

Spa Treatments and Services

Japanese Hot/Cold Stone Facial Massage (A 30 minute treatment)

Performed with client lying face-up on massage table. Client is draped with sheet – although we recommend the removal of shirt to maximize the effectiveness of the neck portion of the massage, modest clients can opt not to. Japanese facial massage techniques are used on neck, jaw, cheeks and forehead to warm-up the muscles of the neck and face. Smooth Aventurine stones are carefully heated and applied to face in a gentle circular gliding motion around the jaw, cheeks, eyes and forehead to produce a deep relaxation response. Cold stones are placed on eyelids to help refresh and eliminate puffiness. Facial massage stimulates blood circulation, bringing moisture and nutrients to facial tissues which aides in cellular regeneration.

Hot Stone Massage (Available in 30, 60, 90 minute treatments)

Smooth volcanic stones are heated to 120 degrees and placed in pairs along the spine to induce a deep relaxation response in the body. A combination of Swedish and deep tissue techniques are incorporated based upon conditions specific to each client as ascertained from the Health History form.

Swedish Massage (Available in 30, 60, 90 minute sessions)

Swedish techniques address the more superficial layers of muscle, using light glides, gentle kneading, friction, and percussion of tissue. A very relaxing massage, resulting in improved circulation and sense of well-being.

Deep Tissue Massage (Available in 30, 60, 90 minute sessions)

Deep tissue massage uses a deeper, firmer pressure on tight muscle tissue which may produce some discomfort. Deep tissue work needs to be an interactive process, whereby the therapist will ask the client to rate the pressure on a scale of 1 to 10. The idea is to work at a pressure scale of 4 – 6, so that the muscle tissue is being worked within a tolerable range and the client is not tensing in anticipation of discomfort – which is counterproductive to the relaxation benefit of the massage.

Prenatal Massage (Available in 30 and 60 minutes sessions)

Prenatal massage can incorporate Swedish and/or deep tissue techniques, provided we receive a written medical clearance from your doctor prior to treatment. Massage of the upper, middle and lower back is performed while client is in a side-lying position. The client is then reclined comfortably onto a wedged pillow for work on the legs, feet, arms, hands, head, neck and shoulders.

Exfoliation Treatments (A 30 minute treatment)

Exfoli-Sea Salt Glow:

Skin feels restored to radiance after a treatment with Exfoli-Sea Salt Glow. Our triple-layer exfoliating formula contains rich Mineral and therapeutic Dead Sea Salts in

three crystal sizes to gently and effectively awaken circulation while removing accumulated residues and impurities. Larger crystals whisk away dry, dull skin as smaller crystals refine and polish to reveal a fresh glow and satin smooth texture. Exfoliating Luffa and a special blend of nutrients oils including Jojoba, Avocado, Peach and Sunflower provide Vitamins A, B1, B2, B5, D, E, amino acid, sterols, lecithin, and essential fatty acids to replenish, nourish, protect heal, and soften the skin.

BENEFITS: Stimulate circulation, lift away dead skin, polish and refine, replenish and soften skin, boosts subsequent absorption of skin treatment products (enhances benefits from mud treatments and body butters)

Micro-buff Body Polish:

Unveil a silken complexion with this uniquely effective and gentle body exfoliant. Micro-Body Polish boasts a plentitude of specialized ingredient to refine the roughest and flakiest areas without irritation. This creamy polish includes spherical micronized Buffing Beads, mildly exfoliating Luffa and Apricot Powder. Apricot Amino Acid, Wheat Amino Acid and Lactic Acid. This specialized combination of effective ingredient penetrates the epidermis to attract and lock in moisture, accelerates epidermal cell renewal, and lifts away surface dryness to leave skin petal-soft. Also includes the nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower.

Mud Treatment (A 30 minute treatment)

Acti-Sea Body Mud:

Our most effective treatment for smoothing, stimulating, and detoxifying skin and body.

Acti-Sea Body Mud contains a potent mix of five French seaweeds including, Laminaria, Fucus, Ulva Lactuca, Spirulina and Sea Rocket submerging the body in pure marine actives to stimulate, firm and moisturize. This sophisticated combination of ingredients offer vitamins A, B, B2, B3, B4, B5, B6, B12, C, D, E, P, iron, iodine, amino acids, sterols, pantothenic acid, lecithin, essential fatty acid, and mucilages. Together they work to stimulate the thyroid, promote decongestion and waste elimination for better skin smoothness, protect and regulate cellular moisture exchanges, increase osmotic exchanges to support tissue regeneration, rebalance and restore proper hydration, and prevent future skin damage by fighting free radicals. Also included are the nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower.

Black Baltic Body Mud:

Free skin of environmental stress and toxins with a centuries-old curative. Our unique black mud utilizes organic colloidal Europeans Black Fresh Water Silts to improve skin texture and extract pore-clogging impurities that damage and weaken skin. Formed 30,000 years ago by the slow decomposition of organic plant substance, these rare Black Silts contain 40% Humic Acid, from the class of hydroxy acids, and contain an abundance of fatty and amino acid, lipids, vitamins A, B1, B2, B12, minerals, trace elements as well as carbohydrates, phenylcarboxylic acid, and polyphenols. This intricate mix of element enhances cell turnover while deeply hydrating skin, promotes cell oxygenation, and assists in removing debris and impurities. Regular use imparts

freshness, firmness and uniformity to the skin. Also included are the nourishing, protecting, and softening oils of Jojoba, Avocado, Peach and Sunflower.

European Rose Body Mud -

This mud contains soothing Rose Clay extracted from the Provence region of France. It has been carefully sun dried to retain its purity and the clay is infused with derivatives of deeply hydrating apricot and wheat amino acids. These are able to penetrate the epidermis and retain 4 times their weight in moisture. It is the ultimate in skin refinement and extreme hydration. Perfectly suited for dry, delicate, weathered or aged skin. The clay is infused with apricot and wheat amino acids, beta glucan, rosa centifolia, and alpha hydroxyl lactic acid. Also included are the nourishing, protecting, and softening oils of Jojoba, avocado, peach and sunflower oils.

Bodywraps (Partial wrap is 60 minutes, Full wrap is 90 minutes)

A Therapeutic treatment that is used to detoxify the body using simple all natural ingredients. Our exclusive concentration will help you maximize your inch loss while at the same time tightening and toning your skin. It is important to remember that the inches lost are NOT water loss! The inches lost are a result of the removal of toxins from around the fatty deposits in your body.

For prices or more detailed information on any service or creating a package please call 301-877-4806.

We look forward to hearing from you soon!