

Salon

Spa

Fitness



FX
STUDIOS

Experience it.



Creating a World Class facility and World Class people!

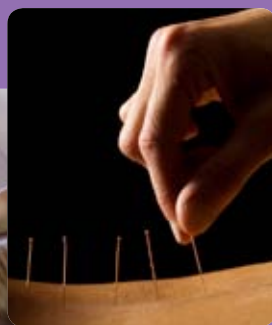
FX Mission: To deliver an exceptional experience to every guest!

FX Vision Statement: Create a professional and inspiring world class culture consistently striving to be better today than we were yesterday.

We have a passion for what we do and have the opportunity to make a difference in people's lives every day. We treat each and every guest like our biggest, best, and only guest every time they come into contact with us.

It's all about you.

- Individual studios for all services to ensure relaxation and comfort
- Generous time allotment for every service
- Friendly staff that listens carefully to your specific needs
- Personalized media viewing – pick a movie or watch tv
- Complimentary soda, juice, coffee, filtered water
- Internet computer stations and WIFI access



For the Ladies



From precision haircuts to the finest in hair color and extensions, FX Studios takes a fashion forward approach to innovative styling.

'Final Cut' for Women *from \$50*

You will feel like a celebrity when you experience this star treatment. Begin with a consult and then a five minute shampoo and scalp massage with a conditioner professionally selected for your hair type. Enjoy an optional steaming towel for your face, then a precision cut and style. Your stylist will conclude by demonstrating techniques to help you reproduce the salon look at home.

Color

Single Process *from \$65*

Double Process *from \$90*

Highlights or Lowlights *from \$90*

Accent Color *per foil from \$10*

Gloss *from \$40*

Corrective Color *consultation based*

Hair Extensions *consultation based*

FX now offers a solution for those guests who would like to transform their hair. Our certified technicians, accompanied with Great Lengths Hair Extensions, now offer healthier, unparalleled application of 100% natural human hair strands. They are integrated with synthesized keratin protein bonds creating a virtually invisible, durable and comfortable bond between the strand and your own hair. The feeling is so natural that you will forget it's not your own. There are no limitations, only endless possibilities!

Keratin Smoothing *from \$350*

Keratin Treatment is NOT a chemical relaxer nor a chemical straightener. In fact, there is nothing traditional, or damaging to your hair, about this new type of service. It can be used on any type of hair, resulting in healthy, shiny, frizz-free, manageable hair that will also smooth out and restructure your natural curl. Our certified stylist will infuse an unique keratin biopolymer into your hair shaft – reconstructing it – which will restore the hair to a healthy-looking condition. There are three different formulas, so we can customize your treatment to your needs. This treatment does not require touch up applications and will last 2 - 4 months. Follow up blow-dry and home maintenance products included.

Blow Dry Styling *from \$30*

For styling requiring flat and/or curling iron work, there will be an additional charge.

Formal Style *from \$65*

On your special occasion day your hair style is the accessory that will complete your look. Let our creative stylist design your hair while you sit back and be pampered. You will feel and look like a star! (We suggest a trial run and photos before your big day – especially brides. Please come with hair washed and dried the night before, not the day of.)

Customized Scalp and Hair Treatment *from \$35*

Treatments are designed to reconstruct and treat scalp and hair dilemmas from thinning, chemical damage, scalp conditions, dull and lifeless hair from the root to the strand. We have researched to find treatments fortified with superior ingredients to enhance your scalp and hair condition. Our stylist will consult with you to determine which professional treatment is suitable for your needs.



Hands

FX Essential Hand Care *from \$20*

Relax with a basic shaping of the nails, cuticle cleansing & restoration, hydrating hand and arm massage and nail buff or polish.

FX Spa Hand Care *from \$35*

Begin this amazing treatment with the FX Essential Hand Care service where your nails and hands are treated like a star. Enjoy an exfoliating scrub guaranteed to restore a healthy glow to your skin. A soothing hot towel wrap follows to restore hydration to your skin and to prep your hands and arms for a massage. A relaxing experience you will never forget.

Add in: OPI Axxium Manicure \$38

Take your polish to the next level with OPI Axxium Gel Nail Lacquer. This advancement in natural nail technology provides extended wear of your color choice and dries immediately for a flawless finish!

Feet

FX Essential Foot Care *from \$43*

Shaping of nails, cuticle cleansing & restoration, exfoliation of skin, foot and lower leg massage, nail buff or polish.

