

## **Idun SPA SALON**

*In Norse Mythology,*

Idun is the goddess of eternal youth, and the custodian of  
The golden apples. Her name means "the rejuvenating one."

When the gods feel old age approaching, they eat one of  
Idun's golden apples to become young again.

Monday ~ Wednesday 9am-8pm    Thursday~ Saturday 9am-9pm    Sunday 9am-4pm

### **Massage**

#### Relaxation massage

60 minutes \$85  
90 minutes \$110

#### Therapeutic massage

30 minutes \$45  
60 minutes \$85  
90 minutes \$120

#### Hot Stone

60 minutes \$85

#### Signature Hot Stone

90 minutes \$130

#### Bamboo Fusion

60 minutes \$85  
90 minutes \$130

#### Serene Slumber

100 minutes \$130  
140 minutes \$190

#### Four Handed massage

60 minutes \$150

#### Lymph drainage

60 minutes \$85

#### Shiradorah

60 minutes \$110  
90 minutes \$150

Thermal Stamping \$85

#### Sports massage

30 minutes \$45  
60 minutes \$85  
90 minutes \$120

#### Prenatal massage (after your first trimester)

60 minutes \$85

#### Blackberry massage

30 minutes \$45

#### Lomi Lomi

60 minutes \$85  
90 minutes \$120

#### Trigger Point

30 minutes \$45  
60 minutes \$85  
90 minutes \$120

#### Reflexology

30 minutes \$45  
60 minutes \$85

#### Couple's massage

60 minutes \$170

#### Head and Neck Stress Relief

60 minutes \$85  
90 minutes \$120

#### Massage add-ons:

Lymph Drainage \$30  
Power Nap \$30  
Ear Candling \$35

### **Synchronized Services**

**Harmony::**

Simultaneous four handed signature Dermalogica facial/massage and four-handed back treatment. Customize this service with one of our signature scents; rain, ocean, leaf or clarity. This service is performed by a massage therapist and an esthetician.

90 minutes \$240

**Tranquility::**

Enjoy a concurrent full body massage and Nordic Care pedicure.

\*Please arrive 30 minutes early prior to your appointment to enjoy a luxurious foot soak in our Serenity Lounge.

90 minutes \$175

**Serenity::**

A blend of our Dermalogica facial and Dermalogica pedicure. Customize your scent.

This service is performed by an esthetician and a nail technician.

\*Please arrive 30 minutes prior to your appointment to enjoy a luxurious foot soak in our Serenity Lounge.

90 minutes \$175

**Balance::**

Simultaneous arrangement of the Hot Stone, Shirodhara, Bamboo Fusion, and full body massage. Choose your signature scents: rain, ocean, leaf or clarity. This service is performed by two massage therapists.

90 minutes \$230

**Clarity::**

Allow your senses to surrender and treasure every moment as your spirit is renewed and energized with sinus relief reflexology of the feet and hands. The stimulation of four handed facial/scalp massage and pressure points brings relief through a customized scent of clarity. Conclude and embrace with a four handed massage. This is performed by a massage therapist and an esthetician.

\*Please arrive 30 minutes prior to your service to enjoy our clarity tea and foot soak.

90 minutes \$220

**Rhythm::**

Relax and enjoy this rhythmic experience as exfoliate and hydrate your entire body.

Enjoy Dermalogica's Thermal Stamping of the face and body. Immerse yourself in warm thermal pressure and enjoy our four handed massage/facial combination. This service is performed by a massage therapist and an esthetician. Customize Rhythmic with one of our four signature scents> rain, ocean, leaf or clarity.

90 minutes \$270

**Cascade::**

Become one with your inner goddess and encounter the enthrallment of these synergistic services. Rest and enjoy the flow of our four-handed body scrub and algae wrap. Cocooned in bliss while you enjoy the cleansing of our signature facial and foot treatment. Conclude this celestial experience with our four-handed massage and facial. This service is performed by a massage therapist and an esthetician in the Vichy shower room. Customize the Cascade with one of our signature scents: rain, ocean, leaf or clarity.

\*Extractions are an additional charge.

