

THE WAY YOU
FEEL IS ABOUT
TO CHANGE...

The Spa
at McLeod
Health & Fitness
Center

STRESS RELIEF

Zen Stone Massage

This treatment brings your body back into balance using traditional massage techniques accompanied by heated and chilled stones. The stones increase circulation while helping the body release tension. This massage is perfect for athletes, weekend warriors, or patients with arthritis or fibromyalgia.

50 Minutes\$80.00

80 Minutes\$115.00

Customized Aromatherapy Massage

A customized session that focuses on **your** areas of tension. You select your preferred essential oils and your desired amount of pressure. This treatment will induce relaxation and create a greater sense of well-being.

50 Minutes\$70.00

80 Minutes\$105.00

Express Massage

Focusing on neck, back, and shoulders this treatment will reduce tension and rejuvenate you in only 25 minutes.

25 Minutes\$45.00

MAGIC WATERS

DISCOVER SOFT SKIN AGAIN!

Detoxify your body, de-stress your mind and revitalize your skin.

Pamper your skin until it glows with a body treatment and a Vichy shower.

Satin Body Polish

Mineral rich, fragrant sea salts and kelp combined with essential oils of rosemary, tea tree, sage, cinnamon and ginger are gently massaged over your entire body. You will then experience a cascading waterfall from our overhead Vichy shower. The Vichy shower removes the salt while stimulating your body leaving you as refreshed as a tropical shower. We finish by wrapping you in a warm hydrating cocoon of aloe, infused with vitamins A, C, and E and botanicals of sandalwood, lavender, orange and clary sage. Your skin will glow and feel as soft as satin.

50 Minutes\$60.00



Enzymatic Sea Mud Wrap

Detoxify and exfoliate your body with a warm purifying seaweed and mineral poultice uniquely wrapped to enhance relaxation. Infused with aromatic botanical extracts and fruit enzymes to leave the skin smooth and supple.

50 Minutes\$60.00

Body Bliss

In this treatment the body is softly exfoliated with crushed almonds and minerals then massaged with velvety sweet red rose petals, resulting in smooth, luxurious skin. Pulp of fruit are then layered onto the skin as a complete body masque and wrapped into a warm cocoon. The enzymes of these ingredients will create an unparalleled radiance and rosy glow.

60 Minutes\$80.00

SPECIAL RESULTS FACIALS

Microdermabrasion

Advanced technology designed to help refine and smooth skin with no "down time". After consistent treatments the skin will have a smoother appearance. Give your skin the gift of youth and renewed radiance with this unique treatment. We use exceptional products and the healing hands of skilled professionals to bring forth truly astonishing results.

25 Minutes\$75.00

Series of 6\$390.00

Microdermabrasion Deluxe

This includes a custom facial with the standard microderm treatment.

60 Minutes\$125.00

Series of 6\$690.00

Collagen Facial

This facial is for dry or mature skin. Pure freeze-dried collagen is applied to your skin, which instantly hydrates and minimizes the appearance of fine lines. A great treatment for special events!

60 Minutes\$90.00

Eye Rescue

Designed to firm and tone the eye area, this treatment helps to diminish fine lines, reduce puffiness, and soothe irritated, tired eyes.

25 Minutes\$35.00



Custom Organic Facial

A custom tailored facial designed to address a variety of skin concerns such as premature aging, sunburns, sun damage, loss of vitality and tone. According to your skin concerns, our skin care specialist will select from a wide spectrum of cleansers, exfoliants, masques, serums and moisturizers that feature only the highest quality organic ingredients handcrafted in Hungary. This incredible experience will leave your skin radiant for days.

60 Minutes\$85.00

Fire & Ice Facial

The tingling hot sensation of this unique facial scrub is cooled with the application of a chilled Rosehip Menthol Masque and lightly whipped moisturizer. This treatment promotes good circulation, which in turn plumps up the skin making it taut and firm. It also refines the skin, smoothing out facial lines. The results are beautiful skin that glows from within.

