



Hours

SUNDAYS - 10:00 TO 5:00*

MONDAYS CLOSED

TUESDAYS - 9:00 TO 5:30

WEDNESDAYS - 9:00 TO 5:30

THURSDAYS - 10:00 TO 9:00

FRIDAYS - 9:00 TO 6:00

SATURDAYS - 9:00 TO 6:00

*DURING THE MONTHS OF JULY AND
AUGUST, FRASADA WILL BE
CLOSED ON SUNDAYS.

WE ACCEPT ALL MAJOR CREDIT CARDS.

For your convenience, you can now purchase your
gift certificates online at www.frasada.com.

Choose the Print-At-Home option and have
immediate access to your gift certificate or you may
choose to have the gift certificate mailed to you in
one of our signature gold Frasada boxes.

What is Frasada?

*Frasada is your special
place with a rare blend of
luxury & necessity that reinforces
health & beauty. Let us show
you a new way of enjoying life
for your total wellness.*



2785 LONG BEACH ROAD
OCEANSIDE, NY 11572
516.766.7076

www.frasada.com



Recommendations

Staff selections/changes: If you feel you would be more comfortable or better served by another staff member, or you'd just like to get a fresh point of view, let us know.

For your protection: We regret that we cannot be responsible for loss or damage to personal articles including clothing or accessories. When visiting our spa, it is recommended that you leave your jewelry and valuables at home. We also ask that you wear the robe provided for protection of your clothing.

Suggestions? We're always open to yours. Please let us know how we may serve you better.

Points for Consideration

We love children as much as you do, but for the atmosphere of relaxation to exist, children are not allowed in the day spa. In the hair salon, you must be responsible for your children's behavior. Loud, crying or running children (No matter how adorable) tend to disturb other clients.

Cancellations are sometimes unavoidable. For appointments one hour or more, a 50% deposit is required. If you fail to give 24 hours notice for cancelling or rescheduling or if you do not show for your appointment, you will lose your deposit. If you are late for your appointment our staff will do his or her best in the remaining scheduled time, and our full fee will be expected.

We ask that you schedule several appointments ahead to ensure the time and day you need.

*All of our salon services must be arranged through the front desk.
Thank you for your cooperation.*

**PLEASE CONSULT OUR
FRONT DESK ABOUT
STYLING FOR WEDDINGS
AND SPECIAL
OCCASIONS OUTSIDE OF
OUR SCHEDULED SALON
HOURS.**

ALL PRICES ARE SUBJECT TO CHANGE WITHOUT NOTICE.

Gift Packages

FRASADA DAY AT THE SPA

\$418.00

\$84.00 suggested gratuity

*A Fantasy day including an Aromatherapy Steam Shower, Affinoderm Treatment, European Facial, Swedish Massage, Spa Lunch, Spa Pedicure, Spa Manicure, Shampoo, Blow Dry Style and Make-Up Application.**

FRASADA SPA RETREAT

\$355.00

\$71.00 suggested gratuity

*Your day includes a Frasada Aroma Massage, 4 Layer Facial, Spa Lunch, Spa Pedicure, Spa Manicure, Hot Steam Conditioner with a Scalp Massage, Blow Dry Style and Make-Up Application.**

DAY OF WELLNESS

\$337.00

\$67.00 suggested gratuity

*Your day includes an Aromatherapy Steam Shower, Swedish Massage, Aromaplasty Facial, Spa Lunch, Seascapes Pedicure, Spa Manicure, Shampoo, Blow Dry Style and Make-Up Application.**

MEN'S SPORTS PACKAGE

\$342.00

\$68.00 suggested gratuity

*This is your special day. Start with an Aromatherapy Steam Shower, Swedish Massage, Back Facial, European Facial, Spa Lunch, Pedicure, Manicure, Shampoo and Haircut.**

THE GREAT ESCAPE

\$279.00

\$56.00 suggested gratuity

Start with a Swedish Massage followed by a European Facial, Spa Lunch, Manicure, Pedicure, and finishing with a Hot Steam Conditioner with a Scalp Massage and Blow Dry Styling and Make-Up Application.

All services in predetermined gift packages cannot be substituted and must be used by the same person on the same day.

