Head to Toe Spa and Salon

# Welcome

Welcome to Head to Toe Day Spa & Salon in Wilmington, NC where our passion is providing exceptional service for all of your beauty needs. Our salon and spa offers a friendly and inviting atmosphere and our staff is dedicated to providing you with a truly rewarding experience.

Whether you’re looking for a new look or you want to be pampered, our talented team will take the time to listen to your needs to ensure that you leave feeling and looking great. Our staff has been trained in the latest and techniques and is well versed in the best professional products in the industry to give you stunning results every time.

Every guest at our salon and spa is special to us and we appreciate being given the opportunity to service your beauty needs. Make an appointment soon. We look forward to serving you.

# Hours

Mon 9am-6p | Tue 9am-9p | Wed 9am-9p | Thu 9am-9p | Fri 9am-9p | Sat 9am-7p | Sun 11am-6p

See staff bios for individual hours of operation

# About

Head to Toe Day Spa & Salon - 1970 Eastwood Road - Wilmington, NC 28403, USA - 910-256-3370

Our salon and Day spa serves Wilmington, Wrightsville Beach, Belville, Masonboro, Murraysville, Seagate, Wrightsboro, Leland, Navassa, Silver Lake, and Myrtle Grove NC

# Staff

## Co-Owner

Lynn started Head to Toe Day Spa 17 years ago with a vision for creating a beautiful salon environment where guests could relax and be rejuvenated. Since that early beginning, Head To Toe has grown into a flourishing salon and spa with over 40 employees.

Lynn is a licensed cosmetologist specializing in skin care. The satisfaction of the guests at Head to Toe is her highest goal.

## Co-Owner

Lexanne

As co-owner of Head to Toe Day Spa & Salon, Lexanne is here to make sure that everything about your visit is perfect. Your decision to visit us is a choice that we deeply appreciate. Lexanne constantly strives to deliver the best services and products available in the Wilmington area. If there’s anything that Head to Toe Day Spa & Salon can do to improve your visit, just let Lexanne know.

## Nail Technician

Sherrie Brooks

License Date: 1992

With 21 years as a licensed technician, Sherrie is a natural! Sherrie specializes in natural nails, gels, acrylics, shellac and nail enhancements. She is most known for her incredible pedicures!! Sherrie loves all aspects of caring for your feet and hands!

Sherrie loves her job because she loves what she does. It has never felt like a "job" to her. Sherrie loves to meet new people and make them feel "special and pretty"

Sherrie is engaged with two step children and is very close to her family. She has a dog that is like a child to her. Going to Hot Yoga and spending time with her family at the beach.

## Massage/Esthetician

Nancy Arnoux

License Date: September 1987

Started at Head to Toe Day Spa & Salon: September 1995

With 26 years as a licensed technician, Nancy began her career at Head to Toe Day Spa & Salon in 1996. She specializes in I love all aspects of massage, from helping someone with neck and back pain to a great relaxation experience. As an Esthetician I enjoy doing specialty facials, Peels, Epidermal leveling and Laser treatments.

When you've done something for 27 years, it usually means you really like what you do every day. Helping people with chronic pain, life stress, pregnancy and just being able to relax has brought great joy to my life.

After a few years in Massage I obtained my license in Esthetics and it has proven to be a great combination. Each person is challenging and skin care changes every day. Providing more options for successful skin treatments for most people. The combination of Massage and Esthetics has made my career the best ever.

Working out at least Five times per week, running being my favorite, constantly reminds me that being fit and in shape accelerates my energy level and strength which is always important to my profession that is very physical.

## Stylist

Becky Drechsel

910-256-3370

License Date: September 2002

Started at Head to Toe Day Spa & Salon: June 2004

Licensed since 2003, Becky began her career at Head to Toe Day Spa & Salon in 2005. Her specialties include Hair Extensions, Formal Styling including Up-Do's, Advanced Color Treatments.

After immersing herself in the latest trends and techniques in the state of California, we are proud to announce that Becky Drechsel has returned to Head to Toe Day Spa and Salon. Her training is accentuated in the advanced quality of her work. Although Becky excels in hair extensions, formal styling, and advanced color treatments, she has a love for all aspects of hair and fashion.

Becky attributes her success of 12 years to her ability to listen and respond with great respect and genuine concern for her clients’ needs.

# Bridal Party Services

On your wedding day, you'll have plenty to worry about other than your hair and make-up. Let the technicians at Head to Toe Day Spa and Salon help put your mind at ease. As one of the most established day spas and salons in Wilmington, NC, we welcome local and out-of-town bridal parties for pre-wedding treatments and styling. Let us help your day to be memorable.

