

## OURGOAL

At Hammer & Nails Grooming Shops for Guys, our goal is to create a setting that encourages men of all ages to incorporate hand and foot care into their regular grooming regiment of haircuts and shaves, in a shop designed with them in mind, regardless of the color of their collar. Making every guy feel like a king, while he takes care of himself, is paramount to our success. Gone are the days of men having to endure a visit to the nail salon with its bright lights, gossiping and uncomfortable stares. Hammer & Nails Grooming Shop for Guys is turning the men's grooming experience on its head by providing a man cave nirvana specifically designed to relax and pamper our clients. Over-sized bison leather chairs, warm lighting, and personal TV and audio all come together to create an experience unique in the industry.

## KINGTREATMENT

Each of our skilled manicurists and barbers is fully licensed in the state in which they practice their craft and fully certified to provide our proprietary treatments. Every member of our team embraces the often lost idea that client satisfaction is the number one priority and they'll always go the extra mile to ensure that your experience is all that it should be. Whether it's getting you a complimentary drink, being sure that your headphones fit just right or simply listening to you talk about your day, we're here to make you feel like a king!

## MANCAVENIRVANA

PERSONAL HD TELEVISION AND REMOTE  
NOISE CANCELLING HEADPHONES  
LOW LIGHTING, NO GLARE AMBIANCE  
OVER-SIZED LEATHER CHAIRS  
COMPLIMENTARY BEVERAGE  
FREE WI-FI

### WHAT ABOUT WOMEN?

Everyone is welcome and our services are gender-neutral. Please consider the following prior to your first appointment:

We do not remove or apply any polish.

We do not offer any artificial services.

We do not provide hair color or curling services.

### CHILDREN

Children are not allowed unless they are receiving a service. We are happy to provide services to children age 12 or older.

### PET POLICY

Though we love our furry friends, we do not allow pets.

### 10 MINUTE GRACE PERIOD

Your appointment will be lost 10 minutes after your appointment time. We will consider you a walk-in and give you the next available slot.



## SERVICES MENU



195 Placerville Road • STE 110

Folsom, CA 95630

916.984.1111

[www.hammerandnailsgrooming.com](http://www.hammerandnailsgrooming.com)

## H&N MEMBERSHIP

Treat yourself and experience our exclusive **H&N Membership** benefits for **\$64 per month**

### MEMBERSHIP INCLUDES:

- **Two Classic Services Each Month**  
Choose from Manicure, Pedicure, Cut or Shave
- **Complimentary Beverage**  
Choose from Water, Soda, Beer or Spirits
- **In addition, members SAVE 20% OFF all additional services**
- **Combine or split services as needed**

## HAND TREATMENTS

### Classic Manicure

Non-Member \$40 | Member \$32 | Member Accrual 1

**Classic Manicure** comprised of nail trimming and shaping, warm water soak, cuticle grooming with oil, a steamed towel finish and a moisturizing arm and hand massage. (approx. 30 minutes)

### Signature Manicure

Non-Member \$60 | Member \$48 | Member Accrual 1.5

**Classic Manicure plus H&N Signature Scrub**, paraffin treatment, therapeutic massage oil, and an optional buff shine. (approx. 45 minutes)

## FOOT TREATMENTS

### Classic Pedicure

Non-Member \$40 | Member \$32 | Member Accrual 1

**Classic Pedicure** comprised of nail trimming and shaping, warm water soak, cuticle grooming with oil, a steamed towel finish and a moisturizing leg and foot massage. (approx. 30 minutes)

### Signature Pedicure

Non-Member \$60 | Member \$48 | Member Accrual 1.5

**Classic Pedicure plus H&N Signature Scrub**, callus treatment, paraffin treatment, therapeutic massage oil and an optional buff shine. (approx. 45 minutes)

## HAIRCUTS

### Classic Cut

Non-Member \$40 | Member \$32 | Member Accrual 1

**Classic Haircut** comprised of optional shampoo/conditioner and steamed towel finish. Clippers or shears, it's your call. (approx. 30 minutes)

### Signature Cut

Non-Member \$60 | Member \$48 | Member Accrual 1.5

**Classic Haircut plus** additional time for fine detail, complex styling or designs and extended scalp massage during wash. (approx. 45 minutes)

### Tune Up

Non-Member \$20 | Member \$16 | Member Accrual .5

Line up around the edges to keep your **H&N Classic Cut** in shape. (approx. 15 minutes)

### Beard Trim

Non-Member \$20 | Member \$16 | Member Accrual .5

Shaping with a steamed towel finish. (approx. 15 minutes)

### Grey Camo

Non-Member \$40 | Member \$32 | Member Accrual 1

### Beard Camo

Non-Member \$20 | Member \$16 | Member Accrual .5

Our **Color Camo** offerings blend or cover your grey for a natural, refreshed look and include shampoo/conditioner.

## SHAVES2WAYS

Safety razor upon request.

### Classic Face or Head Shave

Non-Member \$40 | Member \$32 | Member Accrual 1

**Classic shaves** include hot towel treatment, facial or scalp massage, old school hot lather, straight razor shave, cold towel to finish and after shave balm. (approx. 30 minutes)

### Premium Face or Head Shave

Non-Member \$80 | Member \$64 | Member Accrual 2

**Classic Shave plus** cleanser, charcoal mask treatment, skin exfoliation and additional massage time. (approx. 60 minutes)

## PREMIUM TREATMENTS

### Essential Tea Tree Pedicure

Non-Member \$80 | Member \$64 | Member Accrual 2

**Signature Pedicure plus** tea tree exfoliant scrub and oil. Benefits of tea tree essential oil include: anti-bacterial, natural antiseptic and anti-fungal healing properties. (approx. 60 minutes)

### Sports Pedicure

Non-Member \$80 | Member \$64 | Member Accrual 2

**Classic Pedicure plus** a warm essential oil infused therapeutic soak, a focused hot stone massage for your feet and calves along with a hydrating mint clay mask. (approx. 60 minutes)

### Jack Hammer Experience

Non-Member \$120 | Member \$96 | Member Accrual 3

**Signature Manicure & Pedicure plus H&N Signature Scrub** infused with Tennessee Whiskey & Brown Sugar and moisturizing paraffin treatment. (approx. 90 minutes)

### Hops & Cedar Experience

Non-Member \$120 | Member \$96 | Member Accrual 3

**Signature Manicure & Pedicure plus H&N Signature treatments** featuring Guinness Extra Stout Beer: our custom soak with hops, barley and cedarwood essential oil and our scrub infused with Oatmeal and Stout. (approx. 90 minutes)

### Big Daddy Aromatherapy Experience

Non-Member \$120 | Member \$96 | Member Accrual 3

**Signature Manicure & Pedicure plus H&N Signature treatments** featuring Peppermint Essential Oil and Lemons: our custom soak with peppermint oil and lemon slices and our Sugar Cane scrub infused with herbs. (approx. 90 minutes)

### Milk & Honey Experience

Non-Member \$120 | Member \$96 | Member Accrual 3

**Signature Manicure & Pedicure plus H&N Signature treatments** featuring our warm Milk & Honey soak, Honey & Almond scrub and moisturizing paraffin treatment. (approx. 90 minutes)