**A complimentary gift bag is yours to take home.*

Customized Gift Packages

Your complete satisfaction is our ultimate goal. You are welcome to customize your own gift package with services you'll enjoy the most. Customized gift packages will be priced a la carte.

A 20% GRATUITY IS SUGGESTED ON ALL GIFT PACKAGES.

Color

SINGLE PROCESS WITH CONDITIONING

\$45.00 & UP JUNIOR COLORIST

\$50.00 & UP SENIOR COLORIST

\$60.00 & UP MASTER COLORIST

COLOR BLENDING

\$15.00 & UP

DOUBLE PROCESS WITH CONDITIONING

\$75.00 & UP

HIGHLIGHTS

\$105.00 & UP

1/2 HEAD HIGHLIGHTS \$75 & UP

LOWLIGHTS

\$105.00 & UP

DIMENSIONAL COLOR

\$105.00 & UP

OVERLAY

\$25 & UP

EYEBROW TINT

\$12.00

CORRECTIVE HAIR COLORING

PRICED ON CONSULTATION

PLEASE LET US KNOW WHEN YOU MAKE YOUR COLOR APPOINTMENT IF YOU NEED AN APPOINTMENT TO HAVE YOUR HAIR STYLED BY ONE OF OUR STYLISTS. IF NOT, WE WILL PLACE YOU UNDER OUR HEAT LAMPS FOR DRYING. REMEMBER, NEW HAIR COLOR RESULTS ARE BEST ANALYZED WHEN HAIR IS DRY.

Hair

MENS HAIR CUT

\$40 & Up

DESIGN CUT

\$45.00 & Up

CHILDREN'S CUT

\$30.00 & Up

Fri-Sat

Adult Prices

BLOW DRY STYLING

\$30.00 & Up

(Flat Iron or Curling Iron Extra Charge)

BRAIDING AND UP WORK

\$75.00 & Up

Chemical Treatments

LISCIO THERMAL STRAIGHTENING

\$300.00-\$800.00

HAIR RELAXING

\$140.00 & UP

BODY WAVES

\$90.00 & UP

SPIRAL WAVE

\$110.00 & UP

(Blow Dry Styling & Hair Cut are Extra)

MAKE-UP

MAKE-UP APPLICATION

\$40.00

Our make-up artist will select your true colors and professionally apply make-up to create the look you desire for your day, evening, or just to look extra special. Make-up application is complimentary when you purchase seventy-five dollars or more in make-up products.

MAKE-UP LESSON

\$75.00

Learn make-up techniques and colors just right for you. One hour session includes step by step make-up instruction and application with chart.

EYE MAKE-UP APPLICATION

\$25.00

EYELASH APPLICATION

\$5.00 per bundle or \$35 per strand

Make your lashes appear fuller, deeper and longer with false eyelashes. Adhered with a special bonding glue, the lashes can last up to 3 weeks.

Wedding Packages

BRIDE & GROOM'S MINI GETAWAY

\$576.00

\$115.00 suggested gratuity

For the Bride:

An Aromatherapy Steam Shower, Frasada Body Facial, European Facial, Spa Lunch, Spa Manicure, Blow Dry Style and Make-Up Application.

For the Groom:

A Steam Shower, Deep Tissue/Sports Massage, Men's Facial, Spa Lunch, Spa Manicure, Scalp Treatment and Haircut.

BEST MAN'S TOAST

\$166.00

\$33.00 suggested gratuity

A great way to say "Thanks for your support."

Start with a relaxing Swedish Massage, Spa Lunch, Spa Manicure, Scalp Treatment and Haircut.

MAID OF HONOR'S REWARD

\$247.00

\$49.00 suggested gratuity

For all that she does! Start with a Swedish Massage, European Facial, Spa Lunch, Spa Manicure, Spa Pedicure and Blow Dry Style.

BRIDAL MAKE-UP

TRIAL CONSULTATION

\$60.00

APPLICATION, DAY OF WEDDING

\$75.00 & UP

Special Bridal services priced on consultation.

BRIDAL HAIR

Up-Do with Veil Attachment

\$100.00 & UP

Please consult our front desk about scheduling for weddings and special occasions outside of our scheduled salon hours.