## Wedding Day Services

At Head to Toe Day Spa and Salon, we specialize in helping every bride get ready for her special day in style. From head to toe, we have you covered. Our large salon, nail room, massage and skin-care rooms can accommodate large parties preparing for the big event. We can handle all of your pre-wedding treatments, including:

* Manicures and pedicures
* Facials
* Waxing and tinting
* Sunless airbrush tanning
* Make-up application
* Hair styling for the bride, wedding party and any pre-wedding activities
* Massages

## Relax in Comfort

Bring your bridal party for a day of relaxation and pampering. Whether it's just the bride or the whole wedding party, we invite you to enjoy your experience. Feel free to bring hors d'oeuvres and drinks.

## Payment Terms

We will retain your credit card number upon booking your reservation.

The balance may be paid on the day of the event.

A 20% gratuity will be included for parties of four or more.

We are happy to offer any suggestions for treatments prior to your special event. If you are having your hair and make-up done for your wedding, we highly suggest having a trial-run prior to the day of to ease additional stress on the big day.

# Products

You can buy beauty products from many sources in the Wilmington, NC area but many are guaranteed only when bought from a licensed professional. The staff at Head to Toe Day Spa & Salon has been expertly trained to help you select the best products for your lifestyle. Thank you for supporting us by purchasing professional products only from Head to Toe Day Spa & Salon.

## Redken - Products

Today, Redken is a global leader in professional haircare products and services. The company is energized with talented people, strong partnerships with the best hairdressers, and superior Research and Development. Redken products are now available in professional beauty salons in over 50 countries.Redken is known for developing patented protein technologies and now holds over 60 global patents on products and ingredients. In fact, Redken's two latest patents for protein technology are the basis for our haircare and styling lines.

Head to Toe Day Spa & Salon is proud to offer Redken to our clients. As expert Redken specialists, we strive to deliver the best products and services in the Wilmington, NC area. Our decision to offer Redken to our valued customers is part of this commitment.

## Pureology - Products

Pureology creates radiant vibrancy in color-treated hair, adding intense shine from start through finish. Our products dramatically improve hair condition by utilizing ground-breaking ingredients and scientifically advanced technology. Pureology maximizes color retention in color-treated hair, assuring "Longer Lasting Hair Color GUARANTEED!"

Head to Toe Day Spa & Salon is proud to offer Pureology to our clients. As expert Pureology specialists, we strive to deliver the best products and services in the Wilmington, NC area. Our decision to offer Pureology to our valued customers is part of this commitment.

## OPI - Products

The world leader in Professional Nail Care. Shiny. Sparkling. Rich. Edgy. Glamorous. Brilliant. No matter what adjective tickles your toes, there is no denying that OPI is the way to go!

Head to Toe Day Spa & Salon is proud to offer OPI to our clients. As expert OPI specialists, we strive to deliver the best products and services in the Wilmington, NC area. Our decision to offer OPI to our valued customers is part of this commitment.

# Spa Services

# Massages

Discover what massage therapy can do for you at Head to Toe Day Spa & Salon. Whether you are simply dealing with life's daily stresses, or suffering from aches and pains caused by a physical injury, our licensed massage therapists have the expertise to achieve amazing results. Begin your journey toward wellness and schedule an appointment today.

## Swedish Massage

The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins from the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It increases circulation without increasing heart load. It stretches the ligaments and tendons keeping them supple and pliable. Swedish massage also stimulates the skin and nervous system and soothes the nerves themselves at the same time. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management. It also has many specific medical uses.

Half Session Swedish Massage (30 minutes) from $44

Full Session Swedish Massage (60 minutes) from $70

Session and a Half Swedish Massage (90 minutes) from $95

## Deep Tissue Massage

What is Deep Tissue Massage?

Deep Tissue massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons and fascia.

Deep tissue massage is used to release chronic muscle tension through slower strokes and more direct deep pressure or friction applied across the grain of the muscles not with the grain. Deep tissue massage helps to break up and eliminate scar tissue, it usually focuses on more specific areas and may cause some soreness during or right after the massage. However, if the massage is done correctly you should feel better than ever within a day or two.

Why get a Deep Tissue Massage?

It feels good and it is beneficial to your health. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles and get blood and oxygen circulating properly.

Because many toxins are released, it's important to drink plenty of water after a deep-tissue session to help eliminate these toxins from the body. The purpose is to "unstick" the fibers of a muscle while releasing deeply-held patterns of tension, removing toxins, while relaxing and soothing the muscle. It is both corrective and therapeutic.