60 Minutes\$90.00

Bare & Beautiful Back

This spicy treatment uses Old World spices blended with delicious fruits and herbs to detoxify and smooth every inch of the back area. A massage with extracts from the stone crop plant boosts hydration, the healing benefits of which will leave the skin silky and naturally beautiful.

60 Minutes\$65.00

4-Layer Facelift

This revolutionary 4-layer facelift will change the image of your skin in just one application. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover and brighten, tighten and lighten your skin in just one treatment.

30 Minutes\$95.00

Series of 6\$475.00

Wrinkle Lift Treatment

This ultra-resurfacing glycolic and retinol treatment exfoliates dead surface skin cells, leaving skin firmer and healthier. Visibly reduces the appearance of fine lines.

30 Minutes\$95.00

Series of 6\$475.00



NECESSITIES

Lightening Lift Treatment

This mega-lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by rosacea.

30 Minutes\$95.00
Series of 6\$475.00

Acne Lift Treatment

A beta-hydroxy acid cocktail. This safe and outstanding resurfacing modality has a dual benefit. It reduces and treats all kinds of acne while resurfacing and smoothing the skin after just one treatment.

30 Minutes\$95.00
Series of 6\$475.00

Micro-Lift

A dual-treatment process of microdermabrasion combined with a chemical resurfacing solution for a more advanced result on problematic skin.

60 Minutes\$150.00
Series of 6\$750.00

LED (Light Emitting Diodes)

The LED System is a non-invasive, effective and safe cosmetic skin care application. Benefits of LED include diminishing of the appearance of fine lines, wrinkles and age spots while promoting collagen firmness. The blue LED light is used to kill bacteria such as acne.

25 Minutes\$50.00
Series of 6\$240.00
Add-on to any skin care treatment.....\$30.00

Express Facial

A miniature version of our Classic Facial for people on the go! Not recommended for those needing extractions.

25 Minutes\$45.00

Our waxing experts use the most effective and comfortable techniques for hair removal.

We recommend that hair growth be ¼ inch long but not longer than ½ inch to receive waxing services.

We regret that waxing services cannot be performed on clients taking acne medications, Retin-A or any antibiotics due to skin sensitivity.

Please allow 24 hours before sun bathing or tanning bed use after waxing.

Please be aware that there are always risks associated with waxing. Please speak to the Spa Director or esthetician if you have any questions or concerns.

Facial Waxing

Cheeks.....\$20.00	Chin.....\$10.00
Eyebrow.....\$20.00	Lip.....\$10.00

Body Waxing

Bikini.....\$40.00	Chest.....\$60.00
Underarm.....\$50.00	Back.....\$65.00
Lower Leg.....\$50.00	Bikini with Upper Leg...\$70.00
Arms.....\$55.00	Bikini with Full Leg.....\$100.00



NATURAL NAIL THERAPY

Spa Manicure

This relaxing full-service manicure begins with a warm cuticle soak followed by filing, shaping, buffing, nipping and a soothing hand and arm massage with our famous hydrating crème made of apple, Japanese green tea, patchouli, chamomile, lavender, sandalwood, lemongrass, and rosemary. We finish with your choice of polish. All of your services are performed in a peaceful Spa setting while you wear a heated lavender neck pillow and enjoy one of our beverages.

30 Minutes\$25.00

Spa Pedicure

A refreshing pedicure that starts with a jasmine foot soak in an individual sanitized whirlpool tub that massages your feet. Our technician will smooth callouses, nip, buff, shape and offer you a full foot and lower leg massage with our hydrating crème. Of course, your favorite polish follows this unbelievable treatment. Lunch is available during this treatment for an added charge.

50 Minutes\$45.00

Therapeutic Pedicure

If you have overworked, strained, tired feet or if you have not had a regular pedicure, this is the ideal treatment. We include all the basics of our Spa pedicure, but add a sea salt exfoliation and a warm paraffin dip to smooth and hydrate dry, rough feet. We use our ultra-rich nourishing crème made of vitamin E and evening primrose oil for a deeply moisturizing massage. This is the ultimate experience in pedicures.

