

GOULD'S

SALON • SPA

Menu of Services

CORDOVA TOWNE CENTER
1138 N. Germantown Parkway • 901.757.4600

DOWNTOWN
77 S. Main Street • 901.578.8868

GERMANTOWN COLLECTION
7850 Poplar Avenue • 901.754.2880

HOUSTON LEVEE GALLERIA
3670 S. Houston Levee • 901.854.8689

OLIVE BRANCH
5070 Goodman Road • 662.890.9292

OVERTON SQUARE
2093 Madison Avenue • 901.509.2059

PARK PLACE CENTRE
1203 Ridgeway Road • 901.767.3888

POPLAR PLAZA
3400 Poplar Avenue • 901.323.8594

SHOPS of COLLIERVILLE
875 W. Poplar Avenue • 901.854.7336

SHOPS of FOREST HILL
9155 Poplar Avenue • 901.757.4133

WOLFCHASE GALLERIA
2760 N. Germantown Parkway • 901.386.5101

Some services not available at all locations

www.gouldsalons.com

Spa Packages

THE GRAND SPA EXPERIENCE \$415
(Approximately 5 Hours)

Epitomizing the true meaning of escape, this signature package takes you into a world of indulgence and pampering. Arrival in a stretch limousine allows a sense of calm and sets the tone for your day. The day spa experience includes an Island Wrap, Murad signature facial and hot stone massage combined with a Pure Fiji manicure and pedicure, as well as lunch. Your limousine provides a quiet, relaxing delivery to your final Memphis destination, where you will enjoy rejuvenation of the body and restoration of the spirit.

COUPLES PACKAGE \$310
(Approximately 3 Hours)

Share the spa experience with someone special. This package is designed for the two of you and includes a one-hour relaxation massage, the Murad signature facial, a Pure Fiji manicure and lunch. Time well spent – together.

ULTIMATE SPA DAY \$230
(Approximately 4.5 Hours)

A facial and an hour and a half relaxation body massage soothes the body and the mind. Finally, the Pure Fiji manicure and pedicure leave fingers and toes buffed and looking gorgeous. A light lunch in our quiet room is included.

BRIDAL PACKAGE \$230
(Approximately 4 Hours)

Could the bride-to-be wish for more than serious pampering as the big day draws near? Begin with the half hour Pom-Power Pore cleansing facial, followed by the Tropical Crème Body Polish, an hour relaxation massage, Pure Fiji manicure and pedicure and lunch in our quiet room.

PARADISE ISLAND RETREAT \$220
(Approximately 4 Hours)

It's simply paradise – and it's Pure Fiji, with many ingredients to condition and protect skin while adding vitality and softness. For centuries, South Pacific Islanders have used pure coconut oil and flower extracts to nourish, moisturize and beautify. We have combined these secrets from ancient traditions for nails, body and well-being, creating a complete Pure Fiji experience... the Pure Fiji manicure and pedicure, the Island Wrap and the Pure Fiji massage. Enjoy a light lunch, served in our quiet room.

SPA ESCAPE \$205
(Approximately 4 Hours)

This package includes a facial so sublime you'll be convinced to leave the world behind. Your muscles loosen during a relaxation body massage on a luxurious heated table. Afterward, enjoy our Pure Fiji manicure and pedicure. Lunch is provided in our quiet room.

COMPLETE MAKEOVER.....\$200

(Approximately 3 Hours)

Gould's noted style team performs image-changing makeovers for magazines and television. This package provides you with the same advantage – a consultation, haircut, style and color enhancements, including base color and highlights. Next, your make-up artist will make the most of your best features through make-up application and instruction. Find out what a dramatic difference can be made when objective, skilled experts focus completely on you.

GENTLEMAN'S AFTERNOON ESCAPE.....\$150

(Approximately 2 1/2 Hours)

A one hour facial designed for the special skincare needs of a man. A thorough cleansing, toning and herbal exfoliation is combined with a calming and nourishing mask to help relieve razor burns, skin dryness and irritation. This is an excellent introduction to healthy skin and part of a regular maintenance skin care program. This is followed with a one-hour relaxation massage and a Pure Fiji manicure.

SPA DAY OF BEAUTY \$140

(Approximately 3 Hours)

We believe a spa day should be a wonderful escape. Give up your worries, one by one, with your choice of a relaxation body massage or a Murad signature facial. A Pure Fiji manicure and pedicure leave hands and feet soothed, buffed and polished. A light lunch served in our quiet room is part of this getaway.