90 minutes \$250

## Body Treatments

### Mineral Salt Scrub Therapy

30 minutes \$55

60 minutes \$95

### Sugar Scrub

30 minutes \$55

60 minutes \$95

### Nourishing Sea Mud Therapy Wrap

30 minutes \$55

60 minutes \$95

### Power Recovery Wrap

60 minutes \$110

### Body Foliation Therapy

30 minutes \$55

60 minutes \$95

### Spray Tan

tanning \$40

exfoliation & tanning \$65

### Ear Candling

30 minutes \$40

## Facials

Celestial Facial \$130

Signature Facial \$90

Age Intervention: Resurfacing \$130

Age Intervention: Enlighten \$120

Gentleman's Facial \$75

Back Care Facial \$90

Medibac Adult Acne \$90

Acneic Teen Facial \$85

Factor A Facial \$140

The C-Esta Facial \$110

The Enzyme Facial \$95

### Facial add-ons:

Chemical peels \$15-20

Eye treatment with facial \$15-20

Extractions \$15-20

Touch Therapies \$15

## *Hair removal & makeup*

Lip/chin wax \$10

Brow wax \$15

Full face wax \$35

Bikini wax \$40

Brazilian wax \$65

Arms wax \$35

Underarms wax \$25

Back wax \$50 & up

Chest wax \$50 & up

Half leg wax \$35

Full leg wax \$65

makeup application \$35

makeup lesson \$65

eyelash application \$25

wedding day makeup \$50

photo application \$50

## *The feet*

The Sole of a Goddess	\$120	Gentleman's "Corona Cure"	\$70
Preggie-cure	\$75	Sol-a-tinis	\$75
Idun's Signature Pedicure	\$60	Cappucinis	\$65
The in-between Pedicure	\$35	Boardroom Pedicure	\$80
Peditinis	\$75	French Polish	\$10
Wine Down Wednesdays	\$75	Polish Change	\$15
'Rita on the Rocks	\$75		

### *The hands*

Pink and white full set	\$60	Polish change	\$10
Pink and white fill	\$32	Exfoliating hand rejuvenation	\$12
Standard full set	\$55 & up	Warm paraffin dip	\$10
Standard fill	\$28 & up	The In-Between manicure	\$25
Acrylic nail removal	\$25	Idun signature manicure	\$40
Nail repair \$8 per nail		Gentlemen's manicure	\$25
French polish	\$5	Hand Rejuvenation Treatment	\$55

### *Salon hair services*

	New Talent	Stylist	Master Stylist
Shampoo/cut/style	\$30 & up	\$30 & up	\$40 & up
Shampoo/style	\$20 & up	\$30 & up	\$30 & up
Cut only	\$15 & up	\$25 & up	\$35 & up
Formal updo	\$55 & up	\$55 & up	\$55 & up
Gentlemen's haircut	\$18 & up	\$18 & up	\$18 & up
Kid's cut	\$15 & up	\$15 & up	\$15 & up
Color	\$45 & up	\$55 & up	\$70 & up
Color retouch	\$35 & up	\$45 & up	\$55 & up
Accent High/Lowlights	\$35 & up	\$45 & up	\$55 & up
Partial High/Lowlights	\$60 & up	\$70 & up	\$80 & up
Full High/Lowlights	\$100 & up	\$110 & up	\$120 & up
Consultation	\$25 deposit		
Corrective color	per consultation		
Idun's Intensive Age smart treatment	\$40 & up		

### *Service Packages*

<b>Goddess experience</b>	\$220	Signature facial, 60 minute massage, Signature pedicure, and a spa lunch
<b>A day in Maui</b>	\$285	Aloha Scrub, Lomi Lomi Massage, Pineapple pedicure, Spray Tan, floral lei, and a spa lunch
<b>Girls night out!</b>	\$185	Signature manicure, Signature pedicure, makeup application, shampoo and style, appetizers from Zazios
<b>Goddess on the run</b>	\$165	30 minute massage, 30 minute scrub, In-between pedicure, express manicure, lunch-to-go

**Mommy on Board**     \$380 Five 60 minute massages to be used before or after delivery. (After your first trimester has passed)

**Ultimate Canoodle**     \$410 Romantic Couples getaway! Check in to a romantic Jacuzzi suite with a chilled bottle of bubbly awaiting. Indulge & continue your evening with a couple's massage in our VIP suite for side-by-side massages and follow it up with a dinner for two in Zazios. The next morning enjoy a continental breakfast in bed.

Create your own package by combining three or more of our signature services and receive 10% off. We recommend adding a spa lunch to your package for \$20.

*Bridal packages*

Enchanted wedding   \$198  
Bridal Bliss   \$288  
Before "I do"   \$517  
Bridesmaid's Bouquet   \$144  
The Black Tuxedo   \$110

*Annual associations*

Massage of the month club (includes 8 massages)   \$580  
Pedicure of the month club (includes 10 pedicures)   \$560  
Facial of the month club (includes 8 facials)   \$600

Idun SPA & SALON

100 West Michigan Avenue  
(in the lobby of the Radisson Plaza Hotel)  
Kalamazoo, MI 49007

[Idunspasalon.com](http://Idunspasalon.com)

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