FX Spa Foot Care *from \$58*

Enjoy FX's Essential Foot Care plus! This rejuvenating pedicure will leave your feet and legs looking and feeling softer and younger. The all-natural salt scrub leaves skin radiant and smooth. Shea butter is massaged in to hydrate the skin, followed by hot paraffin dip to seal in moisture and fight the signs of aging.

FX Hot Stone Foot Care *from \$58*

Prepare to relax as your tension is massaged away with heated basalt stones. This pedicure will energize you as the strategically placed smooth stones transfer energy to tired muscles.

Add in: OPI Axxium Pedicure \$61

Take your pedicure to the next level with OPI Axxium Gel Nail Lacquer. You will experience our Essential Foot Care but your polish will be replaced gel nail lacquer giving you beautiful toes lasting up to two weeks or longer.

Polish Change *hands \$12 feet \$18*

Nail Repair \$5

Removal of Acrylic or Gel \$25

Please add \$5 for French finishes.

Extended Foot or Hand massage \$15

10 minutes of pure bliss - also recommended for arthritis and tired/achy hands and feet
ADD to: includes an Essential Hand Care \$40

For the Guys

We offer cuts and color as well as a variety of Spa treatments specially geared to men.

'Final Cut' for Men *from \$33*

A relaxing hair cut at FX is not like a chore. We start with a consult, warm H2O rinse then a precision hair cut designed to your needs. Saving the best for last you will receive a five minutes of bliss with an invigorating shampoo and relaxing scalp massage complete with a steaming facial towel. You will finish with a final style – instructions included leaving refreshed and itch – free ready to take on the world.

Short Clips *from \$27*

Pressed for time? Our 'Short Clips' is the solution. It's an abbreviated version of our signature 'Final Cut'. The 'Short Clips' experience offers you our precision cut, a soothing shampoo & style. Go ahead and mix it up. Get our 'Final Cut' when you have the time to relax and 'Short Clips' when you don't. We'll have you on the go within 30 minutes.

The Classic Gentlemen's Hot Shave

Step back into time and enjoy revolving hot towels, shaving balms and a cooling mask. Your preference – Straight razor or Mach 3 method of shaving.

Face from \$37

Head from \$24

Both from \$55

Revitalizing Scalp Massage *from \$25*

If you enjoy our five minute shampoo and scalp massage with your Final Cut and want more then this is for you. Lay back and relax with a blissful 15 minute shampoo and therapeutic scalp massage that will condition your scalp, hair and soul.

Facial Hair Trim *from \$8*

Precision trim of goatee, mustache, beard or sideburns

Color

Single Process *from \$46*

Chase the gray away or develop a totally new look.

Double process *from \$70*

Take your natural or cosmetic color to the blondest of blondes.

Highlights *from \$65*

If you want to add some dimension to your existing hair color or wash away some of the gray we can add lighter, darker or more of your natural color of highlight/lowlights to enhance your style.





Hands

FX Essential Hand Care *from \$18*

Relax with a basic shaping of the nails, cuticle cleansing & restoration, hydrating hand and arm massage and nail buff or polish.

FX Spa Hand Care *from \$28*

Begin this amazing treatment with the FX Essential Hand Care service where your nails and hands are treated like a star. Enjoy an exfoliating scrub guaranteed to restore a healthy glow to your skin. A soothing hot towel wrap follows to restore hydration to your skin and to prep your hands and arms for a massage. A relaxing experience you will never forget.

Feet

FX Essential Foot Care *from \$38*

Shaping of nails, cuticle cleansing & restoration, exfoliation of skin, foot and lower leg massage, nail buff or polish.

FX Spa Foot Care *from \$53*

Enjoy FX's Essential Foot Care plus! This rejuvenating pedicure will leave your feet and legs looking and feeling softer and younger. The all-natural salt scrub leaves skin radiant and smooth. Shea butter is massaged in to hydrate the skin, followed by hot paraffin dip to seal in moisture and fight the signs of aging.

FX Hot Stone Foot Care *from \$53*

Prepare to relax as your tension is massaged away with heated basalt stones. This pedicure will energize you as the strategically placed smooth stones transfer energy to tired muscles.

Spa

Your escape is our pleasure. From the thick terry robes and relaxing tranquility rooms, to the soothing private treatment studio, you will feel wrapped in luxury at the FX Studios Spa. All of our massages run a full hour – not 50 to 55 minutes. The extended massage is a full blissful 90 minutes.