MINI SPA DAY \$115

(Approximately 1 1/2 Hours)

Relax and rejuvenate with your choice of a Murad signature facial and a half hour relaxation massage, or a half hour Pom-Power cleansing facial and a one hour relaxation massage. This package is just perfect for gift giving!

PURE FIJI MANICURE & PEDICURE..... \$80

(Approximately 1 1/2 Hours)

The Pure Fiji experience begins with an application of hydrating coconut milk for hands, followed by a gentle exfoliation with coconut crème scrub – all infused with essential oils, enzymes and coconut oil. A body butter wrap for hands instantly revives skin, while milk proteins reduce any appearance of fine lines. Body butter is massaged into the hands and arms and nails are polished to perfection.

The Pure Fiji pedicure continues the pampering process with a ritual coconut milk cleansing, followed by an exfoliation of natural alpha-hydroxy in a pure cane sugar, infused with essential oils, enzymes and coconut oil. A body butter wrap is applied to the feet, while legs are massaged with luxurious body butter. Your choice of color is applied to nails.

Massage

RELAXATION MASSAGE \$55 • \$70 • \$95
(30 • 60 • 90 minutes)

This relaxing Swedish massage will ease you into an indulging state of mind. Through long, even strokes you will experience improved circulation and relief from muscle tension. If you desire deeper pressure, please consider the Therapeutic Deep Tissue massage.

MOTHER-TO-BE MASSAGE..... \$55 • \$70 • \$95
(30 • 60 • 90 minutes)

During pregnancy, a woman's body undergoes many changes, some of them stressful and uncomfortable. Massage is the perfect way to reduce stress and promote general well being. Not recommended until after the first trimester.

DEEP TISSUE MASSAGE \$60 • \$80 • \$110
(30 • 60 • 90 minutes)

Vigorous massage strokes are used to warm and relax the muscles, concentrated pressure is applied to specific areas of concern to relieve physical stress.

PURE FIJI MASSAGE..... \$60 • \$80 • \$110
(30 • 60 • 90 minutes)

Pure Fiji products have traveled far to become the key elements of the massage. Regular massage is highly recommended as a preventative treatment and research over the years has proven the beneficial effects of massage on a wide range of conditions. Now, Pure Fiji's massage oils, native to the tropical island in the South Pacific, add their purest ingredients to this experience.

HOT STONE MASSAGE \$115 • \$180
(60 • 90 minutes)

Many have benefited from this luxurious and relaxing massage, combined with deep heat therapy. Smooth, polished Basalt Lava Stones are heated and incorporated into your massage. This is the perfect choice to loosen tight muscles, relieve stress and ease tension. Customize your experience by adding your favorite essential oils.

REFLEXOLOGY FOOT MASSAGE..... \$45
(30 minutes)

Reflexology stimulates nerves in the feet that correspond to the health of systems and organs in the body. Beneficial by itself or as an add-on to any of our other massages, reflexology induces an intense state of relaxation, reduces stress, boosts the immune system, increases circulation and removes toxins.

PURE FIJI SCALP TREATMENT \$15 • \$30

Coconut, macadamia, sikeci and dilo tropical nut oils are combined together to make up the fatty lipids necessary to achieve the ultimate in a healing scalp and hair treatment. These warmed oils are gently dripped onto the scalp and hair allowing absorption into the deepest layers of scalp and hair. A relaxing scalp, neck and upper shoulders massage is then performed to induce a state of deep relaxation and stress relief.

Body Treatments

PURE FIJI

We are proud to offer a complete line of natural body treatments containing uniquely Fijian plant extracts, hand selected to guarantee their highest quality. Untouched topical flora and the warm Pacific Ocean offer up Pure Fiji's secret- exotic drift nut oils which include virgin coconut oil, dilo oil, sikeci oil and macadamia nut oil. A unique product line, bringing a timeless secret of well being and health to our guests.

PARADISE BODY BUTTER WRAP\$90

(Approximately 1 Hour)

Breathe deeply and drift away to tropical islands. This ritual begins with a gentle exfoliation, using coconut crème scrub, to buff away dull skin cells and cleanse pores. Next, coconut body butter is applied. Wrapped in a warm blanket, hot stones are placed to promote hydration, nourishment and to repair skin damage. The body treatment is followed by a cold stone placement to revitalize and relieve tension.