**Suggested Bridal Services
For the Bride To Be...**

Day ONE (1 month before wedding)

Trial Up-Do and Makeover

One month before your wedding date, let one of our highly trained stylists recommend the perfect up-do and makeup application.

Day TWO (1 week before wedding)

Swedish Massage, European Facial, Ancient Sea Salt Glow, Up-Do Style, Spa Lunch

Indulge yourself and melt away your last minute jitters with our exclusive Swedish Massage. Then revitalize your skin with an Ancient Sea Salt Glow. Finally we end your day's journey with a European Facial designed to invigorate and exfoliate the skin giving it a youthful glow. Once your spa services are completed, you will be put in the hands of the personal stylist that you have chosen to transform your hair on your wedding day and the stylist will perform another Up-Do style of your choice. A spa lunch is the perfect end to a perfect day.

Day THREE (day of wedding)

Wedding Day Up-Do and Makeover

Have the perfect beginning to your wedding day, enjoy a champagne mimosa along with a breakfast treat as your personal team of stylists pamper you and exceeds your expectations as they do your hair and makeup for your special day.

This 3 Day Package Is Priced Upon Consultation

Purchase this package in advance and receive discounted pricing.

Please see our desk coordinator so that they can customize this package to suit your specific needs.

Let our team of talented experts beautify your entire wedding party. When you schedule hair and make-up for a party of 5 or more, you will receive a complimentary 1/2 hour Echo 2 Oxygen Facial Available to you at your convenience after your wedding day.

Tending to Necessities

**The Frasada Honey or Azulene Wax Hair
Removal Method**

EYEBROWS	\$15.00
LIP	\$10.00 & UP
SIDEBURNS	\$15.00
CHIN	\$10.00 & UP
NECKLINE	\$15.00
FULL ARM	\$30.00
HALF ARM	\$22.00
HAND	\$10.00
UNDERARM	\$20.00
ABDOMINAL	\$18.00
BIKINI	\$27.00
BRAZILIAN BIKINI	\$45.00 & UP
FULL LEG	\$50.00
HALF LEG	\$35.00
FEET	\$10.00
BACK WAXING FOR MEN	\$45.00 & UP
CHEST WAX FOR MEN	\$45.00 & UP

BLEACHING

IF WAXING ISN'T FOR YOU, TRY BLEACHING FOR ARMS, LIPS AND FACE. PRICED ON CONSULTATION.

PLEASE INFORM US BEFORE FACIAL WAXING IF YOU ARE USING ACCUTANE, RETINOLS, AHA'S, GLYCOLIC ACID, ETC. WE DO NOT RECOMMEND WAXING UNDER THESE CONDITIONS. WE DO SUGGEST TWEEZING (PRICED ON CONSULTATION).

Hand and Foot Treatments

MANICURE	\$15.00
FRENCH MANICURE	\$20.00
POLISH CHANGE HANDS	\$10.00
STRENGTHENING MANICURE	\$30.00
PEDICURE	\$30.00
FRENCH PEDICURE	\$35.00
NAIL REPAIR	\$5.00
BASIC GLUE MANICURE	\$25.00
HEAVY GLUE/POWDER MANICURE	\$35.00
FULL SET WRAPS	\$50.00
FILL-IN WRAPS	\$40.00
FULL SET EXTENSIONS	\$55.00
FULL SET TIPS	\$55.00
FULL SET FRENCH TIPS	\$60.00
FILL-IN FRENCH TIPS	\$40.00
FULL SET UV GEL TIPS	\$70.00
FULL SET UV GEL OVERLAY	\$50.00
FILL-IN UV GELS	\$40.00
UV GEL NAIL REPAIR	\$7.00

SPA MANICURE

\$30.00

ENJOY A REFRESHING BUBBLE BATH FOR YOUR FINGERTIPS. NATURAL BOTANICALS AND ESSENTIAL OILS SOFTEN AND CONDITION THE HANDS. FOLLOW THIS WITH A COMPLETE MANICURE AND PARAFFIN DIP.

