



DIVINE CONNECTIONS  
*Massage & Spa*

# Spa Menu

EXPERIENCE THE DIVINE DIFFERENCE

## About

We strive to be the Bay area's leader in medical massage and wellness for those enduring chronic pain or pursuing holistic wellbeing. Our mission is to be a source of healing hands through high quality massage therapy, corrective skincare treatment and medical-grade enhancements.

**Hands-on time is never cut out from the session length—when we say 60-minute massage, we mean it!**

**No extra charge for deep tissue or trigger point therapy.**

## Standard Massage Rates

60-Minute Massage	\$85
90-Minute Massage	\$127.5
120-Minute Massage	\$170

*\*See last page for packages and specials*

## Massage Enhancements

### Cupping | \$20

Negative pressure loosens muscles, encourage blood flow, and is used to relieve back and neck pains, stiff muscles, anxiety, fatigue, migraines, rheumatism, and even cellulite.

### Aromatherapy | \$20

Cleanse your sinuses, alleviate migrates, reduce allergies or add relaxation with scents like Lavender, Orange and Peppermint. Mix and match over 10 scents to your liking and needs.

### CBD (Cannabis)

Scientifically proven to relax the muscles and increase the release of knots and strains. It is by far, our most popular enhancement. We are one of the only spas in the Tampa Bay area offering Cannabis Massage!

50 mg	\$20.00
75 mg	\$30.00
100 mg	\$40.00

### Hot Stones | \$20

Add a full set of soothing hot stones to your massage to maximize relaxation and release muscle tension.

### Exfoliating Scrubs

Exfoliating helps to get rid of dead skin, boosts circulation and drain your lymph nodes by increasing blood flow to the skin's surface.

Foot Scrub	\$20
Hand Scrub	\$20
Hand & Foot Scrub	\$30
Back Scrub	\$35
Full Body Scrub	\$45

### Far Infrared Therapy

Far Infrared, Negative Ions, and Amethyst have all been individually revered, and the Bio Mat remarkably combines all three for maximum benefits starting at the most cellular level possible.

60-Min Massage Upgrade	\$15
90-Min Massage Upgrade	\$20
120-Min Massage Upgrade	\$25

## Modalities

Deep Tissue

Trigger Point

Ashiatsu

MET Stretching

Lymphatic Drainage

Sports Massage

Myofascial

Craniosacral

Prenatal

Neuromuscular

Stretching Massage

Reflexology

Swedish

Tandem

# Specialty Therapies

## Ashiatsu

**Ashi translates to 'foot' and Atsu to 'pressure'.**

Certified therapist utilizes a bar attached to the ceiling for balance and stability.

Combining pressure *and* compression, the therapist strategically uses body weight and foot stance to leverage gravity for **up to 3x deeper pressure** than a traditional hands-on, deep tissue session.

Divine Intro (60 min)	...\$125
<i>*first time Ashiatsu session</i>	
60-Minute Ashiatsu	...\$150
90-Minute Ashiatsu	...\$180
120-Minute Ashiatsu	...\$240

## Stretching

Extensive, targeted stretching contributes to **increased muscle elasticity, flexibility, and range of motion.** Without it the body is at higher risk for joint pain, strains, muscle damage and injury. 30-minute sessions allots for targeting a muscle group. 60-minute sessions can target entire muscle groups along with an overall body stretch. Stretching in combination with massage enhances your massage benefits, for longer lasting results.

### Stretching Only

30-Minute Stretching	...\$45
60-Minute Stretching	...\$90

### Massage + Stretching

60-Min Massage + 30-Min Stretch	...\$130
60-Min Massage + 60-Min Stretch	...\$170

## Tandem

Therapeutic Tandem Massage consists of **two therapists** working in unison on one client to receives **twice as much tension relief in half the time.** There are two main components of tandem. The first being 'mirror' massage in which both therapists are in exact unison; the second being 'asynchronous' where therapists work in complementary but unique coordination.

60-Minute Tandem	...\$190
90-Minute Tandem	...\$275
120-Minute Tandem	...\$360

## Far Infrared Biomat

The Power of Three  
FDA approved. NASA invented.

**Far Infrared light and Negative Ions are conducted through Amethyst Crystals in the mat for maximum benefits starting at the most cellular level possible.**

### Far Infrared    Negative Ions    Amethyst

- |  |   |   |
|--|---|---|
| <ul style="list-style-type: none"> <li>• Strengthens immune system</li> <li>• Stimulates cellular proliferation</li> </ul> | <ul style="list-style-type: none"> <li>• Improves sleep cycle</li> <li>• Enhances brain function and cardiovascular system</li> </ul> | <ul style="list-style-type: none"> <li>• Regulates endocrine system</li> <li>• Stabilizes nervous system</li> </ul> |
|--|---|---|

**30-Minute Session    \$25**  
**60-Minute Session    \$45**

**\*See Enhancements section for massage upgrade pricing.**

For more info visit [DivineConnectionsMassage.com/Far-Infrared-Therapy](http://DivineConnectionsMassage.com/Far-Infrared-Therapy)

## Cannabis - CBD

### How does CBD work?

The endocannabinoid system is a network of neurons throughout the human body loaded with receptors that bind to cannabinoids (CBD). This system is responsible for regulating balance in our immune response, cell communication, appetite and metabolism regulation, memory, and much more.

