

MICROTREATMENTS

Add-on any of the following skin enhancements to a facial for \$10.

KERAFOLE® ELBOW RESCUE \$10

Rid yourself of dry, rough and dark elbows and replace them with smooth, refined skin. This exfoliating specialty treatment will lighten, brighten, smooth and soften.

HERBOLOGY HAND RETEXTURIZER \$10

Rough, dry hands can make you look older than you are. In this rejuvenating treatment, medicinal Chinese herbs and alpha hydroxy acids are applied to exfoliate, smooth and de-age the skin on your hands.

MULTI-TASK® EYE MASK \$10

This cooling and de-puffing mask helps refine, brighten and smooth away dry, crinkly skin around your eyes, restoring their youthful appearance.

LIP BUFF® DOUBLE EXFOLIATION TREATMENT \$10

This treatment gently sweeps away dead, peeling skin, reduces fine lines and promotes natural color. Lips will feel cushioned, soft and smooth.

BODY TREATMENTS

HERBOLOGY BODY RETEXTURIZER

Treatment time: One-hour \$80

Do you need to shed that dull, dry skin? This body treatment will smooth, exfoliate, and rehydrate your whole body to reveal fresh, supple skin.

AROMATHERAPY OIL WRAP

Treatment time: One-hour \$80

This treatment will relax, calm, and balance the body. Massage with aromatherapy oil is applied and a wrap is then performed to warm and soften the skin.

PARAFANGO BACK TREATMENT

Treatment time: One-hour \$80

This is a wonderful and relaxing treatment for anyone, and especially those who are prone to breakouts on their back. You will receive a deep cleansing, exfoliation, massage and detoxifying mask. It's like a facial for your back!

HAIR REMOVAL - WAXING*

FACE		BODY			
Brow Shaping	\$15	Full Leg	\$60	Chest	\$40
Chin	\$10	Full Leg & Bikini	\$85	Full Back	\$60
Lip	\$10	Half Leg	\$40	Partial Back	\$40
Sides of Face	\$15	Half Leg & Bikini	\$65	Stomach	\$15
		Bikini	\$30	Forearm	\$40
		Underarm	\$25	Full arm	\$50
		Nape	\$15	Feet/Toes	\$20

* Bikini waxing is performed on female clients only.



Experience the perfect balance of clinical skin care and pure relaxation.

We specialize in massage therapy, clinical skin care and professional waxing services. Breathe. With all of the busyness of life, you will find that our setting is an atmosphere of peace and serenity. Our professional massages are a safe and effective therapy for relaxation, relief of pain, recovery, and remaining healthy. Our clinical facials feature custom blended products with scientifically-advanced ingredients including organic botanicals, cosmeceuticals, and aromatherapy oils to further correct specific skin problems. Allow our friendly specialists to customize a treatment for your specific needs.



Center for Integrative Health
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Gift Cards Available.



Menu of Services

Massage Therapy

SWEDISH MASSAGE

A classic Swedish massage is great for stress reduction, sore muscles and stimulating circulation to promote tranquility and relaxation.

30 Min \$40 • 60 Min \$70• 90 Min \$110

DEEP-TISSUE MASSAGE

A Deep-Tissue massage will help release chronic muscle tension, aid in areas of tightness and assist in recovery from activity-induced soreness. Firm pressure is applied with your comfort level in mind.

30 Min \$40 • 60 Min \$70• 90 Min \$110

AROMATHERAPY MASSAGE

Essential Oils provide a powerful stimulus for our emotions, memory, learning and healing processes. Find relief from stress. Calm, soothe and regain your sense of well-being.

30 Min \$50 • 60 Min \$80• 90 Min \$115

ADD-ON TREATMENTS

PEDISSAGE \$20

Relaxing massage performed with warm aromatherapy oil on the calves and feet.

SOOTHING HAND TREATMENT \$10

Relaxing massage performed with warm aromatherapy oil on the hands.

MASSAGE THERAPY SERIES PACKAGES*

TARGET \$200

Includes 6 Half-hour treatments
Alleviate muscular tension and target specific areas such as neck, shoulders and back.

RENEW \$325

Includes 6 One-hour treatments
Restore well-being and relieve muscular and mental tension.

HOT STONE MASSAGE

A re-energizing massage that combines Swedish techniques with heated stones. Heated stones are strategically placed and used to massage areas of tension while promoting a sense of well-being. Moderate to firm pressure is applied and the heat of the specialized stones provides a thermal effect that induces deep relaxation.

90 Min \$125

PREGNANCY MASSAGE

This nurturing and relaxing massage gives special attention to the mother's comfort and stage of pregnancy. Recommended for women past the first trimester of pregnancy.

60 Min \$70

HAND AND FOOT TREATMENT \$35

The best combination of pedissage and soothing hand treatment.

PARAFFIN HAND TREATMENT \$10

Warm paraffin wax applied to soften and relieve overworked hands.

6 MONTH SERIES PACKAGE \$325

Includes 6 One-hour treatments
Choose from any \$65 Massage Therapy treatments. No membership fee. No contract.

12 MONTH SERIES PACKAGE \$650

Includes 12 One-hour treatments
Choose from any \$65 Massage Therapy treatments. No membership fee. No contract.

Skin Care

CORE TREATMENT FACIAL

Treatment time: One hour \$70
Designed for your exact complexion, this personalized facial is totally customized from start to finish! You'll experience a custom blended deep pore cleansing, exfoliation and massage of the face, neck and shoulders followed by a therapeutic Bioelements mask and serum designed to correct specific problems. Emerge an hour later with immaculately clean, smooth and glowing skin.