SPA PEDICURE

\$45.00

START WITH A THERAPEUTIC SOAK IN OUR WHIRLPOOL. A COMPLETE PEDICURE IS PERFORMED USING MINERAL AND EUROPEAN SALTS TO EXFOLIATE THE LOWER LEGS AND FEET. A MOISTURE LOTION WITH BOTANICAL EXTRACTS WILL BE MASSAGED INTO THE LEGS AND A WARM PARAFFIN DIP WILL FOLLOW.

SEA SCAPES PEDICURE

\$50.00

A REJUVENATING TOUCH OF THE SEA FOR YOUR FEET. ENJOY A WHIRLPOOL SOAK OF AROMATHERAPY SEA SALTS, AN AHA CALLUS TREATMENT IS APPLIED AND THEN A COMPLETE PEDICURE IS PERFORMED USING A BEACH SAND SCRUB AND A MARINE MASK. FINISH WITH A MASSAGE OF ESSENTIAL OILS.

Party Specials

TASTE OF SPA

\$160.00

\$32.00 suggested gratuity

Choose (2) choices from below:

1. European Facial
2. Swedish Massage
3. Spa Manicure & Spa Pedicure
4. Blow-Dry Styling & Make-Up Application
5. Salt Glow

GOURMET SPA

\$220.00

\$44.00 suggested gratuity

Choose (2) choices from below:

1. Seaweed Facial
2. Hot Stone Massage
3. Frasada Aroma Massage
4. Chocolate Body Scrub
5. Kerestase Scalp treatment, Blow Dry Styling and Make-Up Application

TOTAL SPA ENCHANTMENT

\$450.00

\$90.00 suggested gratuity

Choose (3) choices from below:

1. 1 Hour 20 Minute Swedish Massage & Aroma Steam Shower
2. Hot Stone Massage & Eye Rejuvenation Treatment
3. Spa Manicure & Seascapes Pedicure, Blow Dry Styling & Make-Up Application
4. MegaPeel with Facial (microdermabrasion)
5. Echo2Oxygen Facial
6. Aromaplasty Facial, Manicure & Pedicure

When booked for groups of 4 or more, the above packages include cheese, crackers and grapes.

The Spa For Men

MEN'S SPORTS PACKAGE

\$342.00

This is your special day. Start with an Aromatherapy Steam Shower, Swedish Massage, Back Facial, European Facial, Spa Lunch, Pedicure, Manicure, Shampoo and Haircut. A complimentary gift bag is yours to take home.

MEN'S MANICURE

\$15.00

MEN'S PEDICURE

\$30.00

EUROPEAN FACIAL FOR MEN

\$80.00

Guys need it too! We cater to men's special needs and skin types. Our exclusive method includes Skin Analysis, Cleansing, Conditioning, Facial Massage, Removal of Impurities, a Mask and Final Moisturization.

BACK FACIAL

\$100.00

This is the ideal treatment for those who are prone to acne and problem skin. Includes Cleansing, Back Exfoliation, Extraction, Mask and Moisturization.

BACK WAXING

\$45.00 and up

MEN'S DESIGN CUT

\$40.00 and up

Includes Shampoo, Conditioning and Blow Dry Style.

MEN'S COLOR

\$45.00 and up

Cosmetic Enhancements

MEGA PEEL® (Microdermabrasion)

Peel including facial - \$150.00

Peel Alone - \$90.00

Mega Peel® is right for all skin types and for anyone interested in minimizing the appearance of: scarring, fine lines, wrinkles, pigmentation problems, uneven skin-tones, dull, lifeless & sun damaged skin.

GLYCOLIC REJUVENATING TREATMENT

\$60.00 per treatment

\$130.00 w/ Facial

This treatment accelerates the removal of the dry, thickened outer layer of skin, while it deeply cleanses and unclogs pores. Experience younger looking skin.

ALPHA BETA PEEL

\$70.00 per treatment

\$140.00 w/ Facial

This peel, which combines both Glycolic and Salicylic Acid, intensifies the overall exfoliation process and is beneficial for all types of skin.

SYNERGIE (Endermologie)

\$90.00 per treatment

Not only does this treatment help you lose unwanted inches, but it helps you attack cellulite through a comprehensive, non invasive program. For best results, series is recommended.

