

MASSAGES

MEMBERS

20 MIN \$39

50 MIN \$69 (Ashiatsu \$79)

80 MIN \$99 (Ashiatsu \$109)

110 MIN \$129 (Ashiatsu \$139)

NON-MEMBERS

20 MIN \$59

50 MIN \$89 (Ashiatsu \$99)

80 MIN \$129 (Ashiatsu \$149)

110 MIN \$159 (Ashiatsu \$169)

CUSTOM MASSAGE

Integrating a variety of modalities best fit to achieve your goals.

20/50/80/110 Min.

SWEDISH MASSAGE

Utilizing long, fluid strokes, this classic massage relieves muscle tension & improves circulation. The massage will gently guide you to relax & release stress. 50/80/110 Min.

DEEP TISSUE MASSAGE

Deeply therapeutic, this custom massage targets chronic tension. Using a variety of techniques, bringing relief to areas of pain & stiffness. 50/80 Min.

TRIGGER POINT MASSAGE

Specifically designed to alleviate the source of the pain through cycles of isolated pressure & release. 50/80 Min.

MYOFASCIAL RELEASE

A manipulative treatment that attempts to release tension in the fascia (connective tissues surrounding the muscles) due to trauma, posture, or inflammation. 50/80 Min.

PRE-NATAL MASSAGE

Designed to nurture & support both mother & baby, this massage focuses on areas of the body affected most by pregnancy. Massage available only for mamas whose pregnancy is not considered high-risk & after 1st trimester. 50/80 Min.

HEAD, NECK & SHOULDER MASSAGE

To improve circulation & ease tension, this therapeutic treatment may include a combination of acupressure, hot compresses & specialized massage. 20/50 Min.

LYMPHATIC MASSAGE

Employing a light, rhythmic touch to increase the flow of fluid through the lymphatic system. This gentle massage stimulates detoxification & increases circulation. 50 Min.

CRANIOSACRAL MASSAGE

A gentle, noninvasive form of bodywork that addresses the bones of the head, spinal column & sacrum. The goal is to release compression in those areas which alleviates stress & pain. 50 Min.

MASSAGES

CONTINUED

NO COST ADD-ONS:

*All no cost add-ons are incorporated into the regular time of the massage.

CUPPING THERAPY

Specially designed cups create suction to the skin to stimulate circulation, lymphatic flow, relieve pain & release tense muscles.

HOT STONE SPOT TREATMENT

Relaxes the body and melts away tension & stress through the placement of smooth, heated stones on a key point of the body.

HOT TOWEL THERAPY

Relaxes the muscles either before working on a targeted area or after treating an area.

UPGRADED ADD ONS

CBD SPOT TREATMENT THERAPY

Application of CBD oil to painful areas allows its rich benefits to work instantly. (CBD does not alter the mind, nor is it habit forming.)

\$15 Members / \$30 Non-Members

FOOT or BACK SCRUB

Our delicious seasonal scrub replenishes & revitalizes skin.

\$5 Members / \$10 Non-Members

HOT STONE FULL BODY MASSAGE

Involves the use of smooth, heated stones. The localized heat & weight of the stones warm & relax muscles, allowing the massage therapist to apply deeper pressure to those areas without causing discomfort.

80 Min.

\$10 Members / \$20 Non-Members

ASHIATSU MASSAGE

Ashiatsu is a barefoot massage technique in which the therapist delivers relaxing, deep, broad, consistent pressure while utilizing their feet and body weight 50/80 Min.

(See prices on other side of page.)

LASER

LASER HAIR REDUCTION

Our Lasers are safe & useful for removing unwanted, pigmented hair. Lasers can selectively target dark, coarse hairs while leaving the surrounding skin undamaged. Each pulse of the laser takes a fraction of a second & can treat many hairs at the same time. Hair reduction is nearly pain free & effective on any area of the body.

SMALL AREA

Lip, Chin, Under Arms, Nose, Bikini Line, Areola, Sideburns, Hands & Fingers, Feet & Toes, Naval, Back of Neck, Glabella.

MEDIUM AREA

Whole Face, Front of Neck, Extended Bikini, Shoulders, Chest, Upper Arms.

LARGE AREA

Upper Back, Lower Back, Abdomen, Upper Legs, Lower Legs, Brazilian, Forearms.

EXTRA LARGE AREA

Full Leg, Full Arm, Full Torso, Full Back.