Massage Therapy

Custom Massage *from \$90*

Our full-body custom massage is tailored to your needs. Your massage therapists will blend various techniques such as swedish, myofacial and deep muscle work to help relieve muscle tension, increase circulation and range of motion while promoting relaxation. *Additional 30 minute Custom Massage \$35*

Hot Stone Massage *from \$105*

While placing smooth, heated basalt stones on specific acupressure points on your body, we melt away knots, tensions and stress. You will receive a full body massage incorporating the hot stones as well. This experience promotes harmony, balance and peace. *Additional 30 minute Hot Stone Massage \$40*

Thai Massage *from \$95*

Experience the 2,500 year old healing therapy that combines assisted stretching, range of motion and acupressure to balance the physical body, energy and nervous systems. Expect to experience increased relaxation, joint mobility, increased circulation, and improved postural alignment. Thai Massage can help to alleviate common conditions such as back and shoulder pain, sciatica and headaches, just to name a few.

Great Expectations

Pregnancy Massage *from \$95*

Rest and revitalize as your body is soothed and pampered. This massage is designed to answer your developing needs and uses various techniques to give you the nurturing treatment you both deserve.

Mini 30-minute massage *from \$45.00*



Reflexology Session *from \$90*

Our therapist focuses on specific reflex points in the feet, hands and ears and incorporates general relaxation and body work. These points correlate with individual organs and parts of the body. Activating these reflexes can help improve circulation and promote relaxation.

The Great Escape Pass *\$70 per month*

Join our premier Spa Wellness Program for a monthly fee of \$70. Each month you may choose either a Custom Massage, Relaxation Facial or Reiki Session. Also receive additional discounts on upgraded spa services. Call for more details.

Alternative Therapy

Reiki *from \$90*

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by “laying on of hands” and is based on the concept that an unseen “life force energy” flows through us and is what promotes life. If one’s life force energy is low or out of balance, then we are more likely to become sick or feel stress. Reiki increases the body’s natural healing process and can be used in conjunction with Western medicine. It is a gentle, yet powerful holistic technique.

The experience of a Reiki session is different for every person. Typically the recipient feels a wonderful glowing radiance which flows through and around them. A state of deep relaxation, combined with a general feeling of well-being is usually the most noticeable immediate effect of the treatment.

Acupuncture

Initial consult and first session \$135

Subsequent sessions \$95

Acupuncture is one of the oldest forms of healing known to mankind, dating back to ancient China nearly 5,000 years ago.

Acupuncture treatment assists the natural processes of healing by balancing Qi, the vital energy that flows throughout the body. Too little or too much energy or a blockage in a pathway will create an imbalance in this system and eventually lead to dysfunction in the body, mind or spirit. Acupuncture can be used as preventative medicine or to treat acute illness as well as long term disease. While often associated with pain relief, the World Health Organization recognizes the use of acupuncture in the treatment of a wide range of health concerns.

Skin Care

The FX Organic Indulgence Facial *from \$95*

FX presents a blissful organic facial fortified with a variety of the best natural ingredients to solve a number of skin issues. Facials are designed to improve, prevent and promote skin issues such as premature aging, sun damage, and loss of elasticity, acne and tone. Your facial begins with a deep pore cleansing (steam optional), toner, analyzing of your skin, exfoliation treatment, blemish extractions, a mask and moisturizer. During your facial you will also experience a blissful face and neck massage; hand and foot massage with hot mitts to penetrate the moisturizer into your skin. This facial will address all your facial needs and more.

Men's "Close Up" *from \$95*

Gentlemen get "Close Up" and Confident with this total face tune-up. Your skin will experience cleansing, exfoliation, steam, and hot towels to combat environmental stress, dehydration challenges, shaving side effects, and acne. While your skin is being serviced you will enjoy a relaxation massage of the upper body, scalp, arms and hands. Finally we will trim any over grown facial hairs to complete perfection. You will walk out feeling amazingly refreshed, healthy and revitalized. Get "Close Up" and personal.

Relaxation Facial *from \$80*

An amazing relaxing organic facial fortified with a variety of the best natural ingredients to solve a number of skin issues. Facials are designed to improve, prevent and promote skin issues such as premature aging, sun damage, and loss of elasticity, acne and tone. Your facial begins with a deep pore cleansing (steam optional), toner, analyzing of your skin, exfoliation treatment, a mask and a moisturizing face and neck massage. Taking care of your skin has never been so relaxing.

FX Deep Cleansing Facial *from \$80*

This facial is designed for those who may have skin seeking special attention. Your Esthetician will consult with you about your skin and select the products needed fortified with alpha-hydroxy acids, anti-oxidants and ingredients which detoxifies and promotes cell renewal. You will begin with a deep pore cleansing (steam optional), an exfoliation treatment to loosen clogged pores, extractions to remove blemishes, a mask to calm and soothe while receiving a neck, shoulder and hand massage.