EYE REJUVENATION

\$40.00 per treatment

A 30 minute treatment dedicated specifically to the vulnerable eye area. Enjoy a massage designed for the eye area, a mask and special serum for the delicate skin. This treatment reduces dark circles, firms skin & reduces the appearance of fine lines.

Electrolysis

A non-invasive hair removal system that leaves no scars or pitting. It's safe, painless, and effective.

\$35.00 Thirty Minutes

\$50.00 Forty-Five Minutes

\$60.00 Sixty Minutes

Add \$1.00 for each additional minute.

Body Treatments

FRASADA CUSTOM BODY FACIAL

\$125.00

This is a relaxing treatment, which includes an aromatherapy steam shower and offers a combination of exfoliation and skin cleansing properties. It is a wonderful treatment that leaves your skin silky and satin smooth.

ALOE & HERB BODY WRAP

\$125.00

First you'll enjoy a private aromatherapy steam shower, followed by the application of a special aloe gel, next linen sheets that have been soaked in a solution of aloe & herbs will be wrapped around your problem areas for 20 minutes allowing the herbs to penetrate. Following this treatment, it is important to drink plenty of water.

SPA PURE SAUNA BODY MASK

\$125.00

It is the ultimate relaxation and anti-stress treatment. Just like a sauna, the creamy texture of white clay and papaya extract produces a gradual and pleasant feeling of warmth all over the body.

AFFINODERM TREATMENT

\$125.00

Affinoderm is a seaweed treatment for the whole body for anyone who would like to eliminate excess water weight. It assists in both slimming the body and remineralizing the upper layer of the skin.

VITAROMA ANTI-AGING BODY TREATMENT

\$125.00

This treatment acts effectively on wrinkled and withered skin by hydrating and nourishing it. You will enjoy a rich cream mask bursting with firming and smoothing agents for skin that is visibly toned and youthful all over.

HONEY BODY POLISH

\$95.00

Indulge the body with pure honey, almonds, and buttermilk. A marvelous body cleanser is massaged into the skin helping to purify and slough the dead skin cells. This treatment leaves the skin touchably soft.

ANCIENT SEA SALT BODY GLOW

\$75.00

Special aromatherapy oils are mixed with ancient sea salts. A total body scrub will follow removing rough dry skin, leaving it smooth and refreshed.

AIRBRUSHED CREATIVE TAN

\$90.00

This newest technique of applying self tanner provides an even application thereby avoiding streaking or blotching. You will have a smooth, even and beautiful tan.

Massages

FRASADA AROMA MASSAGE

\$100.00

The use of essential oils is one of the oldest remedies to relieve sore muscles. Our massage therapist incorporates an essential oil so you can experience the magic of aromatherapy. Finish your treatment with a relaxing steam shower.

HOT STONE MASSAGE

\$110.00

Experience a luxurious massage combined with deep heat therapy. The smooth polished basalt lava stones are heated and incorporated into a massage. This massage brings you into a deeper, more relaxed state.

DEEP TISSUE/SPORTS MASSAGE

\$90.00 - 50 minute

\$135.00 - 1 Hour 20 Min Massage

For the active individual who likes a more concentrated massage with added focused work on those tense overworked muscles. This massage is an ideal choice for athletes, weekend warriors or anyone who likes a deeper more penetrating massage to get to the core of the muscle tension.

SWEDISH MASSAGE

\$80.00 - 50 minute

\$125.00 - 1 Hour 20 Min Massage

This is the most common massage where you will experience total relaxation through long stroking, tapping and kneading to stimulate the circulation and improve your muscle tone. This is the perfect treatment for those who may be new to the massage experience.

REFLEXOLOGY

\$80.00

Through manipulation of the feet and legs, our reflexology therapist can relieve stress from the entire body.

HALF & HALF

\$80.00

For people who have a hard time deciding what they prefer, we are offering the best of both with the Half & Half. Your massage session will concentrate on the back and neck for half the time and on your feet through reflexology for the other half of the time. This is the perfect combination.

PREGNANCY MASSAGE

\$80.00

Our massage therapist, have been trained to accommodate the specific needs of the mom to be. This massage addresses the physiological changes that a woman experiences during pregnancy. Benefits of this massage include improved circulation and relief from aching tired muscles in the back and neck.

