

Spa Packages

Time Out - 2 hours **\$145.00**

Take time out with a 60 minute aromatherapy Swedish massage followed with an Anti-Stress face treatment.

InSPArations Retreat - 3 hours **\$240.00**

Exfoliating body scrub with seven wonders miracle lotion (aloe, 7 natural oils, 13 herbs) followed by an extended (90 minutes) Swedish massage with essential oils enhancing the mind, body, & spirit. Experience a non-surgical face lift treatment with radio frequency that stimulates the skins surface while delivering a gentle massage that promotes circulation of oxygen and vital nutrients. Lay back and enjoy an exclusive Leigh Valentine lift and firm face mask. Complete your spa experience with a detox-foot bath.

All In Due Time - 2 1/2 hours **\$210.00**

Enjoy a light touch release of fluid retention targeting hands and feet with our (90 minute) pregnancy massage followed with an Anti-Stress face treatment.

Mind, Body, and Soul - 2 1/2 hours **\$210.00**

Submerge yourself in a 90 minute aromatherapy hot stone therapeutic massage concentrating on trigger points while releasing tension and stress. Relish yourself in a hot stone face treatment with a Dead Sea Mud mask.

Afternoon Delight - 2 1/2 hours **\$210.00**

Relinquish yourself to a 90 minute aromatherapy Therapeutic massage with cupping. Delight further with a lift firming clay mask alleviating inflammation and impurities.

Swedish Massage: 30 minutes \$45.00 60 minutes \$70.00

Health Benefits of this type of massage is a great way to relax and unwind. It involves manipulating the muscles and joints to relieve stress and pain. It is a lighter touch than deep tissue/therapeutic. Swedish massage can relax tight muscles and promotes blood circulation. This type of massage involves actions including percussion, kneading, vibration, tapping and rolling.

Therapeutic/Deep Tissue Massage: 30 minutes \$50.00 60 minutes \$80.00

Therapeutic massage is intended to affect certain areas of the body concentrating on pain relief through different modalities such as facial blasting, cupping, trigger point release, cranial, Ortho-Bionomy, etc... many other specific neural muscular therapies for connective tissue release while balancing the body in its entirety.

Manual Lymphatic Drainage 30 minutes \$55 60 minutes \$85.00 90 minutes \$125.00

Is a light touch modality that is applied to reduce swelling of the face or body through specialized skills, techniques, and practices. MLD has several different pathways that include working toward the cervical, inguinal, or axillary nodes. These sophisticated pathways become complicated when a client has an obstruction due to surgery, oncology treatment, birth defect or other physical trauma.

Pregnancy Massage: 60 minutes \$80.00 90 minutes \$120.00

Pregnancy massage techniques adapt for the anatomical changes that occur throughout the pregnancy. This massage is extra careful avoiding deep tissue on the legs and ankles while relaxing the intended muscles to avoid risks to the mother and baby.

Natural Hot Stone Massage: 60 minutes Swedish \$80.00 90 minutes \$120.00

(Deep Tissue) 60 minutes Therapeutic \$90.00 90 minutes \$130.00

Hot Stone massage is an ancient practice that uses natural Basalt stones. They are placed on precise points along the body to create soothing acu-pressure. Basalt stones are rich in iron so they retain heat longer. These stones have many healing properties as well as relieve mental exhaustion and stress relief.

Reflexology: (Hands and/or Feet) 30 minutes \$50.00 60 minutes \$70.00

Spa Face Treatments

Anti-Stress Face Treatment 60 Minutes \$85.00

The Technician and client chooses an ultimate face treatment utilizing various natural ingredients or implementing Spa brands for more aggressive benefits while relaxing in the tranquility of our calming environment.

Renewing Face Treatment 90 Minutes \$125.00

We utilize our 7 color LED tunnel over the face and neck for 15 minutes following manual lymphatic drainage alleviating inflammation and stress. This can eliminate puffiness while renewing the vitality of skin. Pressure points are gently applied to the face and scalp alleviating tension. A Dead Sea Mud mask is then applied releasing any impurities. Leave feeling refreshed and rejuvenated.

Dead Sea Mud Face Treatment 60 Minutes \$85.00

Micro-Needling \$65.00

LED Light Therapy with Face Treatment \$20.00

Diamond Peel Microderm \$90.00

The Acid-Free Peel (Dermaplane) \$55.00

Skin Firming Treatment/Mask \$95.00

Lactic or Glycolic Peels/Face Treatment \$95.00

Other Services

Ear Candling \$70.00

Detox Foot Bath with another service \$45.00 *Alone* \$55.00

Quantum Biofeedback with Zyto Compass \$260.00