### Who is CBD for?

It's particularly helpful for people suffering from chronic pain and inflammation, however it is truly beneficial to all. It's known to release muscles faster—melting away stubborn knots, with less trigger-point pain, that may otherwise take twice as long for a therapist to release.

See  
**Enhancements  
section (p. 1)  
for upgrade  
pricing.**

**CBD products  
sold in-store  
and online.**

For more info visit [DivineConnectionsMassage.com/Cannabis-Massage](http://DivineConnectionsMassage.com/Cannabis-Massage)

Explore our **Facial Corrective Series** on page 5

## Divine Rejuvenation Facial

**45 Minutes | \$99**

A Deep Cleanser  
Pumpkin Peel  
Bright Eyes Mask  
Secondary Mask  
Organic Rebalancing Toner  
Serum  
Moisturizing Baobab Oil

## Divine Signature Facial

**60 Minutes | \$120**

Milk Cleanser  
Deep Cleanser  
Organic Rebalancing Toner  
Pumpkin Peel  
Bright Eyes Mask  
Basic Extractions  
Milk Cleanser  
Calming Mask  
Organic Rebalancing Toner  
Choice of Serum  
Moisturizing Baobab Oil

## Divine Deluxe Facial

**90 Minutes | \$150**

*\*Masks applied longer; opportunity for multiple enhancements.*

Milk Cleanser  
Deep Cleanser  
Organic Rebalancing Toner  
Pumpkin Peel  
Bright Eyes Mask  
Detailed Extractions  
Milk Cleanser  
Calming Mask  
Organic Rebalancing Toner  
Choice of Serum(s)  
Moisturizing Baobab Oil

## Elixir of Life

As the brand choice of Divine, Elixir of Life uniquely offers **high-quality** aesthetic products. All ingredients are **without synthetic surfactants**, carcinogenic parabens or pore-clogging minerals, like silicones or nut oils. Elixir of Life is **eco-friendly**, **natural**, **free of fillers**, **organic**, and **cruelty-free**.

## Facial Enhancements

### Microdermabrasion \$25

Crystals are applied to the skin and immediately suctioned away to gently exfoliate and remove dead skin cells from the top layer. The handheld vacuum tool allows the crystals to work into the skin and stimulate collagen production—leaving skin plumped and refreshed. It targets dull/tired skin, blackheads, clogged pores, fine lines.

### High Frequency Wand \$25

Experience the cosmetic and healing benefits of high frequency electrical stimulation. This rejuvenation method improves overall skin texture, tone, glow and acne. It promotes collagen stimulation and elasticity, providing a firmer and more youthful appearance.

### Chemical Peel \$25

Chemical peels can improve the skin's appearance. In this treatment, a chemical solution is applied to the skin, which makes the top, oldest layers of the skin "blister" and eventually peel off. The new skin is usually smoother and less wrinkled.

### CBD Face Mask \$25

Experience the powerful regenerative components of CBD to heal, nurture and hydrate your skin. Improves Scarring; firms and smooths skin while evening skin tone; repairs sun damage; replenish dry skin; increases elasticity for more youthful skin.

### Ear Candling \$35

An ear candle is a hollow, cone-shaped piece of cotton soaked in beeswax and/or paraffin. The heat of the candle's flame creates a vacuum suction that pulls earwax and debris into the candle.

### Beard Treatment \$25

A cleanse topped with oils from the Baobab fruit to nourish and tame unruly beard hairs, adding a subtle shine and irresistible softness.

Product descriptions on following page.

Enhancements can only be added to 60- and 90-minute facials.

# The Essetials

## Facial Descriptions

### Milk Cleanser

Baobab extract is a powerful antioxidant, rich in vitamins A and C and minerals.

### Deep Cleanser

Soap-free, biodegradable formula with natural foaming agents: quillaja saponaria derived from the soap tree in Chile, and decylglucoside derived from non-GMO corn.

### Organic Rebalancing Toner

Rebalances skin pH with a blend of antioxidants from organic Baobab, hibiscus and green tea, to naturally defend against oxidative stress.

### Pumpkin Peel

Pure pumpkin enzyme rejuvenates the skin and digests dead skin cells on a surface level, excellent for hyperpigmentation.

### Baobab Moisturizing Oil

100% organic cold-processed organic baobab oil nourishes and moisturizes, regenerates cells, improves skin elasticity and absorbs quickly.

## Serums

### Hyaluronic Moisturizing Serum

One of the world's most powerful natural moisturizers, hyaluronic acid helps hold large amounts of water.

### Intensive Anti-Wrinkle Moisturizing Serum

Blended with four peptides: synake, argireline, colhibin and elhibin to smooth fine lines especially on the forehead and around the eyes, restoring elasticity, firmness and radiance.

