

Massage Therapy

by Karina Green, LMT

Massage therapy eases the body and mind into a deep state of relaxation, reducing stress, and releasing tension. To create a bodywork session that promotes health and healing, a combination of the following massage techniques may be used:

SWEDISH MASSAGE ~ Promotes wellness through the softening of muscular tissue, eases minor tension, increases blood and lymphatic circulation and induces a peaceful state of relaxation.

DEEP TISSUE MASSAGE ~ Therapeutic Massage administered to specific problem areas focusing on deeper layers of muscular tissue. Deep tissue work diminishes pain due to muscular tension, breaks down adhesions and increases range of motion and muscular function.

PREGNANCY MASSAGE ~ This is a truly natural way to relieve the stresses and strains of the birthing year. Massage therapy reduces stress, promotes relaxation, relieves muscle tension, cramping and other soft tissue discomforts as well as supports the physiological and emotional needs that naturally arise during pregnancy.

MYOFASCIAL TECHNIQUES

TRIGGER POINT THERAPY

NEUROMUSCULAR MASSAGE

RATES:

30 Minutes \$30.00
60 Minutes \$60.00
90 Minutes \$90.00

Please call to schedule an appointment.

508-365-9567

Diorio's



PAUL MITCHELL

FOCUS SALON

335A PLANTATION STREET
WORCESTER, MA 01604

www.dioriossalon.com

508-756-7791

Walk-Ins Welcome
or By Appointment

Gift Certificates
Available

Advance reservations suggested.
Please cancel or reschedule 24 hours prior
to salon service to avoid service charge.

Hair Service

	Walk-In	Appt.
W Haircuts and Styles starting at..	\$12.50	\$15
M Haircuts and Styles starting at ...	\$9	\$11
Line Up (ages 13 + up) additional		\$3
Razor-Shaved Head		Extra \$2
Designs		Extra \$2
Braiding		Starting at \$15 *
Corn Rows		Starting at \$25 *
Shampoo and Blow Dry		Starting at \$12 *
Shampoo and Set		Starting at \$13 *
Formal Hair		Starting at \$40 *
Conditioning Service		Starting at \$15 *

Smoothing Iron Extra

* Prices subject to change based on hair length and texture

THE EXPERIENCE \$15

The most invigorating massaging shampoo and conditioning you will ever receive. Hair and scalp treatment with a hot lsteam towel, hot steam towel facial and a massage of the neck and shoulders. Featuring the Paul Mitchell Tea Tree Line.

Color Bar

Taste of Color	Starting at \$35
Turn Back Time	Starting at \$35
Hook Me Up Highlights	Starting at \$35
Full Foil Highlights	Starting at \$55
Foiled Again	Starting at \$45
Dimensional Color	Starting at \$65
Corrective Color	Starting at \$55
Platinum Card Blonde	Starting at \$55

Retexturizing

Prices subject to change,
due to length of hair.

Curlz & Waves	\$35 - \$45
Spiral Perm	Starting at \$60
STR-8	Starting at \$45
Keratin	Starting at Market Price

Hand and Footcare

Manicure (30 min) \$13

The best nail treatment including nail shaping, cuticle treatment, exfoliation, massage and polish.

Shellac Gel Polish Manicure (1 hour) \$27

Special gel polish that last up to two weeks.

Paraffin Hand Treatment \$10

With Manicure \$20

Paraffin Foot Treatment \$15

Warm paraffin wax that moisturizes skin and relaxes sore muscles.

Express Pedicure (30 min) \$20

A wonderful option for a quick clean-up; shaping of nails, cuticle treatment, foot massage & polish.

Basic Pedicure (50 min) \$30

The original feet treat! Soak in our Pedi-throne while we shape toenails, treat cuticles, exfoliate feet with sea salt scrub, buff dry patches and massage your feet. Polish also included.

Spa-Pedicure (1 hour) \$40

Sheer luxury. Along with your wonderful pedicure treatment (see above), we incorporate an exfoliator for the legs and a paraffin wax treatment. Recommended for clients with dry skin.

Add \$3 Extra to any Mani/Pedi for French Polish

Polish Changes

Acrylic (with buffing)	\$10
Finger Nails	\$7
Toe Nails	\$10

Acrylic

Full Set	\$37
Pink & White Set	\$45
Fills	\$27
Pink & White Fills	\$35

Nail Art

Each (depending on detail)	\$2 - \$5
Full Holiday Art	\$30

Powerful Surface Peels

Pumice Peel Manual Microdermabrasion

Treatment (1 hr) \$85

The ultra-fine pumice crystals in this machine-less microdermabrasion treatment peel away dull, dreary cells, abrade uneven skin and visibly reduce the appearance of fine lines and wrinkles. A skin-resurfacing treatment, it also includes a customized Bioelements mask to infuse nutrients into your newly polished complexion. The results will be brighter skin with improved clarity and a more even tone. It's the ideal option for those who want the effects of microdermabrasion without the machine.

Lactic-Plus Peel Treatment (1 hr) \$90

This advanced, ultimate-strength peel contains organic lactic acid, enhanced by pumpkin fruit enzymes and stimulating pomegranate to provide a powerful surface peeling of dulling skin cells. This peel will dramatically improve dull, lifeless and rough-textured skin, and can be customized to meet the level of exfoliation that your skin needs with amazing results, and no down-time. Your skin will feel smooth and retexturized, with a brighter, more even overall tone.

Fast Results Peel (30 min) \$50

Want smoother, softer, retexturized skin but short on time? This advanced, ultimate-strength 'quick peel' contains potent acids and enzymes, to provide a powerful peeling of dulling surface cells in just 30 minutes! It's the faster way to smooth out fine lines and wrinkles, leaving you skin feeling refreshed and younger looking.