ISLAND WRAP \$75

(Approximately 50 Minutes)

Hydrating your skin and detoxifying your system, this treatment will leave your mind renewed and body rejuvenated. Your skin is gently dry brushed, then nourished with an application of warmed oil containing vitamins and antioxidants. Your body is then wrapped and hot stones are placed for warmth, while a cold stone placement relieves tension. This ultimate treatment leaves your body and mind with an "island glow".

PARADISE GLOW..... \$70

(Approximately 50 Minutes)

Sugar cane, harvested from the sun drenched islands and combined with exotic tropical nut oils and fruit enzymes, nourish skin with vitamins A, B, C & E to create a healthy glow. Coconut milk blends with macadamia nuts and coconut oils, to gently massage the skin. This process is followed with an application of pure cane sugar and tropical nut oils to remove dull skin, reveal healthy skin and strengthen the skin's elasticity and replenish moisture loss.

TROPICAL CRÈME BODY POLISH \$45

(Approximately 30 Minutes)

Cleanse, polish and protect your skin. Pineapple extracts gently buff away dull skin cells and clean pores, rejuvenating skin. Afterward, relax during an application of hydrating body lotion - a blend of fresh coconut milk and exotic nut oils.

Facial Treatments

MURAD SIGNATURE FACIAL \$70

(Approximately 1 Hour)

Designed exclusively for your skin. This Murad facial begins with a personalized skin assessment. Deep pore cleaning and thorough exfoliation under steam, sweep away dulling surface cells. A de-stressing customized massage of the face, neck and shoulders and a therapeutic serum and mask correct any specific problems you may be currently experiencing. To complete your treatment, a moisturizer is applied. Emerge from the facial with clean, glowing skin. This should be repeated monthly for relaxation and serious skin care.

MURAD MEN'S FACIAL \$70

(Approximately 1 Hour)

Shaving can create unique problems for a man's face that may include razor burn, chronic dryness, ingrown hairs, clogged pores, inflammation and occasional acne breakouts. That's why this all-inclusive treatment is designed to immediately soothe irritated skin, deep clean clogged pores and gently remove dullness as it hydrates and reinforces skin's natural protective barrier. Be prepared to be smooth to the touch.

AHA RAPID EXFOLIATOR[®] ANTI-AGING FACIAL .. \$60 • \$100

(Approximately 1 Hour)

Fine lines and wrinkles ease as concentrated Glycolic Acid exfoliates away dead skin cells. A unique patented blend of antioxidants, anti-inflammatories, and hydrators soothes and revitalizes skin to reveal a softer, smoother complexion. When performed in a series, your esthetician will gradually increase the strength of each treatment, progressively improving skin's texture, tone and youthfulness with each facial. Ideal for all skin types.

SUN UNDONE[®] VITAMIN C INFUSION FACIAL \$110

(Approximately 1 Hour)

Environmental exposure creates a broad range of problems for your skin, that's why this antioxidant-rich treatment is formulated to restore clarity, texture, elasticity and firmness, while fading pigmentation and smoothing out fine lines and wrinkles. Dr. Murad's patented infusion technology delivers pure Vitamin C directly into the skin for maximum results. See a significant improvement in just one treatment.

INTENSIVE WRINKLE REDUCER® RAPID PEEL\$115

(Approximately 1 Hour)

Swiftly and dramatically reduce the appearance of wrinkles with powerful exfoliators while infusing the skin with long-lasting hydration. Enjoy dramatic improvements in texture and tone without the severe level of irritation characteristic of a high-performance peel. Featuring Murad's exclusive Durian Cell Reform® technology to enhance the penetration of anti-aging ingredients, this clinically proven, results-oriented facial will leave your skin brighter, smoother and firmer after just one treatment.

REDNESS THERAPY® FACIAL (SENSITIVE SKIN) \$125

(Approximately 1 Hour)

Whether a redness flare-up is triggered by exposure to stress, sun, wind or extreme temperatures, this breakthrough treatment provides fast relief to calm and soothe easily inflamed, sensitive skin. Featuring Dr. Murad's patented antioxidant and anti-inflammatory rich formulas; this facial features two intensely calming and cooling facial masks, making it ideal for those who suffer from occasional or persistent redness.