Full Session Deep Tissue Massage (60 minutes) from $85

Session and a Half Deep Tissue Massage (90 minutes) from $108

## Hot Stone Massage

What is stone therapy massage?

Warm stones used in massage, have been around for a very long time - with evidence of stones being used for healing purposes dating back before written history. This exotic treatment involves the placement of heated polished lava rocks on pressure points and chakra points and the application of heated stones with oil into the skin. Aromatic oils encourage deep relaxation and calm the soul. This therapy is very effective in creating harmony and a positive energy flow thus promoting a sense of balance, energy and peace.

What are the benefits of stone therapy massage?

Ancient civilizations believed that hot stones were beneficial in healing in many ways, especially for cleansing the body, relaxing the heart, grounding the soul and soothing the mind. The stones are used to bring relief to tense and sore muscles. As these hot stones glide over the muscles, tensions diminish, and stress gently melts away. Penetrating heat radiates deep into muscles providing relaxation while addressing mental, physical, and spiritual well-being.

Full Session Hot Stone Massage (60 minutes) from $100

Session and a Half Hot Stone Massage (90 minutes) from $125

## Pre-Natal Massage

Also known as a Pregnancy Massage, Prenatal Massage achieves the same goals as a regular massage. It aims to relax and aide in easing sore or tense muscles. However, a pre-natal massage is tailored to specifically fit the needs of a pregnant woman. Constant body changes during pregnancy create some discomforts. A prenatal massage can help relieve discomforts, including low back pain.

Pre-Natal Massage (60 minutes) from $85

## Reflexology

Specific pressure is applied to points on the feet to stimulate reflexes that correspond to every part of the body, which will enhance natural healing.

Reflexology Massage from $48

## Service Upgrades

Additional services to any massage.

Aromatherpy Experience $5

Hot Stone Zone $10

Deep Tissue Zone $7

# Body Treatments

Renew your mind, body and spirit with one of the luxurious body treatments offers at Head to Toe Day Spa & Salon. Our talented professionals offer a wide array of spa services that will leave you looking and feeling fabulous. Schedule an appointment today and experience the difference.

## Micro-Current Body Treatment

Cellulite reduction, lymphatic drainage, detoxification, inflammation reduction.

30 minutes from $60

60 minutes from $120

## Black Baltic Mud Wrap

Promote detoxification, extract pore clogging impurities and improve skin texture with this black creme mud. Organic silts are collected from deep underneath 30,000 year old fresh water lakes in Eastern Europe.

Body Wrap from $85

with Full Session Massage $68

## Firming Sea Mud Wrap

Our most effective creme-based mud for firming, stimulating and toning utilizes rich concentrations of algae, minerals and vitamins derived from active seaweed varieties harvested off the Brittany Coast of France.

Body Wrap from $85

with Full Session Massage $68

## European Rose Mud Wrap

This deeply hydrating creme-based mud contains natural, sun-dried rose clay extracted from the Provence region of France. Alpha-Hydroxy lactic acid, wheat amino acids, Beta Glucan and Rose Centofolia are infused into the mud to accelerate cell renewal and moisturization.

Body Wrap from $85

with Full Session Massage $68

## Sea Salt Glow

An invigorating full body treatment using a combination of sea salt, hydrating oil and aromatherapy. The sea salt sloughs away dead skin while the oil leaves your skin feeling incredibly soft. Combine with the steam canopy for detoxification and relaxation.

60 minutes with Steam $95

45 minutes without Steam $60

with Full Session Massage $48

## Infrared Sauna

Assists weight loss (burn 900-1200 calories in 45 mins), Helps treat cellulites • Improves sleep disorders, insomnia • Improves your immune system • Improves your strength and vitality • Helps cure several skin diseases like eczema, psoriasis and acne • Strengthens the cardio-vascular system • Helps control your blood pressure • Detoxifies your body • Gives you more energy and relieves stress • Helps treat burns and scars • Relieves pain (joint pain, sore muscles, arthritis) • Helps control your cholesterol level • Helps treat bronchitis • Helps treat hives (urticaria), gout, tissue damage, prostate hypertrophy

45 minutes with Steam $45

45mins w/ Massage or Facial $30

# Skin Care

Head to Toe Day Spa & Salon specializes in custom skin care treatments that truly revitalize and rejuvenate your skin. Our amazing facials are designed to treat everything from dull, dry or oily skin to acne and blemishes and will give your skin a radiant, healthy glow. Book your appointment today and experience the difference.

## Deluxe Facial

Includes deep cleansing, extractions, appropriate mask and neck and shoulder massage.

