

# NIRODHA 和 salon 平

part of overall wellness includes looking and feeling good about yourself, that is why at e-Fitness & Wellness, our members have access to our exceptional salon.

Nirodha is Aveda salon – with premium treatments and products.

The salon at e-Fitness provides one more way for you to look and feel great from head-to-toe.

Nirodha stylists are licensed cosmetologists who regularly participate in continuing education classes to help you maintain your signature hair style and overall image, in keeping with current trends.



## Nirodha salon services:

- Haircut
- Blow Dry
- Style
- Updo
- Treatments for Damaged Hair
- Hair Color
- Highlights
- Relaxer
- Texturizer
- Thermal Straightening
- Hair Enhancement
- Aveda Face Color Application
- Manicure
- Pedicure

# NIRODHA 和 SPA 平

The Nirodha Spa is a peaceful retreat, offering massage therapy, hair and skin care, saunas, and steam rooms to allow guests to release the tensions of the day. The spa will be opening in 2008.