POWER FACIAL

Treatment time: 30 minutes \$40
This amazing treatment offers great results for those who are pressed on time. Treatment includes a detailed skin analysis, power cleansing, exfoliation and facial massage. A gentle neck and shoulder massage is also included.

CALMING FACIAL

Treatment time: One hour \$80
Deep cleanse, exfoliate and nourish your sensitive skin with this truly gentle but skin-renewing facial. You'll experience calming skin cleansing, a relaxing facial massage and an ultra-soothing mask customized specifically for your skin's unique sensitivities. You'll emerge feeling serene and relaxed, with skin that's balanced, glowing and healthy-looking. A perfect choice for sensitive skin or skin with rosacea.

GENTLEMAN'S FACIAL

Treatment time: One hour \$70
A customized treatment designed to keep your skin looking its very best. We'll start with deep cleansing and exfoliation to target any breakouts, blackheads and ingrown hairs. Next, a custom blended Bioelements mask will be applied to soothe, balance and tone your skin. All this, plus a relaxing massage of the face, neck and shoulders. You'll emerge looking and feeling like a million.

ACNE CLEARING TREATMENT

Treatment time: One hour \$80
An absolute must if you're breakout-prone, have clogged pores or blackheads. You'll receive a personal skin assessment followed by deep pore cleansing, exfoliation and a medicated Amino Mask® that contains enzymes, antioxidants, antiseptic and anti-inflammatory ingredients. Make this effective treatment a part of your continuing fight against acne.

PUMICE PEEL® MANUAL MICRODERMABRASION TREATMENT

Treatment time: One hour \$80
The ultra-fine pumice crystals in this machine-less microdermabrasion treatment peel-away dull, dreary cells, abrade uneven skin and visibly reduce the appearance of fine lines and wrinkles. A skin-resurfacing treatment, it also includes a customized Bioelements mask to infuse nutrients into your newly polished complexion. The results will be brighter skin with improved clarity and a more even tone. It's the ideal option for those who want the effects of microdermabrasion without the machine.

FLAXX-C ANTI-AGING FACIAL

Treatment time: One hour \$80
This breakthrough treatment is created for skin that's showing signs of age — sagging, fine lines and dullness. A thorough cleansing is followed by our exclusive layered exfoliation process, energizing massage and ultra-tightening mask. It's all designed to restore firmness to sagging skin as it lifts, tightens and smoothes. You'll instantly experience firmer, more resilient skin.

DOUBLE SURFACE PEELING TREATMENT

Treatment time: One hour \$80
This powerful treatment uses extra-strength exfoliation to peel away dulling surface layers, minimize the appearance of pores and smooth the skin. An immediate improvement in texture will occur, surface skin will feel like porcelain and your complexion will take on a healthy, youthful glow. The intensity of the treatment is customized for your exact skin to ensure maximum results. A potent skin peel without any downtime!

LACTIC-PLUS PEEL

Treatment time: One hour \$80
This advanced, ultimate-strength peel contains organic lactic acid, enhanced by pumpkin fruit enzymes and stimulating pomegranate to provide a powerful surface peeling of dulling skin cells. This peel will dramatically improve dull, lifeless and rough-textured skin, and can be customized to meet the level of exfoliation that your skin needs with amazing results, and no down-time. Your skin will feel smooth and retextured, with a brighter, more even overall tone.

ALPHABLEND MAXIMUM EXFOLIANT TREATMENT

Treatment time: One hour \$80
This professional peel utilizes Alphablend, our exclusive blend of fruit acids to exfoliate dulling surface cells, refine skin texture and reduce the appearance of sun damage. This treatment also minimizes pore size and helps to reduce clogged pores, leaving your skin looking vibrant, and feeling soft and smooth.

OXYGENATION® FACIAL

Treatment time: One hour \$80
Breathe new life into your complexion with this high-performance cosmeceutical treatment that carries active ingredients deep into your skin via oxygen molecules. The immediate visible benefits you'll enjoy include softer, smoother skin that feels cleaner and fresher than ever. This is the perfect treatment for skin that is sluggish, clogged or prematurely aging.

SKIN CARE SERIES PACKAGES*

Regular facial treatments can enhance the overall appearance of the skin and help to achieve the greatest results for your skin.

SKIN RENEW I \$325

Includes 6 treatments
Choose from any \$65 skin care treatments.

SKIN RENEW II \$400

Includes 6 treatments
Choose from any \$80 skin care treatments.

VITAMINERAL® POWER FACIAL

Treatment time: One hour \$80
This cosmeceutical treatment infuses your skin with antioxidant vitamins and trace minerals to stimulate the production of collagen and elastin and protect against environmental aggressors. The perfect anti-aging facial, it includes a unique Bioelements energizing massage to penetrate vitamins A, C, E and D into the epidermis and tone the skin. Experience this dynamic treatment for firmer, stronger, more radiant skin.

LIGHTPLEX® PIGMENT BALANCING TREATMENT

Treatment time: One hour \$80
If evening-out your skin tone and fading dark spots is a priority, this is the facial for you. It starts with a thorough skin cleansing followed by an Enzyme Therapy exfoliation treatment custom blended for your skin. Next, a professional-strength LightPlex Pigment Balancing Serum is penetrated deep into your skin where dark spots are formed. To finish, you'll experience a customized Trissage® facial massage. It's the perfect treatment to help you attain even-toned, spot-less skin.

BIOELEMENTS®
PROFESSIONAL SKIN CARE

We are proud to offer Bioelements Skin Care products.

6 MONTH SERIES PACKAGE \$325

Includes 6 One-hour treatments
Choose from any \$65 Skin Care treatments. No membership fee. No contract.

12 MONTH SERIES PACKAGE \$650

Includes 12 One-hour treatments
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* All Massage therapy series packages are transferable and non-refundable. Series packages do not expire and may be shared.

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