60 minutes from $67

## Maintenance Facial

Cleanse, tone, exfoliate, mask and moisturize.

30 minutes from $62

## 30 Minute Treatment Facial

Includes cleansing, toning, treatment and moisturizing.

Microdermabrasion Treatment from $52

LED Treatment from $52

Vitamin C Treatment from $52

Glycolic Treatment from $52

## Micro-Current Facial

The "Non-Surgical Facelift". Rehydrates and regenerates collagen and elastin beneath skin surfaces. Tones and lifts facial muscles. (series recommended)

30 minutes from $60

60 minutes from $120

## Gentlemen's Facial

Includes deep cleansing, extractions (if needed), moisturizing and neck and shoulder massage.

60 minutes from $67

## Back Facial

Includes deep cleansing, exfoliation, extractions, appropriate mask and massage.

60 minutes from $67

## PCA Chemical Peel

Removes surface build-up, hydrates the skin and gives it a plumper appearance. Great for acne, acne scarring and sun damage. (series recommended)

60 minutes from $75

## Service Upgrades

Additional services available with any facial.

Glycolic Treatment $22

LED Light Treatment $25

Vitamin C Treatment $22

Microdermabrasion $25

Eye Lift Mask $15

Eyelash Tinting $21

Eyebrow Tinting $18

30 minute Microcurrent $60

# Nails

Head to Toe Day Spa & Salon offers a wide array of nail services from manicures and pedicures, to shellac polish and paraffin treatments using only the latest techniques and most innovative products on the market. Get glamorous nails today and schedule your appointment. We look forward to serving you.

# Manicures

## Deluxe Spa Manicure

Starts with our spa manicure. Dry skin is exfoliated from hands prior to being massaged with aromatherapy oils and sealed with paraffin wax gloves. This helps to improve elasticity, softness and color to your hands & cuticles.

Deluxe Spa Manicure from $35

## Spa Manicure

Dry skin is exfoliated from hands prior to a relaxing and moisturizing massage to improve elasticity, softness and color to your hands & cuticles.

Spa Manicure from $26

## Shellac Manicure

The Shellac system features a Base Coat, Color Coat and Top Coat. Together with CND UV lamp they comprise the breakthrough in resiliant color that remains flawless for 14-days and removes in 10 minutes.

Basic Shellac Manicure from $39

Express Shellac Manicure from $25

## Paraffin Manicure

Our spa manicure with a relaxing treat. Hands are dipped in melted paraffin wax for softening and moisturizing.

Paraffin Manicure from $33

## Exfoliating Manicure

We start by exfoliating the dead skin cells off of your hands and forearms with a luxurious scrub. The scrub is massaged in with essential oils and taken off with warm towels. Next, we use a heavy moisturizer to soften and moisturize your hands. We polish your nails with a polish of your choice.

Exfoliating Manicure from $33

## Express Manicure

Your hands are treated with great care while your nails are gently buffed to a high shine, and then a nail polish color of your choice is added.

Express Manicure from $16

# Pedicures

## Deluxe Spa Pedicure

Your feet are relaxed in our hydrotherapy whirlpool massaging chair with detoxifying foot and leg mask.

Deluxe Spa Pedicure from $65

## Spa Pedicure

We begin by soaking your feet in a relaxing foot bath. After the skin is softened, we use a luxurious foot scrub followed by massage. Then, the dry skin is buffed away and a polish of your choice is applied.

Spa Pedicure from $50

## Shellac Pedicure

The Shellac system features a Base Coat, Color Coat and Top Coat. Together with CND UV lamp they comprise the breakthrough in resiliant color that remains flawless for 14-days and removes in 10 minutes.

Basic Shellac Pedicure from $63

Express Shellac Pedicure from $35

## Paraffin Pedicure

Your feet will love our paraffin pedicure treatment with hydrotherapy whirlpool chair, moisturizer and hot mitts.

Paraffin Pedicure from $60

## Hot Stone Pedicure

Increase your relaxation with hot stones added to our basic spa pedicure.

Hot Stone Pedicure from $60

## Express Pedicure

Gentle file, buff & polish. Takes about 30 minutes so it's perfect during your lunch break or between work and a night out!

Express Pedicure from $60

## French Polish

Add to any Service

French Polish Add-On $5

## Nail Repair

Repair of damaged nails

Nail Repair $5 (per nail)

## Nail Enhancements

## Acrylics

Acrylic nails look great and can be a life saver for those with weak nails or nails that just won't grow well on their own.

