

# Wellness Spa Menu

## BODY TREATMENTS:

Combine any 2 or more body treatments for a 10% reduction in package price

**Wraps** - Experience the wonderfully relaxing, sensory journey of a body wrap.

### \*Aromatherapy Wrap

A wonderfully hydrating and stress-relieving treatment. Experience a sensory journey of warm, aromatic, essential oils massaged into the skin followed by a thermal wrap. As the healing properties of the oils penetrate the body, the treatment is enhanced with a scalp massage.

**\$85.00 1 hour treatment**

### \*Javanese Milk and Honey Wrap

A luxurious hydrating and softening effect takes place as your mind and body are relaxed in a warm "swaddling" wrap of milk and honey combined with essential oils, yalng-ylang, sandalwood, and jasmine. Similar to the swaddling of a baby.

**\$85.00 1 hour treatment**

### \*Lotus Touch Seaweed Wrap

Stimulates the metabolic system, hydrates and de-toxes the body. This nurturing body wrap, wrapped snugly around you to hold in heat while stimulating the lymphatic system's natural process of ridding the body of environmental toxins and lactic acids built up in the muscles.

**\$95.00 1 ¼ hour treatment**

### \*Parafango Mud Wrap

Mineral rich sea mud and paraffin wax are combined to intensify the results of the wrap by increasing the body's ability to eliminate toxins and fat stores from tissues. Much cleaner than traditional mud wraps.

**\$95.00 1 ¼ hour treatment**

# Wellness Spa Menu

## \*Foot and Leg Mask

Avocado, yogurt, shea butter are applied to the legs and feet to give them a moisture surge, designed to replenish even the driest feet and legs, can be applied to hands as well. Fresh ingredients used for each service.

**\$45.00 30 minute treatment    \$15.00 Add-on for Hands**

## \*Coconut Almond Body Scrub

Sweet almond oil, coconut oil, aloe, and ground almonds are vigorously rubbed into skin to rehydrate and revitalize environmentally damaged skin to bring back the suppleness of youth.

**\$55.00 45 minute treatment**

## Paraffin Treatments

Ease the pain of stiff joints and arthritis with the use herbal infused paraffin, dipped or brushed on to give deep penetrating relief to affected areas. Choose from Lavender, Lemon, Rose or Winter green scent.

**Hands \$15.00   Feet \$25.00   Hand/Foot combo \$35.00   Back \$35.00**  
**15 minute treatment**

## Sinus Relief Treatment

Relieve the pressure of sinus trouble with this warm soothing treatment. Lymphatic drainage and essential oils promote the opening of the sinuses to eliminate pressure.

**\$25.00 15 minute treatment**

## Delirium

Experience the intense relaxation a scalp massage can bring. Essential oils are combined with aloe vera to nourish the scalp and hair then head is wrapped in hot towels to expand the effects of the oils on the senses.

**\$25.00 25 minute treatment**

# Wellness Spa Menu

## Foot Reflexology

Release blocked energy channels by applying pressure to specific points on the feet, deeply relaxing, feet are wrapped in hot towels to aid in the release of toxins through the lymphatic system.

**\$50.00 45 minute treatment**

## Non-Surgical Face Lift

Enjoy a safe, effective, relaxing, non-invasive facelift with immediate results and no down time! Microcurrent mimics the body's natural electrical currents, triggering chemical reactions at a cellular level that increase production of collagen and elastin and provides circulatory benefits. The results are immediate firming, smoothing and re-hydration of the skin while reducing the appearance of fine lines and wrinkles. Creates that well rested look in minutes!

**\$125.00 1 hour session Package pricing available.**

## Cellulite Reduction Treatment

This is a full body treatment that reduces fatty deposits and cellulite, assists in body contouring, stimulates lymphatic drainage and blood circulation, helps eliminate toxins and improves skin tone. Relaxing and rejuvenating and IT WORKS!

**\$90.00 1 hour treatment**

## Ionic Footbath Detoxification

Sit back and relax as you detox. Creating an ionic exchange in the water naturally promotes the removal of toxins for the body.

**\$40.00 30 min. session \$87.00/3 session pkg \$250.00/10 session pkg**

## Lymphatic Drainage

A subtle, gentle sweeping technique is used to promote lymphatic drainage for clients with chronic fatigue issues and those who are actively trying to detoxify their bodies.

**\$35.00 30 minutes**

# Wellness Massage Therapy

\*Swedish Wellness \*Deep Tissue \*Neuromuscular Therapy \*Heated Stone  
\*Fibro-massage \*Pre-natal (after first trimester) \*Couples Massage  
Massage Sessions Available

30 min, 45 min, 75 min, 1 hour, 1 ½ hour, 2 hour

Your massage takes place in a private room with adjustable lighting and soothing music to enhance your experience.

## Fibro-Massage

FIBRO-massage- specifically designed for the treatment and relief of fibromyalgia symptoms. Isometric techniques, hot compresses and assessment techniques help to pin point areas of the greatest concern. Recommended treatment protocol is determined upon assessment of patient.

**Complimentary 30 minute consultation first visit**

**\$55.00 45 minute session** (includes 30 minutes of massage and 15 minutes of assessment) **\$70.00 60 minute session** (includes 45 minutes of massage and 15 minutes of assessment)

**\$80.00 75 minute session** (includes 60 minutes of massage and 15 minutes of assessment)

## Nurture My Partner Massage

Nurture My Partner Massage is a 90 minute service designed to teach couples to perform good, nurturing massage at home. Guided, hands on instruction of Swedish massage techniques will enable each participant to effectively relax their partner in the tranquility of their own home. Lighting, music and essential oils recommendations will be covered as well. This nurturing massage effectively answers all the "Five Love Languages" as listed in the now famous book written by Gary Chapman.

**\$110.00 1 ½ hour session**

## Hot Stone Therapy Massage

A luxurious and relaxing massage combined with penetrating, heat therapy. Polished, lava stones are warmed and incorporated into the massage. The combination of heat with the pressure of the strokes, helps penetrate deeply into the muscles, thereby creating a soothing, healing therapy and incredible relaxation!

**\$85.00 ~ 60 minutes, \$100.00 ~ 75 minutes, \$115.00 ~ 90 minutes**

# Wellness Massage Therapy

## Deep Tissue Massage

This therapeutic massage incorporates deep, specific, muscular work in combination with pressure point therapy to release long standing muscular tension issues.

\$40.00 ~ 30 minutes, \$80.00 ~ 60 minutes, \$105.00 ~ 90 minutes

Add on Hot Stones ~ \$15.00

## Pre-Natal Massage

This massage helps to relieve the physical discomfort that pregnancy can bring, such as backache, leg cramps, fatigue, insomnia and headaches. Must be past the first tri-mester.

\$75.00 ~ 60 minutes, \$90.00 ~ 75 minutes

A perfect gift for an expecting mother!

## Neuromuscular Therapy

This therapy is a combination of deep tissue work and range of motion designed to release restricted body patterning that has occurred after traumatic injury.

\$45.00 ~ per 15 minutes

### Massage Policy:

Please arrive 15 minutes before your scheduled appointment time.

We request the courtesy of a 24 hour cancellation notice for all spa services.

Cancellation of less than 24 hours will be charged a 50% fee

Gift certificate will be reduced to half value. No shoes will be charged 100% fee

## A Wellness Center & Spa

770-966-8000

### Gift Certificates

A gift that will nurture and rejuvenate those you care about. The perfect gift for birthdays, anniversaries, holidays, Christmas, Valentines Day, graduation or just to day "I care" !