Express Organic Facial *from \$55*

This facial is perfect for those who need a quick skin "pick me up". Still relaxing we take out some of the fluff and get right to the facial. This facial will meet all your skin's needs starting with a deep cleanse (steam optional), toner, analyzing of your skin, exfoliation treatment, a mask and a moisturizing face and neck massage. A perfect relaxing lunch break.

Organic Back Treatment *from \$75*

The skin on your back can reflect stress and breakouts. Treat and control your skin with a deep cleansing scrub, a mask and clearing extractions. Finish with a relaxing head, neck, shoulder and back massage.

Peel Off the Years *(Add \$40 to any facial.)*

This stimulating and rejuvenating peel will exfoliate your skin leaving it positively youthful and glowing. Add this treatment to the end of any facial for an instant and visible reduction of age spots, fine lines and wrinkles, while enhancing skin tone and clarity. This permits your natural health and youthful vitality to shine through!

Eye Treatment *from \$35*

Experience a smoothing effect on wrinkles while reducing fluid retention and puffiness around the eyes. Let us cleanse your skin before performing a drainage massage with a specialty eye serum to relieve puffy eyes. Our specialty eye mask is applied while you relax, and is followed with a soothing moisturizer. Add this eye treatment to your facial or just treat your eyes to this rejuvenating service.

Lip Treatment *from \$25*

Your lips will have a ball with our three-step organic lip treatment enriched with antioxidants, vitamins and moisturizers. We will start with an enzyme exfoliator then a plumping masque finishing with a lip balm promoting hydration, reducing fine lines, stimulating collagen for plump full lips. Add this treatment to your facial or just treat your lips to this rejuvenating experience

Physician Sponsored Pharmaceutical Grade Glycolic and Salicylic Acid Treatments *from \$80*

These two treatments are designed for a wide variety of skin conditions.

Glycolic Acid - This treatment focuses on minimizing fine lines and wrinkles, pore size, and age spots while improving the clarity and tone of your skin with little or no down time.

Salicylic Acid - This is an effective treatment designed to tackle unwanted acne on the face and/or back.

Your Esthetician will consult with you to determine the appropriate solution and prescribe a series of treatments to achieve the ultimate benefit.

Series of 3 - \$220 / Series of 6 - \$430

Organic Body Wrap Treatments *from \$90*

Body wraps are design to address various needs such as toning, firming, detoxifying and hydrating your skin. They are an extremely relaxing method of removing toxins, healing of skin problems; diminish cellulite and improving skin tone and circulation. An Esthetician or Massage Therapist will consult with you and customize a body treatment to fit your entire body. She will perform your service with professional products designed to treat different needs for different areas. After your treatment your skin will feel rejuvenated and you will glow.

Lash or Brow Tint *from \$20*

Tinting eyelashes and eyebrows darkens the natural color and last 4 – 6 weeks

Eyes to Ankles Hair Removal

FX uses many different hair removal systems to accommodate different skin conditions, waxing areas, and hair types. Please note that if you are taking or using any Retin A or Acutane products, waxing services are not recommended. Skin care products that contain alpha hydroxy or glycolic acids must be halted for 3-5 days prior to any waxing services.

Eyebrow Shaping from \$18

Virgin Eyebrows from \$25

Lip from \$15

Chin from \$18

Half Legs from \$40

Full Leg from \$70

Bikini from \$30

Women's Brazilian from \$75

Full Arms from \$38

Half Arms from \$25

Underarm from \$25

Manscaping *from \$18*

Eyebrows, Ears, Arms, Neck, Back and Chest, Brazilian

Bikini Beautiful *from \$60*

Your experience begins with an exfoliation treatment using a scented scrub, followed by a basic bikini wax. Next follow extractions, a high frequency treatment and a soothing moisturizer mask. You will be amazed how smooth, less irritated and soft your skin will feel.

Go To Rio *from \$105*

The bikini beautiful treatment taken a step further. Experience an exfoliation treatment using a scented scrub and then a brazilian bikini wax. Next follow extractions, a high frequency treatment and a soothing moisturizer mask. You will be amazed how smooth and soft your skin will feel, with reduced irritation and ingrown hairs.

Fitness



Exercise your individuality.

Our studio was designed with the individual in mind. Exclusive and intimate, it exists solely to promote a healthier you. If you are looking for results, accountability, and motivation, then Baltimore's premier personal training studio, Life FX, is for you!

At Life FX we believe adamantly in a serious trek through individualized programs to ensure your safety, comfort, confidence, variety and results. All new guests of Life FX will go through an in-depth consultation along with movement and posture evaluations.

