



# Treatment Menu

## MASSAGES

**DEEP MUSCLE MASSAGE** | 80 or 50 minutes  
Recharge your body with this powerful massage designed to alleviate deep-seated tension and muscular stress. Deep movement and stretching techniques on specific areas of concern help relieve common discomforts and sports related tension.

**STRESS RELIEF MASSAGE** | 80 or 50 minutes  
Revive tired and fatigued muscles with this traditional massage using moderate to firm pressure to leave a feeling of revitalization and relaxation.

**RELAXATION MASSAGE** | 80 or 50 minutes  
Unwind and de-stress with this aromatic treatment. This soothing aromatherapy massage uses light to moderate pressure and a blend of essential oils to melt away tension.

**NATURALLY NURTURED MASSAGE** | 50 minutes  
Nurture and nourish body and skin when you need it most with this gentle, restorative and entirely tailored massage. Ideal for expectant mothers after the first trimester.

**SOLE REVIVER** | 50 minutes  
Foot massage is an essential element of Chinese tradition and therapy. Concentrating on the reflex zones of the feet this blissful treat alleviates aches while relaxing and restoring the body and mind. Includes foot and leg exfoliation, reflex-zone foot massage.

## HAIR SERVICES

- Shampoo/Style
- Shampoo/Style & Iron
- Women's Cut and Style
- Men's Cut and Style
- Celebration Style
- Highlights, Partial or Full
- Single Process Color

## FACIALS

**CUSTOM FACIAL** | 80 or 50 minutes  
Purify, hydrate, brighten and smooth your complexion with this radiance-restoring facial that is tailored to your individual needs. Includes deep brush cleanse, skin analysis, facial exfoliation, massage and mask, scalp massage. Performed with ESPA products.

**AGE-DEFYING FACIAL** | 80 or 50 minutes  
Instantly combat the most visible signs of skin aging – smoothing fine lines and reviving youthful radiance to your complexion. Includes deep brush cleanse, skin analysis, facial exfoliation, specialized toning facial massage, mask, scalp massage. Performed with ESPA products.

**ORGANIC FACIAL** | 80 or 50 minutes  
This organic facial is tailored to meet your skins needs and maximize results. Carefully selected organic, botanical and natural products are used to rejuvenate your skin. Includes deep brush cleanse, skin analysis, exfoliation, mask, facial massage, scalp massage. Performed with Eminence products.

## HANDS AND FEET

**PEDICURE** | 50 minutes  
Essential maintenance for perfect toes. Includes soak, nail file and shape, exfoliation, cuticle work, application of body cream, polish or buff.

**MANICURE** | 50 minutes  
Essential maintenance for hands and nails. Includes Soak, cut and file, exfoliation, cuticle work, application of hand cream, polish or buff.

## *Currently Unavailable*

- Waxing
- Vichy Treatments
- Body Treatments
- Men's Shave Services