### Eco Lite Serum

Formulated with a blend of raspberry seed oil and baobab leaf to diffuse the heat energy of the sun.

### Clari Sea Lotion

Antibacterial properties that reduce the appearance of blemishes.

## Masks

### Bright Eyes Mask

Gel-based formula just for under-eyes made of Ginkgo Biloba extract, which has anti-aging, anti-inflammatory and brightening properties.

### Vegetable Collagen Gel Mask

Derived from vegetable sources, moisturizes and conditions the skin, reducing fine lines for mature, dehydrated skin.

### Botox Blooming Mask

Natural source of organic AHA known to control oil, exfoliate, and unclog pores. Natural source of organic malic and citric acid to accelerate rejuvenation of skin cells.

### Moonlight Mask

Brightens and evens skin complexion, visibly reducing dark spots; best for hyperpigmentation.

### Calming Mask

Diminishes redness and swelling due to amazing properties of organic baobab leaf, organic green tea and organic aloe vera extract for sensitive, irritated and inflamed skin.

### Clari Sea Mask

Decreases the appearance of scars and lightens the skin. Formulated with honey for its natural anti-inflammatory and antibacterial compounds that regenerate tissue. While garlic has antifungal and antiseptic properties to kill bacteria-causing blemishes.

### Honey Mask

Delivers vitamins and essential fatty acids to the skin, increasing skin's moisture level for mature, dehydrated and rosacea skin.

### Clay Mask

Prevents and treats facial blemishes and minor abscesses, cleanses and exfoliates dead cells on the surface of the skin, reduces excess of oil on the surface of the skin.

## Waxing

Go silky smooth with a high-quality mermaid wax—leaving you soft to the touch.

Eyebrows	\$18
Lip	\$18
Chin	\$18
Cheeks/Sideburns	\$20
Underarms	\$25
Half Arms	\$25
Abdomen	\$35
Bikini	\$35
Half Legs	\$35
Chest	\$40
Back/Shoulders	\$45
Full Arms	\$45
Full Legs	\$55

## Eyebrows and Lashes



### Tinting

Eyebrows	...\$20
Eyelashes	...\$20
Both	...\$30

A semi-permanent dye is applied to appear thicker, darker, and fuller; lasting for about 3 to 6 weeks.

### Brow Lamination

Lamination	...\$60
Lamination w/ tint	...\$80

Lifts and separates eyebrows for the wildly popular, modern brow look. A great alternative to micro-blading that lasts between 3 to 6 weeks.

### Lash Lift

Lash Lift	...\$72
Lash Lift w/ tint	...\$86

Mimics an eyelash curler to extend your lashes upwards, giving you that fluttery, long-lash look lasting 4 to 6 weeks.



## Promotions

### Intro Offers

Enjoy \$10 off...

First Massage | 90-Minute session

First Facial | 60-Minute session

### Rejuvenation Special

3-in-1 for \$159 (a \$220 value)

60-Minute Therapeutic Massage

45-Minute Corrective Facial

45-Minute Far Infrared Therapy

### "You Pick" Bundle

Mix and match between four massages  
or facials to enjoy \$20 off your total

### Profession Discount

Veteran, military, teacher, first responder  
or healthcare professional?

Enjoy \$10 off standard rates for your  
massage or facial services

(Please bring your professional ID your first visit)

*\*Offers and discounts cannot be combined*

## Gift Certificates

**Give the gift of healing, health  
and wholeness with gift  
certificates that never expire!**

## Facial Corrective Series

**Our Corrective Series creates a highly personalized skincare treatment  
journey for better and longer-lasting results.**

**Over the course of two months, the Corrective Series serves to transform  
the health and condition of your skin according to your specific needs.**

**Whether it's acne, hyperpigmentation, sunspots, wrinkles, excessive  
dryness or oiliness, dullness, blackheads, uneven skin texture, scarring or  
something else—our licensed estheticians are trained to cater a specific  
regimen for your corrective treatment.**

**Start your skincare journey with our Facial Corrective Series today!**

### Divine Rejuvenation Series

Four 45-Minute Personalized Facials | \$399

This series includes **\$50+ added value** for **TWO FREE** Facial  
Enhancements (see list on prior page) to be used on separate facial  
appointments.

### Divine Signature Series

Four 60-Minute Personalized Facials | \$480

This series includes **\$100+ added value** for **FOUR FREE** Facial  
Enhancements (see list on prior page) to be used on separate facial  
appointments.

### Divine Deluxe Series

Four 90-Minute Personalized Facials | \$600

This series includes **\$200+ added value** for **UNLIMITED FREE** Facial  
Enhancements (see list on prior page). Enjoy multiple enhancements on  
every single session of your series.

## Let's Connect

813-402-2959 | DivineConnectionsMassage.com | MindBody App

## HOURS

<b>Tuesdays</b>	10:30a - 6p
<b>Wednesdays</b>	2p - 8p
<b>Thursdays</b>	10:30a - 6p
<b>Fridays</b>	12p - 6p
<b>Saturdays</b>	12p - 6p