60 Minutes\$65.00

Custom Organic Manicure & Pedicure

This customized luxury treatment starts with a soak in organic fruits and yogurt followed by a scrub with sugar cane infused with fruits and berries. Then the treatment will be followed by a masque rich in nourishment and wrapped in hot towels to seal in moisture. To finish this experience, we will massage your hands and/or feet with a massage soufflé and your choice of polish.

Manicure 60 Minutes\$40.00

Pedicure 75 Minutes\$70.00

Combo\$90.00



Mani-Pedi Combo

Book both services back to back and receive

preferred pricing of\$65.00

Polish Change

15 Minutes\$10.00

\$10.00 Nail Treats

Give yourself an extra treat today! Choose from one of the following:

 Warm hydrating paraffin dip

 French polish

SPA PACKAGES

Spa packages are pre-selected services for your convenience and pleasure.

A Spa package is an extraordinary gift for anyone...even yourself!

Ultimate Day

80 Minute Aromatherapy Massage, Body Bliss, Custom Organic Facial, Bare & Beautiful Back, Custom Organic Manicure & Pedicure, and Spa Lunch.

8 Hours.....\$440.00

Full Day

Satin Body Polish, Zen Stone Massage, Spa Lunch, Custom Organic Facial, Spa Manicure and Therapeutic Pedicure.

6 Hours.....\$330.00

Half Day

Customized Aromatherapy Massage, Spa Manicure and Spa Pedicure.

3 Hours.....\$135.00

Refresher

Express Massage and Express Facial.

1 Hour\$90.00

Couple's Escape

Customized Aromatherapy Massage for two and Spa Lunch.

1 Hour 30 minutes\$170.00



Expectant Mothers

Customized Aromatherapy Massage, Spa Manicure, Spa Pedicure and Spa Lunch.

3 Hours 30 minutes\$150.00

USING THE SPA...

Our Spa hours are always subject to change, so please check with our Spa desk.

Standard hours are:

Monday through Friday, 9:00 a.m. until 8:00 p.m.

Saturday, 9:00 a.m. until 6:00 p.m.

The Spa is a smoke and alcohol free environment.

Gift Certificates are available in any dollar amount for products and services. They are non-refundable and expiration dates are not extended.

Spa Lunches can be ordered for a fee of \$15.00. Notice is required; please check with the Spa desk for details and a current menu.

Most retail products are refundable within 7 days of purchase with a receipt.

SPECIAL CONSIDERATIONS

For your comfort, robes and slippers will be provided for most treatments. We are a coed facility. Special attention and careful draping for privacy, comfort and relaxation are observed during all treatments.

We offer each client a chance to get away from his or her daily schedule. Please understand that we cannot accommodate young children in the Spa, but for McLeod Health and Fitness Center members, babysitting is available during select times. Please call 777-3030 to make reservations.

We ask that you maintain quiet conversation in all areas of the Spa.

Cell phones and pagers are strictly prohibited. Professionals on call may leave their paging device with the Spa receptionist.

We are not responsible for lost or stolen articles.



All services and prices are subject to change without notice.

Gratuities are not included in the price of the service but are always appreciated. Gratuity envelopes are available at the Spa desk.

TIMING

Please arrive 15 minutes prior to your treatment. We are committed to offering our clients a reliable timetable; that is why your treatment will always end at the scheduled time. So, please remember to be on time.

CANCELLATIONS OR APPOINTMENT CHANGES

Our Spa services are very popular; therefore, we book up to six months in advance. If you cannot make or need to change your appointment time, please call 24 hours prior to your scheduled time to avoid any charges. Clients making changes with less than a 24-hour notice will be charged the full amount of the service. We require a credit card or gift certificate number to book your reservation.

SPA PARTIES / GROUP RESERVATIONS

We can accommodate parties for Spa services. We require advance booking with a 50% deposit. We will include an automatic gratuity of 18% for parties of 5 or more. Please contact the Spa Director for information or reservations.



The Spa
at McLeod
Health & Fitness
Center

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