa in West Alabama. With an increase in men going to spas for treatments and products, we've set-up our spa to appeal to men.

We offer state-of the art spa treatments, specially trained and compassionate spa professionals, exclusive skin care, and the best shaving products you'll ever use.

We invite you to step through our doors and unwind in our peaceful lounge and allow yourself to escape into the world of Nancy Taylor Day Spa. Gift Certificates are available for any occasion and are a thoughtful way to let him know you care.

**We look forward to serving you at  
Nancy Taylor Skin Therapy and Day Spa.**

## Give the Ultimate Gift:

Show your loved ones that they deserve an amazing experience.

We offer **Gift Certificates** & a wide array of luxury gifts:

**The Art of Shaving, Tend Skin,**

**AVEDA FOR MEN,**

**Kashwere Robes & Blankets, and much more.**

Monday –Thursday 9 am-7 pm

Friday 9 am-6 pm

and Saturday 9 am-5 pm

**Children having spa services are welcome. For health and safety reasons, children under the age of 12 are not permitted in any spa service area.**

**1213 McFarland Boulevard**

**Tuscaloosa, AL 35406**

**205-391-4585**

**205-391-4586**

**205-391-4543(fax)**

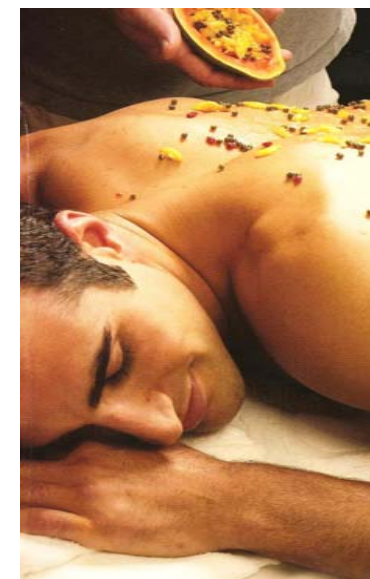
**[www.nancytaylordayspa.com](http://www.nancytaylordayspa.com)**

If you were pleased with your services, let all your friends know. If not, ...let Nancy Taylor know.

Sincerely,

*Nancy Taylor*

*Nancy Taylor*  
SKIN THERAPY & DAY SPA



*his*

menu of services & products

The **Essence of Spa,**

balancing **Body**

and **Mind.**

Prices effective 06/30/2010

## Massages

### Traditional Swedish Massage

This Classic massage incorporates the five main Swedish massage strokes that stimulate blood circulation through the body's soft tissues while relieving tension, reducing stress, and promoting total relaxation. You'll walk away feeling refreshed and rejuvenated

30 minutes	\$55
60 minutes	\$75
90 minutes	\$125
<b>Scalp Treatment</b>	<b>\$45</b>
30 minutes	

### Sports Massage or Deep Tissue

Designed for active people, sports massage decongests and lengthens the muscles, tendons, and other connective tissues by combining relatively high-impact massage techniques and assisted stretches to relieve acute muscle soreness, improve flexibility and increase range of motion

60 minutes	\$95
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### Aromatherapy Massage

Awaken pleasant memories and drift back to a special moment or occasion in the past as you are surrounded by scent. This aromatic massage is based on a Swedish massage style

60 minutes	\$85
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### Hot Stone Massage

Using smooth heated stones as extended tools of the massage therapist's hands, this unusual massage will mesmerize, relax, and rejuvenate you. The heat of the stones penetrates deep into the layers of your muscles, bringing you to a level of relaxation that you probably forgot even existed.

60 minutes	\$95
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### Couples Massage

Based on the Traditional Swedish massage, this is an intimate experience to share with the one you love. This gives you a chance to unwind and relax together

60 minutes	\$150
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Why is massage therapy so important on a regular basis? Massage has direct benefits for the body and mind. Massage helps to increase metabolism, helps speed healing, relaxes and refreshes the muscles, and improves blood circulation and the detoxifying functions of the body's lymphatic (filtering) system. It also relieves fatigue, reduces tension and anxiety, calms the nervous system, and promotes relaxation, renewed energy, and a sense of well-being.

## His Facials

### Art of Shaving® Facial

This deep pore cleansing and softening treatment is specially designed for men. It addresses in-grown hairs and skin irritated from shaving. It leaves the skin smooth and well conditioned. We use our Art of Shaving® Skin Care Line

60 minutes	\$85
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### Art of Shaving® Shave

Using the 4 Elements in Shaving, experience a shave like you've never experienced before. Prepare...Lather Up!...Shave...and Moisturize

30 minutes (with 4 Elements Gift Set )	\$85. \$45
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### European Facial

Deep Pore Cleansing with facial massage and mask

60 minutes	\$80
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### Microdermabrasion (Anti-aging)

30 minutes	\$85
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### Dermaplane

30 minutes	\$70
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### Enzyme Back Facial

Our back facial involves a deep pore cleansing and steam to lift impurities, followed by gentle extraction, a relaxing massage and a specialized treatment mask.

75 minutes	\$95
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### Body Bronzing

A healthier way to tan your skin. We use a cream that we rub in so you get nice, even color. Exfoliate your skin before your appointment to receive an ever richer tan. 2 treatments back-to-back.

30 minutes	\$45
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## Hair Removal

Brow	\$10
Ear	\$10 & up
Nose	\$10
Neck	\$15 & up
Toes	\$10
Hand	\$20
Back	\$45 & up
Partial Arm	\$35 & up
Chest	\$45 & up

## Hands and Feet

### Shape and Buff

Includes nail shaping and buffing for a healthy sheen.

30 minutes	\$15
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### Spa Manicure

Includes nail shaping and cuticle care, a relaxing hand and lower arm massage. Hot towels are applied leaving you feeling pampered and revitalized. The ultimate maintenance.

30 minutes	\$20
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### Deluxe Spa Manicure

Includes nail shaping and cuticle care, a relaxing hand and lower arm massage. Hot towels are applied leaving you feeling pampered and revitalized. This includes exfoliation along with cuticle treatment.

45 minutes	\$27
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### Express Pedicure

A relaxing foot soak in our whirlpool foot spa, followed by nail shaping and cuticle care. This is followed by a relaxing foot and lower leg massage. The ultimate maintenance.

30 minutes	\$45
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### Spa Pedicure

A relaxing foot soak in our whirlpool foot spa, followed by nail shaping and cuticle care. An exfoliating scrub is then used on feet and lower legs to stimulate circulation and minimize dry, callused skin. This is followed by a relaxing foot and lower leg massage.

60 minutes	\$55
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### Deluxe Spa Pedicure

A relaxing foot soak in our whirlpool foot spa, followed by nail shaping and cuticle care. An exfoliating scrub is then used on feet and lower legs to stimulate circulation and minimize dry, callused skin. Followed by a mask and Callus Treatment. This is followed by a relaxing foot and lower leg massage.

60 minutes	\$60
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