Life FX Studio Membership includes:

- Personal trainers who supervise members daily to ensure each session is safe and effective
- Complete personalized assessment with your trainer to track your progress, with constant contact to answer any questions
- Unlimited access to studio, showers and lockers

\$80 per month - no long term contract

\$55 per month - one year contract



Intimate Group Training Classes

You don't have to be a member to take advantage of our group exercise classes that include kickboxing, yoga, pilates and more. *from \$10 per class*

Personal Training *from \$40 per session*

Life FX professional fitness trainers take pride in being educated by the best in the industry, using the latest principles and motivational techniques. Whether for sports specific training or overall wellness, we design each fitness program specifically for you, your goals and your lifestyle.

It is not about a 60 minute session of counting reps and sets. We become your lifestyle coach and do whatever it takes to motivate, educate, access, and establish new habits that allow you to live a life of health and wellness. We focus on realistic goals, enjoyment and results.

Individual

30 minutes \$45 60 minutes \$80

Group of Two Individuals*

30 minutes \$35 60 minutes \$60

Group of Three Individuals*

30 minutes \$30 60 minutes \$50

Group of Four Individuals*

30 minutes \$25 60 minutes \$40

** pricing is per person*

Corporate Wellness

Let Life FX help your company drive down rising healthcare costs. We work with local companies to create and implement on-site employee fitness and wellness programs led by our Life FX professional trainers. Our goal is to engage the entire workforce through education, coaching, and environmental changes at the workplace. This ensures lasting changes and excited employees who get results, feel better, and work harder. Some of our clients include; Under Armour, McCormick, Agora Publishing Group, and Advance Business Systems. No one program fits all. For information on how we can customize a program for you, please contact us at fxstudios@fxstudios.com.



Other Offerings

Nutritional Counseling *from \$100*

Forget the crash diets. Learn how food affects your body. Our goal is to help you establish life long eating habits that work.

Sports Specific Training

Improve your game no matter what your sport. Designed to improve speed, skill, quickness, recovery, endurance, and prevention of injury. Programs are specific to your goals. Rates are concurrent with one-on-one personal training.

Spinal Stabilization *from \$500*

An integrated core stabilization training program designed to optimally recruit the muscles that stabilize the Lumbo-Pelvic-Hip Complex and develop optimal neuromuscular efficiency, reducing lower back pain or to keep it from returning. Requires a three week commitment working with a trainer 2-3 times per week for an hour.

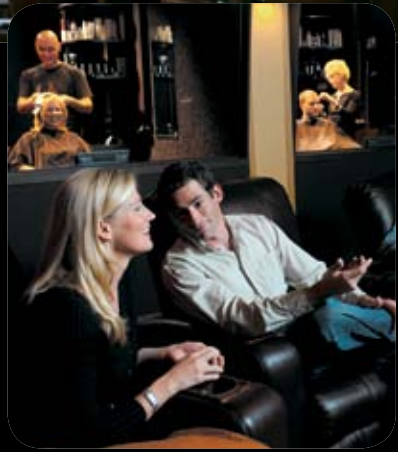
Adventure Experiences

Adventure experiences are designed to improve health through exciting journeys. Adventures include kayaking, hiking, rock climbing and mountain biking. It's time to do something you often watch others do and wish you could do yourself! We plan every aspect, provide all the gear, give you a list of personal items needed, and simply allow you or your group to show up and have an adventure. Prices vary based on the adventure!



Spa Etiquette

For your ultimate enjoyment, we ask that you arrive 15 minutes prior to your spa session to allow us to prepare for your service. FX will provide slippers and a robe (showers are available for your convenience). Respectfully, we request that you turn off your cell phone to ensure total relaxation for yourself and other guests.



Reservations & Cancellations

All spa and salon sessions should be made well in advance to ensure your preferred day & time. If you find yourself unable to keep your appointment, we request 24 hours notice. Cancellations with less than 24 hours notice will be charged 50% of the treatment and those who do not show for an appointment will be charged in full.

A little bit about us:

Under its 19,000 square foot roof, the FX Studios experience utilizes:

- 19 individualized hair studios with a view of Hollywood films on 16 foot screens
- 12 esthetic and wellness studios
- 50 Plasma screens
- 9,100 square feet of acoustic paneling
- 205 speakers
- 33 miles of cable
- Over 600 square feet of viewing screens
- Exclusive and ultra private training studio
- Locker rooms
- Men's and women's tranquility rooms

The New FX Studios Referral Rewards Program

For every new guest you refer to FX for any service, FX will immediately add \$15 to your Rewards Account. The money you accumulate can be used anytime for services or to purchase products.

It's that easy!



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