Add Glycolic \$15 - \$30 extra to facial
(depending on percentage of Glycolic)

Led Light Therapy add \$20 to facial
for Acne or Aging

Add \$7 more for extra strength
enzyme therapy in facial

Diorio's

Bioelements Facials

Basic Custom Corrective (1 hr) \$60

Designed for your exact complexion, this personalized facial is totally customized from start to finish! You'll experience a custom blended deep pore cleansing, exfoliation and massage of the face, neck and shoulders followed by a therapeutic Bioelements mask and serum designed to correct specific problems. Emerge an hour later with immaculately clean, smooth and glowing skin.

Acne Clearing Treatment (1 hr) \$80

An absolute must if you're break-out prone, have clogged pores or blackheads. You'll receive a personal skin assessment followed by deep pore cleansing, exfoliation and a medicated Amino Mask that contains enzymes, antioxidants, antiseptic and antiinflammatory ingredients. Make this effective treatment a part of your continuing fight against acne.

Stress Solution Spa Facial (1 hr) \$60

A luxurious facial designed to soothe and soften your complexion while it deeply de-stresses your entire body. You'll enjoy a gentle yet thorough cleansing, a soothing Aromatherapy Oil massage of the face, neck and shoulders, relaxing steam inhalation therapy, and a customized Bioelements mask laced with calming plant extracts. All signs of stress will float away as you emerge with renewed skin that glows with radiant health. This is the ideal treatment for sensitive skin that needs extremely gentle care.

Bioelement Facials for Men (1 hr) \$60

A customized treatment designed to keep your skin looking its very best. We'll start with deep cleansing and exfoliation to target any breakouts, blackheads and ingrown hairs. Next, a custom blended Bioelements mask will be applied to soothe, balance and tone your skin. all this, plus a relaxing massage of the face, neck and shoulders. You'll emerge looking and feeling like a million.

Calmitude™ Facial For Sensitive Skin (1 hr) \$70

Created for intolerant complexions, this soothing treatment is designed to strengthen fragile skin while reducing redness and discouraging irritation. You'll experience calming skin cleansing, gentle exfoliation, a relaxing facial massage and an ultra-soothing mask customized specifically for you skin's unique sensitivities. Emerge with skin that feels comfortable, smooth and less reactive to aggravating stressors. A perfect choice for any sensitive skin.

Oxygenation® Facial (1 hr) \$90

Breathe new life into your complexion with this high-performance cosmeceutical treatment that carries active ingredients deep into your skin via oxygen molecules. These immediate, visible benefits you'll enjoy include softer, smoother skin that feels cleaner and fresher than ever. This is the perfect treatment for skin that is sluggish, clogged or prematurely aging.

FLAXX-C Anti-aging Facial (1 hr) \$90

This breakthrough treatment is created for skin that's showing signs of age - sagging, fine lines and dullness. A thorough cleansing is followed by our exclusive layered exfoliation process, energizing massage and ultra-tightening mask. It's all designed to restore firmness to sagging skin as it lifts, tightens and smothers. You'll instantly experience firmer, more resilient skin.

Fast Results Lift (30 min) \$50

Need a lift? In just 30 minutes, this amazing express facial will tighten and firm your skin as it smooths-out surface wrinkles. Treatment includes a dual exfoliation and cleansing under steam followed by the ultra-lifting Bioelements Flaxx-C mask and an application of the perfect hydrating moisturizer.

Back Treatment (1 hr) \$75.00

Begins with deep cleansing and enzyme therapy under steam. It is then followed by extraction, massage and finishing mask. This treatment is essential for maintenance of a smooth and clear back.

**DO NOT CONSUME A BIG MEAL BUT
PLEASE DO DRINK PLENTY OF WATER.**

Fake Bake Spray Tan

One Treatment \$35

Three treatments (\$15 savings) \$90

Five Treatments (\$20 savings) \$155

NO STREAKS
NEVER ORANGE
NO BAD ODOR
DOES NOT STAIN CLOTHES
NOT CHEMICALLY BASED

DOES NOT CLOG PORES OR
IRRITATE SENSITIVE SKIN
BOTANICALLY EXTRACTED
INGREDIENTS
NO PERSERVATIVES

Packages

PAMPER ME PLEASE! (4 hrs) \$235

Bioelements Stress Solution Facial, Back Treatment,
Spa Pedicure, Spa-Manicure and Lunch

JUST THE BASICS PLEASE! (2 1/2 hrs) \$125

Bioelements Custom Corrective Facial, Manicure
and Pedicure

20% Gratuity included in package price.

Waxing Hair Removal

Shaping of	Bikini \$15
Eyebrows \$10	Brazilian \$50
Upper Lip \$5	French Cut Bikini \$25
Lower Lip \$5	Full Leg (Bikini Wax not included) \$35
Chin \$5	Half Leg \$20
Forehead \$5	Upper Half Leg (Bikini Wax not inc.) .. \$20
Full Face \$25	Chest \$35 - \$ 60
Underarms \$15	Back \$35 - \$ 60
Half Arm \$15	Anal \$15
Full Arm \$25	Foot & Toe \$5
Patch \$5	Hand & Fingers \$5

PLEASE INFORM US IF YOU ARE USING RETIN-A

Make Up Application Available

Electrolysis Hair Removal

**Francine Mercurio
508-752-8116**

Monday - Saturday • Day & Evening Appointments

Electrolysis Pricing	}	15 Minute Session	\$25.00
		30 Minute Session	\$40.00
		45 Minute Session	\$60.00
		One Hour Session	\$80.00