SHAVING - \$15

NUMBING CREAM - \$75

SIZE	MEMBERS		NON-MEMBERS	
	each session	6 - series	each session	6 - zz
small	\$32	\$160	\$45	\$225
medium	\$49	\$245	\$59	\$295
large	\$69	\$345	\$79	\$395
extra large	\$109	\$545	\$119	\$595
full body	\$400	\$1,995	\$500	\$2,500

Touch-ups available after 6 treatments for a specific treated area: \$25 per 15 minutes in laser room.

LASER

CONTINUED

INTENSE PULSED LIGHT (IPL) PHOTOFACIAL

Is a laser light treatment that targets pigment issues, such as brown spots, sun damage, redness, broken capillaries & Rosacea. The IPL light passes through the epidermis, drawing out the pigment-producing cells that disperse uneven pigment.

IPL SPOT TREATMENTS

\$79 Members / \$99 Non-Members

3 Pack Members \$69 ea. / Non-Members \$89 ea.

IPL FACE

Whole face, blending down onto neck.

\$199 Members / \$250 Non-Members

3 Pack Members \$179 ea. / Non-Members \$220 ea.

IPL DÉCOLLETÉ

Chest from shoulder to shoulder, blending up neck & down to where sun damage fades.

\$199 Members / \$250 Non-Members

3 Pack Members \$179 ea. / Non-Members \$220 ea.

IPL HANDS & FOREARMS

Fingers, hands, top of forearms, blending up to elbow.

\$250 Members / \$350 Non-Members

3 Pack Members \$190 ea. / Non-Members \$320 ea.

Other body location pricing available upon consultation.

NIR SKIN TIGHTENING

A non-invasive treatment that leaves your skin looking firmer & younger. The infrared technology heats the tissue deep below the skin's surface causing collagen fibers to contract & tighten. This stimulates the formation of new collagen & elastin, further enhancing the tightening & plumping effect & helping to bolster the skin against future aging. 50 Min.

\$99 Single Treatment Members / \$129 Non-Members

6 Pack Members \$499 / Non-Members \$649

MEDICAL FACIALS

LUXURY HYDRAFACIAL

This facial provides a multi-level, customized approach to a healthier complexion. A patented multiple step process targeting a deep cleanse, peel, extract, hydrate & protect. Skin is infused with antioxidants & other essential nutrients then layered with a soothing masque to dramatically increase moisture. This facial is enhanced with a head, neck & shoulder massage. **50 Min.**

\$149 Members / \$199 Non-Members

STANDARD HYDRAFACIAL

A patented process that combines cleansing, exfoliation, extraction, hydration & antioxidant protection. Resulting in clearer, more beautiful skin with no discomfort or downtime. NOTE: facial add-ons such as brow wax, dermaplane, etc., are not possible with this Standard Hydrafacial due to insufficient time. **20 Min.**

\$119 Members / \$149 Non-Members

HYDRAFACIAL ENHANCEMENTS:

• NECK & DÉCOLLETÉ

All steps performed on face carried down on neck & décolleté.

\$59 Members / \$79 Non-Members

• CTGF (Connective Tissue Growth Factor)

Designed to boost collagen & elastin production & diminish the appearance of fine lines.

\$79 Members / \$99 Non-Members

• BRIGHTENOL

Brightens & balances skin tone while minimizing the appearance of dark spots & sun spots.

\$29 Members / \$49 Non-Members

• DERMABULIDER

Helps smooth the appearance of fine lines & wrinkles & enhances skin elasticity.

\$29 Members / \$49 Non-Members

FIRE & ICE FACIAL

The iS Clinical Fire & Ice Resurfacing Facial is a rejuvenating treatment that bridges the gap between a relaxation facial & an invasive peel, with no downtime. This facial is results-driven & designed to resurface the skin, treat problematic skin, reduce fine lines & encourage cellular renewal. Resulting in clear & smooth skin.

\$89 Members / \$119 Non-Members

VI CHEMICAL PEEL

Is a safe yet powerful medical-grade chemical peel for the treatment of acne & acne scarring, fine lines & wrinkles, age & sun spots, hyperpigmentation, melasma, rosacea, enlarged pores, oil balancing, & overall skin health (may experience 5-7 days of peeling).

