



## Spa Services

### Body Treatments

#### **Swedish Massage**

Combines five main strokes to achieve, maximum relaxation, increase oxygen flow in the blood, and release toxins from muscles.

- 30 minutes..... \$60.00
- 60 minutes..... \$85.00
- 90 minutes..... \$115.00

#### **Trigger Point Massage**

Defuses intense knots of muscle tissue that cause pain to other areas of the body.

- 45 minutes..... \$85.00
- 60 minutes..... \$100.00

#### **Myofascial Release**

Focuses on the fascia, a tissue that connects all muscles, organs, bones, and arteries. Manipulation of this tissue releases the adverse affects of tension and trauma throughout the body.

- 60 minutes..... \$100.00
- 90 minutes..... \$145.00

#### **Stone Spirit Massage**

Smooth, warm, basalt stones are employed in this technique to melt away tension and stress.

- 60 minutes..... \$95.00
- 90 minutes..... \$130.00

#### **Mind and Body Massage**

An Aromatherapy technique that combines essential oils and massage to heal, calm, and rejuvenate.

- 60 minutes..... \$95.00
- 90 minutes..... \$125.00

#### **Reflexology**

Pressure applied to reflex points on hands and feet stimulate increased circulation, which promotes total body relief.

- 30 minutes..... \$60.00
- 60 minutes..... \$85.00
- 90 minutes..... \$120.00

### **Shiatsu Massage**

Employs a form of acupressure along the body's meridians to influence the body's natural energy and eliminate pain.

- 60 minutes..... \$85.00
- 90 minutes..... \$115.00

### **Sports Massage**

A variety of massage techniques are used to relieve swelling, reduce fatigue, and promote flexibility.

- 30 minutes..... \$65.00
- 60 minutes..... \$90.00
- 90 minutes..... \$125.00

### **Prenatal Massage**

This technique serves to reduce pressure, alleviate swelling, and enhance energy for expecting mothers.

- 30 minutes..... \$65.00
- 60 minutes..... \$85.00

### **Honey & Sugar Body Scrub**

This treatment utilizes a combination of massage and gentle exfoliation to tantalize the senses and restore skin to its youthful glow.

- 60 minutes..... \$95.00

### **Herbal Body Facial**

Enjoy the benefits of a relaxing massage, refining sea salt scrub, relieving herbal body wrap or mask, and reviving shower in one extraordinary experience.

- 120 minutes..... \$160.00

## **Skin Care**

**The Starter**..... \$60.00

A basic facial utilizing traditional cleansing, exfoliating, and moisturizing techniques to restore the skin to its optimal level.

**Citrus Breeze**..... \$75.00

Uses pulp extracted from various seasonal fruits to help skin remain smooth and healthy.

**Nature's Best**..... \$85.00

Vitamin C is just one of the natural elements used to offer ultimate skin benefits by unclogging pores and tightening skin.

**Mind & Body**..... \$95.00

Essential oils offer special curative benefits for cleansing and revitalizing skin.

**Paraffin**..... \$105.00

Adding a paraffin mask to the other facial options provides additional hydration to the skin, which restores its natural radiance.

## Waxing

<b>Eyebrows</b> .....	\$12 - \$15
<b>Lip</b> .....	\$10
<b>Chin</b> .....	\$10
<b>Full Face</b> .....	\$40 - \$45
<b>Lower Leg</b> .....	\$30 - \$35
<b>Upper Leg</b> .....	\$40
<b>Full Leg</b> .....	\$55
<b>Bikini</b> .....	\$30 - \$50
<b>Brazilian Bikini</b> .....	\$70 and up
<b>Half Arm</b> .....	\$30
<b>Full Arm</b> .....	\$45
<b>Underarm</b> .....	\$20 - \$25
<b>Back</b> .....	\$50 - \$80
<b>Chest</b> .....	\$45
<b>Abdomen</b> .....	\$35
<b>Upper Body*</b> .....	\$185 - \$215
<b>Lower Body**</b> .....	\$95 - \$105

\*Includes back, chest, abdomen, shoulders, and arms. Does not include underarm.

\*\*Includes full leg and bikini.

## Manicures & Pedicures

<b>Manicure Basics</b> .....	\$18
<b>Pedicure Basics</b> .....	\$30
<b>French Manicure</b> .....	\$24
<b>French Pedicure</b> .....	\$36
<b>Petite Manicure</b> (Age 12 and under)	\$10
<b>Petite Pedicure</b> (Age 12 and under)	\$15
<b>Elite Manicure*</b> .....	\$40
<b>Elite Pedicure*</b> .....	\$55

The Elite manicure and pedicure includes relaxing paraffin dip, soothing warm towel wrap, and rejuvenating hand and foot massage.

<b>Polish Change</b> .....	\$10
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## Service Enhancements

Aromatherapy.....	\$7
Paraffin Dip.....	\$12
Hot Stone Therapy.....	\$15
Facial Detox.....	\$20

## **Spa Packages**

### **3<sup>rd</sup> Element**

Men deserve to be pampered too... Indulge in a host of spa services that are sure to relax and restore your strong mind, body, and spirit.

- 60 minute Stone Spirit Massage
- Starter Facial
- Elite Manicure ..... \$180.00

### **Nature's Cure**

Immerse yourself in the comfort of total relaxation. Experience a variety of treatments that will re-balance and renew your body and spirit.

- 60 minute Mind and Body Massage
- Nature's Best Facial
- Elite Manicure
- Elite Pedicure..... \$270.00

### **Rapture**

Spoil yourself and indulge in a day of solace. Release the burdens of your day, restore your well-being, and enjoy the essence of you.

- Herbal Body Facial
- Manicure Basics
- Pedicure Basics
- Mind & Body Facial
- Spa Lunch..... \$313.00

### **Ex-Stress**

This package provides the benefit of stress relief and convenience for those individuals who are short on time and high on stress. Express services provide an escape from even the most hectic schedules.

- 30 minute Swedish Massage or Starter Facial
- Manicure Basics..... \$73.00

### **Kindred**

Planning for parenthood is a great responsibility. Soon-to-be mommies and daddies spend endless hours planning for that special day. What better way to put your mind at ease than to share in a relaxing experience with that special someone before the new addition arrives...

- 60 minute Prenatal Massage
- 60 minute Mind & Body Massage..... \$175.00

### **The Wedding Party**

Calm those pre-wedding jitters with a combination of therapeutic spa services and relaxing celebration. Gather the bridesmaids, groomsmen, or the entire wedding party together to partake in a day of composure and tranquility before the "special" day. (Recommended for parties of 5 or more)

- 30 minute Swedish Massage
- Elite Manicure
- Elite Pedicure or Starter Facial\*
- Champagne Lunch..... \$180.00/person

*\*Bride or Groom receives a complimentary Starter Facial with this package for parties booked with 5 guests or more.*

## **Spa Parties**

Now you can combine the relaxing effects of our specialized spa services with the pleasure of being surrounded by close friends, family, and colleagues. 3<sup>rd</sup> Element offers spa parties that will enhance the enjoyment of any social occasion. Our spa parties are designed to accommodate events held on or off-site. Please inquire within for additional details.

## **Salon Services**

**Salon services at 3<sup>rd</sup> Element coming soon!!**