

Vitality Day Spa

Service Menu

Therapeutic Massage:

Integrated massage that promotes relaxation & helps rid your body of tension. Sports massage or stretching, & specific bodywork techniques are incorporated if needed for chronic patterns of tension.

Prices are:

30 minutes \$35.00
45 minutes \$45.00
60 minutes \$60.00

75 minutes \$70.00
90 minutes \$85.00

Facial Services:

Vitality's Signature Facial features **Pevonia Botanica** skincare line. Pevonia is selected as the elite spa brand by leading spas worldwide, such as the Spa Bellagio, Las Vegas, NE & Hotel de Russie, Rome, Italy. Pevonia delivers evident results & the ability to promote youthful, healthier looking skin from head to toe. Vitality also uses **Control Corrective** skincare line, which is another premiere line, used at many spas across the country delivering marked results.

Signature Facial: \$80.00

Signature Facials include deep cleansing, facial scrub, steam treatment & specialty mask, followed with toning & moisturizer with products just for your skin. During the facial process you will relax even deeper with massage to your arm & hands & neck & scalp.

Signature Facial with Full Body Massage: \$130.00

For ultimate skin care & tension relief, experience Vitality's Signature Facial accompanied with a full body massage.

Mini Facial: \$60.00

Excellent for teenage complexions. Treatment offers cleansing, exfoliating scrub, customized masque, toning & moisturizing.

Gentlemen's Escape: \$80.00

Skin care isn't just for women. Signature skin treatment just for men using **Issimo Guy Gear** botanical men's products. Guy Gear offers corrective, protective, & preventative measures for the treatment of male skin in a comprehensive effective system. **Issimo** products are made for men by men.

Power-C Paraffin Facial: \$85.00

Nourish & soften skin with a unique combination of paraffin wax & vitamin C. After a natural herbal cleansing, a powerful vitamin C serum with green tea & chamomile extracts high in antioxidants is applied. Topping that is a warm mask of extra-pure, filtered paraffin to hydrate, replenish & rejuvenate. The mask is removed to reveal radiant, luminous skin. Complimented with arm/hand & neck/scalp massage. A highly recommended series of 5 treatments in 6 weeks is available for \$375.00.

Ginseng & Pearl Hydration Treatment : \$85.00

The facial rejuvenation treatment begins with a gentle cleanse & exfoliation peel. A soft modeling mask of ginseng & pearl powder is applied. Relax for 20 minutes as nourishing ingredients hydrate & rejuvenate while receiving a relaxing massage to your scalp, neck, arm & hands. Results - softness, elegance, & smoothness. Highly recommended series of 5 in 6 weeks is available for \$375.00.

Lactic Lightening Facial: \$85.00

This effective treatment begins with a thorough cleansing to balance the skin, followed by gentle exfoliation to remove dead skin cells. Next, a specially formulated lactic acid & green tea peel is applied to the face and allowed to work into the skin for several minutes. After removal, a vitamin C mask is applied to further lighten & brighten. For most effective results a recommended series of 6 in 8 weeks is available for **\$425.00**

Eyes & Lip Rejuvenation: \$30.00

Remarkable anti-aging treatment designed to rejuvenate eyes & lips, reducing the signs of fatigue & dehydration. A recommended series of 6 is available for **\$150.00**

Microdermabrasion: \$100.00 ea. or Package of 3/\$245.00 (Packages offered)

Want fresher looking, glowing skin without a face-lift? Microdermabrasion could be for you. After your face is cleansed, tiny crystals safely polish your face improving overall skin coloring & collagen stimulation, while removing dead skin cells that are simultaneously vacuumed away. Microdermabrasion tightens and rejuvenates tired looking skin to give you a radiant, healthy glow. Treatments for the face are followed with a calming mask. Can be performed on face, décolleté, back & hands. Maximum results obtained with multiple treatments. The following schedule is a guide not a guarantee.

| <u>Treatment</u> | <u>Frequency</u> | <u>Total Visits</u> |
|-------------------|------------------|---------------------|
| Neck & décolleté | 14 days | 3-5 |
| Face resurfacing | 7-10 days | 3-5 |
| Fine Lines | 7-12 days | 6-8 |
| Hand resurfacing | 7-14 days | 3-5 |
| Hyperpigmentation | 7-12 days | 8-10 |

Add Microdermabrasion to facial treatment for \$60.00

Chemical Exfoliation Treatments: \$85.00 ea. or Package of 3/\$225.00 (Packages offered)

Chemical exfoliation helps your skin achieve better overall pigmentation, tone, & vanish sunspots. Dulling surface debris is thoroughly removed. Chemical exfoliation treatments also help control oil production on skin that is oily & prone to breakouts. This treatment is excellent to help diminish fine lines & wrinkles & overall rejuvenation of your skin. Pure acids, not buffered, are used giving you very effective results. Inquire as to which peel & how many treatments are right for you.

Manicures: \$25.00

Pedicures: \$40.00

Let Vitality's professional manicurist give you the beautiful nails you desire.

