

Customized Skin Care

Add these special services to any of our Personalized Skin Care Treatments

Hydroxy Acid Exfoliation 15 Minutes \$15.00

Your therapist will create an exfoliation treatment customized to your skin's needs, revealing remarkable results after just one treatment. Dermalogica's purifying Skin Exfoliate System or latest Multivitamin Power Exfoliate will gently smooth the skin with their revolutionary blends of hydroxyl acids, enzymes and vitamins, thoroughly removing dulling surface debris and stimulating cell renewal. (Book with a skin care treatment.)

Anti-Stress™ Combination 15 Minutes \$15.00

Reduce stress and muscle tension by adding a relaxing back stress therapy before your skin care treatment. (Book with a skin care treatment.)

Revitalizing Eye Treatment 15 Minutes \$15.00

This gently cleansing and exfoliation, followed by a pressure point massage, increase circulation and diminish dark circles. A hydrating, calming masque will help eliminate puffiness while a firming booster reduces fine lines.

Masque 15 Minutes \$15.00

For unsurpassed firming and toning, this specialized service will leave the skin feeling revitalized, supple and balanced. Ideal for clients with sensitive, easily irritated skin, or as an instant "pick-up" for tired skin.

Re-hydrating Paraffin Wax Treatment 15 Minutes \$15.00

This uniquely hydrating treatment relaxes and deep moisturizes the face, hand or feet with a warm wax masque. Great way to nourish and replenish dry skin.

Ask About our Vichy Shower Treatments

- Deep Tissue Massage
- Neuromuscular Massage
- Swedish Massage
- Pregnancy Massage
- Sports Massage
- Mud and Seaweed Body Wraps

Prices subject to change without notice.

Massage

Why Massage is Good For You.

The Greeks, Persians and Chinese practices massage as a spiritual art. Now, as then, massage is not only a powerful therapy for recovery from tension and fatigue; it's also a powerful tool of preventative medicine, valuable in keeping healthy people healthy.

Here's Why---- Your body is nourished, cleansed and maintained by your blood and lymph systems. Pumped by your heart, your blood circulates oxygen and nutrients to your muscles, where they are converted into energy.

A by-product of this process is lactic acid, which is filtered out with other toxic waste and carried away by our lymph system — the same miraculous 'sanitary system' that is in charge of your immunity, protecting you from disease.

When activity becomes strenuous, however, this process loses its efficiency. Energy requirements exceed supply. And you feel it with the force of your swing at a tennis ball, for instance, isn't as hard after two hours of play as it was when you started.

A similar problem occurs with too little activity — when you've been at your desk too long and find your mind slower, your irritation higher, and tension grabbing your neck and shoulders.

In both cases lactic acid accumulates. Your muscles become cramped and sluggish. Blood and lymph flow decrease and fatigue sets in.

Doesn't rest take care of all of this? Eventually, yes. Rest is your body's natural means of recuperation. But it takes time, as you know. And in the active, demanding pace of life today, there is rarely enough time for enough rest. The result is that the damaging effects are compounded, day after day, affecting not only the way you feel and function right now but also your future and well being.

Massage speeds up the recuperation process dramatically, reducing recovery time by half, rejuvenating your blood and lymph systems, helping you to keep healthy.

Therapeutic Massage

- 30 Minutes \$55.00
- 60 Minutes \$75.00
- 90 Minutes \$110.00
- 120 Minutes \$125.00



Salon & Day Spa
"Presenting Total Elegance"

Day Spa

Service Menu

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Personalized Skin Care

These personalized treatments are tailored to meet your individual needs, targeting specific concerns and helping to restore optimum skin health. Our detailed skin consultation precedes each

Classic European Skin Care Treatment 60 Minutes \$75.00

This revitalizing treatment begins with a deep cleansing, followed by a gentle enzyme peel to reveal smooth, glowing skin. A face, neck and shoulder massage is certain to ease your mind and spirit, while reflexology of the hands or feet will emphasize relaxation. A revitalizing masque, followed by a nutrient-rich moisturizer, will hydrate, protect and help restore the natural balance of your skin.

Aromatherapy Skin Care Treatment 60 Minutes \$75.00

A deep cleansing and an exfoliating peel will restore your skin's healthy radiance. The Aromatherapy Pressure Point Massage that follows will stimulate blood circulation and revitalize the blood tissues while the feet or hands experience a soothing reflexology treatment. Finish with a masque and moisturizing cream to reveal your skin's natural, healthy glow.