RESURGENCE® RENEWAL FACIAL..... \$125

(Approximately 1 Hour)

Restore the luminous glow you used to know with this luxurious multi-active facial. It's the ideal antidote if you are plagued by a combination of dry skin, fine lines, loss of elasticity, dullness and perhaps even occasional hormonal breakouts. Advanced collagen building technology boosts elasticity and resilience to reduce the appearance of medium to deep wrinkles while gentle exfoliators clear skin of dullness and stimulate cellular turn-over. Luxurious and lasting hydration restores suppleness, texture and tone. After one treatment, you'll see that youthful Murad glow!

IP5 ILLUMINATING PEEL..... \$150

(Approximately 1 Hour)

Treat and defeat all signs of aging with our most comprehensive and advanced anti-aging facial. Your skin is re-programmed for youthfulness by immune cell-stimulating Immuno-Skin Complex® while five high performance exfoliators, hydrators and brighteners rapidly resurface and rehydrate your skin. Hyaluronic microspheres in the instant eye-lift super-hydrate skin and plump deep wrinkles in a formula that's proven to increase skin firmness by up to 75% in just 15 minutes! The Cooling Recovery Mask rehydrates, rebalances and protects skin that's newly bright, newly smooth and clearly more youthful!

ACNE COMPLEX® FACIAL \$100

(Approximately 1 Hour)

Acne breakouts are complex, that's why this facial is designed to reduce acne blemishes and improve skin clarity, while instantly soothing redness and inflammation. This professional-strength acne treatment features exfoliating fruit enzymes to open clogged pores for deep cleansing and extraction without irritation. Suitable for all levels of acne severity, this powerhouse acne treatment is also available to help control breakouts on the back and décolleté.

ACNE COMPLEX® BACK TREATMENT \$100

(Approximately 1 Hour)

Banish back breakouts with this professional-strength treatment designed specifically for your back and shoulders or décolleté. A combination of exfoliating natural fruit enzymes, antiseptics, antioxidants and hydrating agents deep-cleans pores for clear, blemish-free skin.

MICRODERMABRASION FACIAL \$150 • \$185

(Approximately 1 Hour)

A non-invasive, non-surgical procedure, using a highly controlled spray of fine crystals. The outer layer of skin is gently removed to reveal the younger, tighter and more radiant skin underneath. Treatment conditions include blackheads and whiteheads, fine wrinkles, sun damage, acne, superficial age spots and oily skin. A wonderful alternative to harsh chemicals and laser treatments.

POM-POWER PORE CLEANSING FACIAL \$55

(Approximately 30 Minutes)

Boost the benefits of your daily skincare with this pom-tastic cleansing facial. Fruit enzymes power away dirt and impurities to keep skin free of grime and remove dead skin that is past its prime, while antioxidant Pomegranate attacks damaging free radicals. The result - fresh, glowing skin.

COLLAGEN EYE MASK \$30

(May be added to any facial)

Restorative treatment refines skin and softens fine lines around the delicate eye area. Hydrates to keep skin soft and supple while antioxidants protect and enhance moisture retention.

Nail Services

CLASSIC MANICURE \$20
(Approximately 30 Minutes)

SHELLAC MANICURE \$30
(Approximately 30 Minutes)

The Shellac manicure includes a mini-manicure, followed by Shellac Base, Color, and Top Coat. Together with our UV lamp, they comprise the breakthrough in resilient color that remains flawless for up to 14 days and removes in 10 minutes.

PURE FIJI PARADISE SPA MANICURE \$25 • \$45
(Approximately 30 Minutes or 50 Minutes)

The Pure Fiji experience begins with a soak of hydrating coconut milk for hands, followed by a gentle exfoliation with coconut crème scrub – all infused with essential oils, enzymes and coconut oil. A body butter wrap for hands instantly revives skin, while milk proteins reduce any appearance of fine lines. Body butter is massaged into the hands and arms and nails are polished to perfection.

MINI PEDICURE \$30
(Approximately 30 Minutes)

Relax and soak in a nourishing bath, followed by your choice of polish color or buffed to shine finish.

CLASSIC PEDICURE \$45
(Approximately 60 Minutes)

PURE FIJI PARADISE SPA PEDICURE \$55
(Approximately 60 Minutes)

The Pure Fiji pedicure begins the pampering process with a ritual coconut milk cleansing, followed by an exfoliation of natural alpha hydroxy in a pure cane sugar, infused with essential oils, enzymes and coconut oil. A body butter wrap is applied to the feet, while legs are massaged with luxurious body butter. Your choice of polish color is applied to the nails or buffed shine to perfection.