\$199 Member / \$249 Non-Members

MEDICAL FACIALS

CONTINUED

MICRONEEDLING

Collagen induction treatment - Fine needles puncture the skin & create a controlled skin injury in order to rejuvenate skin. Treats & improves conditions like acne scarring, fine lines & wrinkles, loose skin, skin texture, pore size, brown spots, stretch marks, & complexion inconsistencies.

\$150 Members / \$300 Non-Members

MICRONEEDLING WITH GROWTH FACTOR

Stem cell growth factors are used to optimize the look & feel of your skin. Helps speed healing time of treatment.

\$229 Members / \$399 Non-Members

MICRONEEDLING WITH PRP

Involves taking a sample of your own blood, extracting the Platelet Rich Plasma & then rolling fine needles over the skin, allowing platelets to penetrate into tiny holes which will encourage collagen production & cell reproduction.

\$599 Members / \$699 Non-Members

SKIN MEDICA CHEMICAL PEELS:

SkinMedica® Peels address the visible skin imperfections that result from skin aging & sun exposure, such as fine lines & wrinkles, uneven skin tone & texture. Peels also address skin tone unevenness that can be caused by acne scarring or pigmentary changes.

- **ILLUMINIZE CHEMICAL PEEL (light downtime peel)**

Softens skin inconsistencies leaving the skin vibrant, radiant, clean & toned.

\$109 Members / \$139 Non-Members

- **VITALIZE CHEMICAL PEEL (medium downtime peel)**

Helps provide vibrant, radiant looking skin with minimal downtime. Appropriate for mild skin imperfections.

\$149 Members / \$179 Non-Members

- **REJUVINIZE CHEMICAL PEEL (strong downtime peel)**

Smooth the appearance of fine lines and wrinkles. See noticeable improvement after just one peel & compelling results after 3 - 6 peels. Appropriate for moderate to severe skin imperfections.

\$189 Members / \$209 Non-Members

LED LIGHT THERAPY

Pain-free, non-invasive, soothing & rejuvenating skin treatment. This treatment will help treat acne breakouts, fine lines & wrinkles, post inflammatory scarring & rosacea. It will not only help minimize acne, but also soothe your skin & reduce both redness & inflammation.

\$59 Members / \$79 Non-Members

FACIALS

MEMBERS

20 MIN \$39

50 MIN \$69

80 MIN \$99

NON-MEMBERS

20 MIN \$59

50 MIN \$89

80 MIN \$129

CUSTOM FACIAL

Deep pore-cleansing, skin analysis, extractions if necessary, microdermabrasion, eyebrow wax, facial massage, mask customized to your skin's needs, lip hydrating treatment & a neck & shoulder massage.

BRIGHTENING FACIAL

Includes custom facial steps (above) plus a rejuvenating & stimulating treatment that will decongest your pores, brighten/tighten your skin tone, and make your skin glow, feeling hydrated and refreshed.

ANTIAGING FACIAL

Includes custom facial steps (above) plus a facial designed to nourish, tighten, tone & energize aging skin by stimulating circulation & producing new collagen. Leaving the skin looking more youthful & radiant.

DEEP CLEANING DETOX FACIAL

Includes custom facial steps (above) plus a specifically designed process to treat breakouts, acne, control oil production, unplug compactans, decongest pores, eliminate & reduce inflammation, leaving the skin refined & radiant. This treatment is ideal for adult & teenage acne/oil control.

CALMING FACIAL

Includes custom facial steps (above) plus an effective treatment that calms redness & irritation, hydrates, is anti-inflammatory & beautifying, leaving skin hydrated, refreshed & healthy.

SKIN FIT FACIAL

Includes custom facial steps (above) plus this non-surgical NuFace face lift uses microcurrents to tone & lift the facial muscles to provide immediate & visible results along with the application of a variety of skin firming products. Eyebrow wax, lip hydrating treatment & a neck & shoulder massage.

SUPER HYDRATION FACIAL

Includes custom facial steps (above) plus a facial meant to target dry & itchy & dull skin. Improving overall tone & complexion reducing appearance of fine lines.

BACIAL

This relaxing treatment is designed to be a 'facial for the back'. The hard-to-reach area of your back is tended to during a deep cleansing, exfoliation, steam, extractions (if needed), a custom mask, microdermabrasion, & a gentle back & shoulder massage. Great for anyone whose back may be exposed (i.e. brides, swim wear, bare-back dresses).