Express Skin Care Treatment 30 Minutes \$30.00

This complete treatment is the perfect blend of cleansing, a customized masque, toning and moisturizing for people on-the-go. This treatment included reflexology of the feet or hands.

Back Facial Treatment 45 Minutes \$55.00

This relaxing back facial begins with a deep cleansing of the back to remove excess oil and debris, followed by an exfoliation using Hydra-Active Mineral Salts to polish away dullness (extraction's are performed if necessary). Lastly, a stress relieving treatment with essential oils and a customized masque will leave you relaxed and your skin radiant.

Spa Hand Treatment 30 Minutes \$35.00

This treatment is the ultimate in soothing and toning to treat premature aging of the hands. A thorough exfoliation is followed by relaxing reflexology and massage. A nourishing paraffin dip will then restor moisture, while a powerful sunscreen will help protect against further damage.

Multivitamin Power Treatment 60 Minutes \$85.00

For the latest in vitamin repair and hydroxyl acid exfoliation, try our newest treatment. Designed to treat environmentally damaged skin, this treatment includes a non-irritating vitamin power exfoliation and a vitamin recovery masque to noticeably improve skin elasticity, tone and texture.

Spa Body Therapy

For centuries, spa body therapy treatments have been embraced for their revitalizing and therapeutic effects. From ancient mineral hot springs to modern seaweed wraps, these treatments detoxify your body, de-stress your mind and revitalize your skin.

Hydro-Active Mineral Salt Scrub 45 Minutes \$55.00

Mineral-rich sea salt, dries seaweed and fruit enzymes combine to smooth and silken the entire body. Includes dry body brushing, friction massage and gentle cloth buffing. Customized with hydroxy acids or a botanical detox complex.

Enzymatic Sea Mud Wrap 60 Minutes \$60.00

Detoxify, exfoliate and nourish your body with a purifying seaweed and mineral mud poultice, sealed in a warm, relaxing wrap. Infused with aromatic, botanical extracts and fruit enzymes, this treatment leaves the skin smooth and supple. Customized with detoxifying algae or aromatherapy oils.

Body Therapy Hydro-Pack 40 Minutes \$45.00

An ultra-soothing, hydrating treatment personalized with aromatherapy oils, oceanic algae or hydroxy acids. A pure, natural aloe-based pack is swaddled in a thermal wrap to infuse the skin with moisture. Ideal for calming sun-exposed skin.

Detox Herbal Linen Wrap 50 Minutes \$65.00

A classic spa treatment for detoxification and relaxation. Steaming, herb-soaked linens and wrapped around the body to relieve muscle tension and promote the elimination of toxin deposits. Relax while inhaling the fragrant infusion of steaming hot herbs.

Ultimate Stress Relieve Back Treatment 60 Minutes \$65.00

A combination of a 30-minute Aromatherapy Treatment with a 30-minute Back Stress Treatment. The ultimate remedy to everyday stress. (The ultimate stress relief back treatment can be abridged to 30-minutes for \$40.00) Silky Smooth Body Waxing.

Silky Smooth Body Waxing

Your skin will look and stay silky for weeks at a time. 'Touch up' service is available.

- Full Leg \$55.00
- High Bikini Line \$25.00
- Lip, Brow or Chin \$12.00 and up
- Full Leg & Bikini \$65.00
- Underarm \$20.00
- Men's Back Wax \$45.00 and up
- Swimsuit Line \$20.00
- Full Arm \$40.00

Men's Skin Care

Although everyone will certainly enjoy and benefit from each Studio 54 treatment, our Men's Skin Care treatments are customized for men's specific concerns.

Men's Exclusive Facial 60 Minutes \$60.00

A deep cleansing begins the treatment, followed by an enzyme peel and extraction's. The subsequent massage and foot or hand reflexology is certain to release tension and stress. The application of a soothing masque will balance and hydrate your skin. You will leave with a customized treatment regimen designed to help alleviate shaving bumps and irritation.

Men's Sport Facial 45 Minutes \$45.00

A comprehensive skin consultation will lead to a customized deep cleansing and exfoliating scrub. A pressure point massage with essential oils balances the skin, while reflexology will relax your hands or feet.

"Well Deserved" Packages

"Day Spa Escape" Package \$236.00

The most popular and special of them all. Your Day Spa Escape a complete package of relaxation, starting with The Classic Facial, a Relaxing One Hour Full Body Massage, Pedicure and Manicure, followed by a delightful lunch.

"Perfect Retreat" Package \$300.00

The Day Spa Escape plus your choice of one: The Vichy Shower Treatment, Hydro-Active Mineral Salt Scrub or Detox Herbal Linen Wrap.