Spa Manicure: \$75.00

Manicure plus Luxury Hand Spa Treatment (see description under Body Treatments section)

Spa Pedicure: \$80.00

Pedicure plus Luxury Foot Spa Treatment (see description under Body Treatments section)

Ear Candling: \$35.00

Helps relieve earaches, equilibrium problems & chronic sinusitis. Ear candling keeps ear canal free of excess wax build-up & helps prohibit fungus & bacteria growth that can lead to sickness. Safe for kids & feels great.

BODY TREATMENTS:

Luxury Hand Spa Treatment: \$60.00

Sooth & smooth tired, rough hands & elbows with this amazing treatment. Treatment starts with aromatherapy hot towel wrap & salt scrub. Next, a refreshing masque is applied & warm mitts encourage deep moisturizing, followed with hydrating arm & hand massage, topped off with an optional hot paraffin wax. Your hands never felt so good. Complimented with brief scalp & neck massage. **Wonderful!**

Luxury Foot Spa Treatment: \$60.00

Soothe your soles with this relaxing treatment. Feet are soaked in a delightfully aromatic wash to soften calluses & cuticles. A refreshing scrub is smoothed on followed by a pumice rub, a calming mask & warm booties encourage moisture penetration, then a hydrating massage is given to soften & moisturize skin. This is topped off with an optional hot paraffin wax. Complimented with brief scalp & neck massage. **Amazing!**

Aromatherapy Wrap: \$85.00

Set yourself free with this very relaxing treatment. A blend of essential oils is placed on specific energy points of the body. Your body is then wrapped with a thermal blanket to let the oils penetrate & go to work. After your body is unwrapped you will transcend even more with a therapeutic massage. Choose from *Immune Defense Blend*, *Stress Relief Blend*, *Relaxation Blend*, or *Muscle Relief Blend*.

Scent-sational Body Glow: \$80.00 Back Only: \$55.00

Want baby-soft skin with a polished glow? This invigorating, cleansing & exfoliating treatment stimulates circulation & removes dead skin cells leaving you with radiant, healthy glowing skin. Skin is prepared first with a dry brush exfoliation. Your skin is then polished & revitalized with an excellent salt or sugar scrub while essential oils pleasantly provide aromatherapy benefits. Jojoba meal citrus scrub is used for those with more sensitive skin. Followed with *Swedish* style hydrating massage. Treatment is outstanding on its own or an excellent compliment before other body treatments.

French Green Clay Algae Wrap: \$90.00 Back Only: \$65.00

This green powerhouse has Klamath Blue-Green Algae - the most nutrient-rich of all algae - plus chlorophyll to detoxify, essential fatty acids to improve elasticity, & carbohydrates to stimulate skin's natural healing. The French Green Clay draws impurities like a magnet. Skin is first prepared with dry brush exfoliation. Complimented with *Swedish* style massage. (caution to those allergic to iodine - contains seaweed)

Seaweed Gel Body Wrap: \$90.00 Back Only: \$65.00

This amazing wrap offers relaxation along with excellent results. Sea kelp - a botanical extract that contains Vitamins A, C, E & B-complex, encourages metabolic stimulation and the nutrient rich Klamath Blue-Green algae hydrates & detoxifies. The excellent moisturizer base includes Willow Bark extract, Aloe Vera oil, vitamin E, Rosehip Seed oil & a touch of Lavender. Benefits the skin greatly. Skin is first prepared with dry brush exfoliation. Followed with *Swedish* style massage. (caution to those allergic to iodine)

Dead Sea Mud Wrap: \$90.00 Back Only: \$65.00

Experience the amazing health benefits that this premier wrap has to offer. Your skin is first prepared with a brisk dry brush exfoliation. It is then moisturized & hydrated by feeding it essential minerals that are found in highest concentrations in Dead Sea mud. Helps alleviate & relieve arthritis & rheumatism symptoms, muscle stiffness & aches, itchy, dry skin due to eczema or psoriasis. Exceptional anti-aging benefits such as collagen & elastin booster leave you with young & healthy looking skin for a long time. You will **feel & look** healthy!! Complimented with *Swedish* style massage.

Sedona & French Red Clay Mud Wrap: \$90.00 Back Only: \$65.00

A most effective anti-oxidant & anti-aging formulation containing Vitamin E, Grape Seed, Sage, Rose Hips,

Bladderwrack, Irish Moss, & Borage extracts which are blended with Egyptian Geranium & Spanish Sage essential oils, then infused into Sedona Clay & French Red Clay containing magnesium, Vitamin A, B, B12, E, Iron & amino acids. Helps reduce aging lines & free-radicals that damage skin. Also helps even out dimpled (cellulite) skin. Complimented with *Swedish* style massage.

Shea Butter Cocoon: \$100.00

This unique treatment will counter the effects of sun exposure and dryness providing your body with ultimate hydration. We begin with a dry brush exfoliation & scented body scrub to gently remove dry, lifeless skin. Next are our warm body butter wrap & a quiet rest. Accompanied with a relaxation massage. It's whole body perfection!