**This massage is not performed until after 1st trimester.*

** Please consult with your doctor before any body treatments.*

LYMPHATIC MASSAGE

\$80.00

Long movements along your lymphatic system which helps to release toxins from your body, stimulate the immune system, and improve your muscle tone.

CHAIR MASSAGE - 15 MIN. - \$25.00

STANDARD TREATMENTS ARE 50 MINUTES HANDS ON. PLEASE GIVE YOUR THERAPIST ACCURATE MEDICAL HISTORY AND KEEP HIM/HER INFORMED OF ANY FUTURE CHANGES. AFTER TREATMENT DRINK PLENTY OF WATER TO FLUSH OUT TOXINS RELEASED DURING THE MASSAGE. VERBAL COMMUNICATION IS NOT NECESSARY DURING THE TREATMENT. HOWEVER, IT IS RECOMMENDED THAT YOU PROVIDE FEEDBACK TO THE THERAPIST SO THAT YOUR TREATMENT MAY BE ALTERED TO SUIT YOU AS AN INDIVIDUAL. IF ANY INAPPROPRIATE BEHAVIOR SHOULD OCCUR, THE SESSION WILL BE IMMEDIATELY TERMINATED AND FULL PAYMENT WILL BE EXPECTED.

Facials

EUROPEAN FACIAL

\$80.00

Skin analysis, deep cleansing, exfoliation, removal of impurities, facial massage, facial mask and a final moisturizing creates a fresh and radiant complexion.

VITAROMA TOTAL LIFT FACIAL

\$100.00

This deep acting anti-aging treatment is specially formulated for mature skin. It is a cocktail of essential oils which offer natural penetrating power to firm skin and smooth away wrinkles. Your face contours will look re-sculpted, visibly smoother, your face will be radiant, as if defying time.

THE FOUR LAYER FACIAL

\$115.00

Layer upon layer of pure, fresh European seaweed rejuvenates, tones and helps firm the skin. The results are renewed moisture and an afterglow that lasts.

SEAWEED FACIAL

\$110.00

Gentle cleansing with a milk and honey scrub is followed by a soothing massage with a seaweed serum rich in vitamin C, minerals and proteins. Ending with a cooling and soothing fresh seaweed mask. Skin is clean, refreshed and radiant.

PURIFYING FACIAL

\$110.00

An intensive facial for very congested skin. It is the ideal solution for oily skin and clogged pores. This treatment absorbs excess sebum. The complexion becomes more luminous and fresher.

BACK FACIAL

\$100.00

This is the ideal treatment for those who are prone to acne and problem skin. Includes cleansing, back exfoliation, extraction, mask and moisturizing.

ANTI-OXIDANT HYDRA FACIAL

\$115.00

Symptoms of sensitive skin include blotchiness, breakouts, or excessive dryness. This facial balances, soothes, and protects while helping to decrease skin sensitivity.

ECHO 2 OXYGEN FACIAL

\$145.00 (includes facial & oxygen blast)

\$80.00 (1/2 hour oxygen blast)

An oxygen skin care system employing pure oxygen gas, along with vitamins A,C,& E and 87 different minerals, enzymes and amino acids. Treat skin damaged by oxygen depletion, aging, sun, and weather as well as ailments ranging from acne to seborrhea and psoriasis, rosacea and many others.

AROMAPLASTY FACIAL

\$110.00

This 100% natural multi-active decongesting treatment is for all skin types. Made of a cocktail of vitamins and proteins, it offers hydrating, anti-aging, anti-oxidant, anti-inflammatory and healing properties. It leaves the skin soft and radiant.

TEEN FACIAL

\$75.00

This treatment starts with a skin consultation followed by a deep-pore cleansing, facial mask, moisturizing and a lesson on proper skin care.

ROSACEA MANAGEMENT TREATMENT

\$60.00

Provides intense dermal rejuvenation and works to manage problems related to rosacea, including redness and uneven skin texture.

ACNE TREATMENT

\$20.00

In addition to any facial treatment extra time and attention is paid to the acne area.