\$79 Members / \$99 Non-Members

EXPRESS FACIAL (20 min)

Includes a deep cleanse, microdermabrasion, custom enzyme, extractions, serum & sunblock. (Replace microdermabrasion with Dermaplane for additional \$10 Members / \$20 Non-Members)

\$39 Members / \$59 Non-Members

FACIALS

CONTINUED

FACIAL ADD-ONS

All add-ons are incorporated into the regular time of the facial.
(Excluding 30 MINUTE BONUS, below)

DERMAPLANE

A method of physical exfoliation in which a sterile, surgical scalpel is used to gently "shave" the skin's surface, removing the top-most layer of dead skin & hair (peach fuzz).

\$10 Members / \$20 Non-Members

NECK & DÉCOLLETÉ TREATMENT

All product & procedures performed on the face are also applied to neck & chest.

\$20 Members / \$30 Non-Members

LASH TINT

Adding a vegetable based dye to your eyelashes, giving you weeks of dark, full lashes without the assistance of mascara.

\$20 Members / \$40 Non-Members

BROW TINT

Adding a vegetable based dye to enhance, shape, & define your brows.

\$10 Members / \$20 Non-Members

1 AREA FACIAL WAX

Hair removed from lip or chin or sideburns in a facial treatment.

\$10 Members / \$20 Non-Members

LED LIGHT THERAPY

Pain-free, non-invasive, soothing & rejuvenating skin treatment. This treatment will help treat acne breakouts, fine lines & wrinkles, post inflammatory scarring & rosacea. It will not only help minimize acne, but also soothe your skin & reduce both redness & inflammation.

\$29 Members / \$49 Non-Members

NUFACE

Rejuvenate your face & neck by toning, lifting & reducing wrinkles. Clinically-tested anti-aging results in just 5-minutes.

\$5 Members / \$10 Non-Members

CHEMICAL PEEL

Your choice of GLYCOLIC, LACTIC or TCA chemical peel to lighten, brighten, tighten, stimulate skin cell turnover & enhance collagen production without any downtime or peeling.

Spot Treatment - \$10 Members / \$15 Non-Members

Full Face - \$20 Members / \$40 Non-Members

30 MINUTE BONUS

Add on an extra 30 minutes of:

- Relaxation & Massage
- More time to enjoy especially if receiving multiple add-ons

\$39 Members / \$59 Non-Members

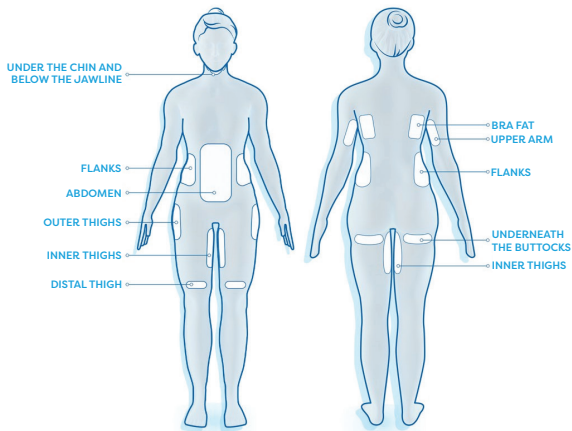


Schedule a FREE consultation TODAY!

Freeze Fat Away!

No Surgery. No Needles. No Downtime.

CoolSculpting® Treatment Areas



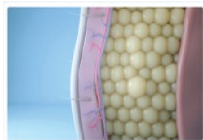
CoolSculpting's fat-freezing technology gives long-term results that make trouble spots a lot less troubling. Fat cells don't like the cold and at a certain temperature they will freeze. Once that happens, your body will naturally eliminate the dead cells in 1-4 months, resulting in up to 20%-25% permanent reduction of fat in a treated area.



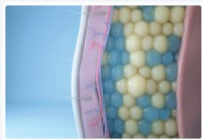
Schedule A **FREE** consultation today with one of our CoolSculpting® University Graduates!

CoolSculpting produces proven results - it is FDA Cleared, safe & effective!

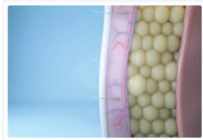
Once treated, fat cells are gone for good!



Many of us have stubborn fat despite diet and exercise.



CoolSculpting® effectively targets fat cells underneath the skin without damage to the skin or surrounding tissues. Treated fat cells are frozen and then die.



In the weeks that follow, the body naturally process and eliminates these dead fat cells. Treated fat cells are gone for good!*

**Based on an animal model.*

medspa810 480-513-8813