

# Massage Therapy

Massage is the manipulation of superficial and deep layers of muscle and connective tissue to enhance the function and promote relaxation and well-being. Regular massage therapy increases your body's health.

## *Swedish Massage*

60 min - \$60 | 90 min - \$90

Swedish massage promotes relaxation, eases muscle tension and creates other health benefits. It can be slow and gentle or vigorous and bracing, depending on what the therapist wants to achieve. Feel free to state your preference for pressure during Swedish massage. It can range from light to firm. Swedish massage usually includes some deeper work on areas of specific muscle tension. If you want more intensive work and firmer pressure, ask for a deep tissue massage.

## *Deep Tissue*

60 min - \$70 | 90 min - \$100

Deep tissue massage is a type of massage aimed at the deeper tissue structures of the muscle and fascia, also called connective tissue. Deep tissue massage uses many of the same movements and techniques as Swedish massage, but the pressure will generally be more intense. It is also a more focused type of massage, as the therapist works to release chronic muscle tension or knots (also known as "adhesions").

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*SPA @ MASSAGE*

# Facials

## **Coconut Lime Balancing Facial** - \$65

(oily, combo)

Cleans and purifies your skin gently and naturally, ridding your skin of dirt, oil, and impurities. Organic citrus ingredients soothe inflammation and balance combination skin. Your complexion is left clean, clear, and refreshed.

## **Cranberry Mango Enriching Facial** - \$75

(dry, mature, environmentally stressed)

A delicious facial loaded with antioxidants designed to revitalize dry, dull skin. An ultra-enriched exfoliant gently removes unwanted surface debris leaving skin tighter and brighter. Skin is nourished with a hydrating mask, and infused with a vitamin C concentrate, which helps prevent aging and stimulates collagen production. This helps strengthen and protect, leaving skin glowing and enriched.

## **Spearmint Energizing Facial** - \$65

Delightfully refreshing facial designed to revitalize and brighten skin complexion with its cooling and toning properties. Certified organic mint and peppermint deliver therapeutic benefits to your skin giving it a refined, fresh appearance. Ideal for any skin type that needs a little pampering.

## **Sunflower Sensitive Skin Facial** - \$75

An ultra mild facial that gently washes away impurities without the use of harsh chemicals. Soothing botanicals of pomegranate and vitamin E nourish and protect, while sunflower seeds create a natural barrier protecting the skin and toning down redness and irritation. This is a facial for those with sensitive/rosacea prone skin.

## **Ultimate Silk Treatment Facial** - \$75

This nutrient rich facial will leave your skin silky smooth and deeply hydrated. We combine the benefits of an emulsifying cleanser, a luxurious silk treatment mask, a hydrating pearl serum, and finish with a CoQ10 cranberry creme to give the ultimate facial. This helps to diminish fine lines and increases moisture levels within the skin making it resiliently smooth and supple.

# Peels

## **Pumpkin Peel Facial** - \$85

Highly effective exfoliation treatment that dramatically improves clarity and texture while it reduces free radical damage. Diminishes the appearance of fine lines, helps visibly lighten age/sun spots, revealing silky smooth radiant skin.

## **Intensive Fruit Peel** - \$85

This antioxidating peel is ideal for those that desire improved skin clarity. Fruit, lactic, and sugar derived acids exfoliate the skin, which aids in cellular interaction and encourages synthesis. This treatment aids in the fight against premature aging or environmental damage.

## **Purifying Cleansing Peel** - \$85

This peel contains salicylic acid which is a highly effective peeling agenda and pore cleanser. This treatment gently loosens and removes dead skin cells, oil and debris, penetrates sebum (oil) clogged pores and deeply cleanses congested skin.

# Waxing

Eyebrow - \$15  
Lip - \$10  
Chin - \$10  
Underarm - \$25  
Bikini - \$35

## **Ladies**

Arms - \$40  
Lower Leg - \$35  
Full Leg - \$60  
Brazilian - \$60

## **Men**

Arms - \$40  
Half Leg - \$45  
Full Leg - \$60  
Back/Chest - \$50  
Brazilian - \$75