Glycolic Body Smoothing Peel: \$125.00 Back Only: \$85.00

A dramatic body resurfacing treatment designed to smooth the appearance of raised stretch marks, acne breakouts, scars, dark spots, rough or dry patches and décolleté wrinkles. Treatment begins with a cleansing steam massage followed by a powerful glycolic peel over problem areas. Next, a soothing enzyme mask is applied, followed by a Lactic -C firming cream massage.

(Save \$20.00 on Scent-sational Salt Glow by adding body salt glow to any wrap for \$60.00)

Sugaring Hair Removal:

You won't believe the results of this innovative, highly effective way to remove unwanted hair. No hot wax and messy strips, much less skin trauma, and virtually painless. Your skin will thank you. **Amazing!!**

Face: \$25.00 Back: \$50.00 Eyebrows: \$15.00
Upper Lip: \$12.00 Underarms: \$20.00 Lower Legs: \$40.00

Couples Massage: \$145.00

Unwind together with that special someone. Couples massage is a great way to celebrate Valentine's Day, anniversaries, or any other special occasion. Couples receive a box of decadent chocolates & relaxing massage oil to enjoy later.

Personal Spa Day:

Want to spend your day being treated like royalty? Create your own spa day!! Choose 3 treatments to receive in one day & receive 20% off the most expensive treatment.

Spa Party Services:

Transform your home into a relaxing spa & have a few friends over! Perfect for wedding parties, graduations, or anytime you want to relax with your friends. See brochure for more information. (2-3 person minimum, 6-7 maximum). Spa parties may also be held on site at Vitality Day Spa.

Spa Party Services

We bring the spa experience to you or you can reserve Vitality Day Spa for your party. You will be treated like royalty in the comfort of your own home. Specialty treatments are provided for you & your guest by licensed, professional technicians. All you do is kick back and relax. Each guest will receive a spa party gift & a spa party drink. You will truly love this experience.

2-3 person minimum, 6-7 person maximum --- Must have an 8x8 space for treatment areas.
We can come to your home to determine the optimal service location. (may incur trip charge)
Host sites more than are 25 miles from Vitality Day Spa will incur a minimum \$30.00 trip charge.

Reservation & cancellation policy:

Please allow a minimum one to two-week advance notice with credit card for reservation.

24-hour cancellation notice or 20% cancellation fee

SPA PARTY PACKAGES:

Got Your Back: \$90.00

Treat the often-neglected back to this wonderful salt scrub & therapeutic mud treatment. Gently draws out impurities while circulation & rebuilding of collagen & elastin are increased. Followed with relaxing back massage.

Soothing Hands: \$85.00

Soothe & smooth tired, rough hands with this amazing treatment. Hot towel wrap softens, salt scrub exfoliates hands & elbows, refreshing masque & moisturizer nourishes, followed with massage to soften & moisturize skin. hydrating hand/arm massage.

Enlightenment: \$125.00

This luxurious full body seaweed gel or French clay algae wrap hydrates, detoxifies, & moisturizes. Loaded with nutrients. Back & scalp massage included.

Body Glow: \$125.00

Invigorating body scrub exfoliates & polishes skin giving you a healthy, radiant glow. Followed with aromatic hydrating massage.

Zen: \$120.00

Mini facial **or** 30-minute massage & choice of hand **or** foot spa.

Lotus: \$145.00

45 minute massage & manicure.

Balance: \$150.00

Manicure & hand spa **or** pedicure & foot spa, with choice of mini facial **or** 30 minute massage.

Radiance: \$90.00

Mini facial with eye & lip rejuvenation help to reduce the signs of fatigue & dehydration. Complimented with scalp & neck massage.

Happy Feet: \$85.00

Soothe your soles with this relaxing treatment. Feet are soaked in a delightfully aromatic salt to soften calluses & cuticles. Next, a refreshing scrub is smoothed on followed with a pumice rub, then a calming mask. Finished with a hydrating

Transcend: \$125.00

A tranquil thermal, aromatherapy wrap & therapeutic massage. Essential oils are placed on Certain body points & the body is warmly wrapped. Very relaxing & soothes aching muscles.

Harmony: \$120.00

Mini cleansing facial **and** 30 minute massage.

Blossom: \$145.00

45-minute massage & pedicure

Bliss: \$150.00

Mini facial & 30-minute massage, with choice of hand spa, foot spa, or manicure.

Vitality: \$275.00

50 minute massage & mini facial with citrus back polish & seaweed gel back wrap.

Add a manicure or pedicure to any treatment for \$45.00

Add a back salt scrub to any treatment for \$55.00

Choose a specialty mask to compliment your facial for only \$20.00 more.

Green Tea Mask: Intense moisture, essential antioxidants, helps prevent wrinkles,

Dead Sea Mud Mask: Draws out impurities, rebuilds collagen & elastin.

Papain Enzyme Exfoliating Mask: Exfoliating & regenerating to the skin.

Eucalyptus & Collagen: Anti-bacterial, acne preventing, super hydrating & soothing, balances oil production.

Additional Spa Party Services:

Microdermabrasion to any package

\$125.00

Sugaring hair removal

Price depends on area.