Full Set of Overlays from $60

Full Set of Pink & White from $68

Backfill from $38

Fill-In from $30

## Gels

Gel nails are artificial nails having an extremely realistic look. They are thin, flexible, non-yellowing and non porous. Gel nails give their customers a natural look and give them durability equally like acrylic nails.

Full Set of Overlays from $63

Full Set of Pink & White from $71

Backfill from $48

Fill-In from $40

# Salon Services

# Hair Color

Let Head to Toe Day Spa & Salon will help you find the perfect shade to compliment your look. Our expert colorists have been trained in the best techniques and hottest trends, and are proud to offer a variety of high quality color formulas for long lasting results without damaging your hair. Contact us today and schedule an appointment!

## One Step Color - from $57

One step color begins with a consultation with one of our expert colorists. Together, you decide on the best haircolor for you. The color is applied and you have a beautiful new color in one easy step.

## Full Highlights - from $77

Highlights are applied strategically through your hair to add extra dimension by bringing a lighter shade to your overall color. Highlights can be applied to look natural and work with your hair or a high contrast that fits the current trends.

## Partial Highlights/Lowlights - from $67

Lowlights are applied strategically through your hair to add extra depth and richness to your color. Lowlights can be applied to work with your current color or as a contrast to fit the current trends.

## Cap Highlights - from $67

Cap highlights that suit your specific needs.

## Corrective Color - from $58 (per hour)

Our colourists are experts at fixing hair color gone wrong. We will work with you to get the hair color you want.

## Gloss or Overlay - from $20

Replenish your hair color by applying a color-appropriate gloss or overlay. Allow the protective masque to saturate your hair, and after a thorough rinse, your hair will look and feel shinier, stronger and healthier.

# Hair Treatments

At Head to Toe Day Spa & Salon, our hair services are designed to make your hair easier to manage and maintain. Our talented stylists can tame your troubled hair or add the bouncy curls you’ve been wanting. We begin every appointment with a personal consultation to learn more about your hair, and your preferences.

## Full Perm - from $62

Gorgeous waves that add volume and style.

## Partial Perm - from $52

Waves or curls that last approximately two weeks. Perfect for out-of-town vacations or special occasions.

## Relaxing Straightener - by consultation

Chemical straightening that lasts months.

## Design Waves - from $58 (per 1 1/2 hours)

Gorgeous waves that add volume and style.

Conditioning Treatment at the Bowl - $8 (may be added to any hair service)

These conditioners are a perfect add-on to any service. They smooth the hair, help do away with split ends and, keep the hair healthy.

Conditioning Treatment with Heat - $15 (may be added to any hair service)

This is perfect for over-treated or coloured hair. The intensive conditioners penetrate the hair to soften, and help repair damage.

Pre-Art Treatment - $8

Pre-Art treatment to clarify hair and remove product buildup, rust, chlorine, etc.

## Redken Chemistry Systems

A deep conditioning treatment such as Redken Chemistry is great for distressed hair. Distressed hair is weakend hair that has been physically changed in some way. There are two key types of hair distress:

1.) CHEMICAL DISTRESS caused by overuse of chemical services such as haircolor, lightening, perming or straightening.

2.) MECHANICAL DISTRESS caused by normal wear and tear from blow-drying, curling and flat irons, and every day brushing.

Color Lock $20

Protein Treatment $20

Moisturizing $20

Frizz Control $20

Brittle Hair $20

# Haircuts & Styles

Whether you want a subtle cut or trim or you're looking for something that's a little more drastic and fun, our talented stylists offer the most flattering haircuts & styles that will deliver head-turning results. Our precision cuts will complement your facial structure, accenting your natural beauty. Contact us today to schedule your next cut and style with us!

Women's Shampoo, Haircut and Finish - from $42

A hair cut designed for the individual needs of a woman. Your stylist knows that a woman's hair is different, and has different needs. Your stylist also understands that your hair cut is a big part of your personal appearance. We will help you choose the perfect cut for you.

Men's Design Cut - from $29

Your stylist knows that men need a cut that is up to date, and directly reflects who you are. Our Men's Design Cut is a cut all your own that you and your stylist will create together.

Children's Cut - from $21

Our kid's haircut is a special service just for the little ones. Let our stylists who are great with kids trim off the extra fly-aways while Mom and Dad get their own hair style.

Specialty Style - $60

A unique style for your special event. Usually includes curling, flat ironing and/or styling that is left down. No pins used as in an up-do.

Specialty Updo - $65

A special hair style for your special day. We highly recommend bride's scheduling a practice session with your stylist.

Shampoo & Blowout - from $29