HAND AND ARM REJUVENATION\$30

(Approximately 30 Minutes)

Our Hand and Arm Rejuvenation is a calming and healing experience using sugar crystals infused with Vitamin E, for exfoliation, creating younger and healthier looking skin. A relaxing and hydrating hand and arm massage relaxes you, and this treatment leaves your hands feeling renewed and revitalized. (There is no nail work in this service.)

FOOT REJUVENATION \$30

(Approximately 30 Minutes)

Our Foot Rejuvenation begins with a warm Tea Tree Bath soak, easing your tension away, followed by an AHA foot and leg exfoliation with natural sugar crystals for maximum skin renewal. Finally, to complete this service, unwind with a relaxing foot and leg massage. (There is no nail work in this service.)

Nufree Hair Removal Services

Nufree is the gold standard in hair removal throughout the world. Nufree is not a traditional wax and never sticks to the skin. It was developed over 25 years ago to help plastic surgeons remove hair from a patient before surgery. Nufree is antibacterial/antimicrobial so it is safe, clean and germ free. It is completely botanical and safe for the entire body, clinically tested, and uses no animal products.

- Facial
- Leg
- Back & Shoulder
- Arms
- Underarms
- Bikini
- Brazilian

Salon Services

More than 80 years after the first salon opened its doors, over 400 Gould's employees study to stay current with – and receive training in – the most fashion forward looks for men and women. Stylists consult with clients about their goals and desires for style, color and texture. Each category is given careful consideration before any changes are made.

- Women's, Men's, and Children's Cuts
- Basecolor and Highlights
- Corrective Color
- Bang or Beard Trim
- Keratherapy Taming System
- Keratin Express Treatment
- Event Up-do Style
- Shampoo and Set
- Permanents and Relaxers
- Deep Conditioning Treatments
- Hairdreams Hair Extensions

Other Services

- Eyebrow Tinting
- Eyelash Tinting
- Eyelash Perm
- Obagi Medicare Skincare
- Eyelash Extensions
- Make-up Application
- Permanent Cosmetics
- Medical Cosmetic Services & Injections
- Electrolysis

GIFT CARDS

Gift cards may be redeemed for services or retail products. Due to multiple locations, gift cards must be presented at the time of appointment and will not be replaced if lost or stolen. Gift cards may not be redeemed for cash value.

CORPORATE OR GROUP BOOKING

Consider the Gould's experience as a special customer or employee reward or as a part of a company retreat.

WEDDING PACKAGES

The day spa experience will add to this special occasion for the bride, groom, family or friends.

SERIES DISCOUNT

Receive 10% off any series of massages or facial services.

Spa Policies

RESERVATIONS & GUEST CANCELLATIONS

Spa services are available by appointment on a daily basis. We recommend calling as far in advance as possible to ensure availability. A credit card or gift card is required when making reservations. We request the courtesy of a 24-hour cancellation notice for all spa services. Cancellations of less than 24-hours or no-shows will be charged at 100%.

SPA TREATMENT ATTIRE

If desired, undergarments or a swimsuit may be worn during treatments, however, our therapists are trained to discretely drape and provide you with complete privacy at all times. Please let us know if we can make you more comfortable.

ARRIVAL TIME

So as not to sacrifice any of the spa experience, we suggest that clients arrive early. Unfortunately, clients arriving after their scheduled appointment time will not receive an extension of services and will be responsible for full service fees. All treatments must end at the scheduled time, as to prevent the delay of the next client's services.

CONCERNS DURING PREGNANCY

Please avoid any spa treatments using deep pressure and heat, such as hydrotherapy. Gould's recommends the Mother-to-Be Massage and any of our facials during pregnancy.

CELL PHONES

Out of consideration for our guests, please mute all cell phones. Cell phone use is not permitted in the spa. Every effort is made to ensure that the environment is one of tranquility and relaxation. Please respect our other guests' desire for privacy and quiet.

- Some services not available at all locations
- Nail services with packages do not include full sets or fills
- Limo service can be added to any package for an additional fee
- Minimum age for massage services is 16 with parental consent
- Prices subject to change without notice