

OFF PEAK SPECIAL!

\$20 OFF | 60-Minutes

\$10 OFF | 30-Minutes

(Wednesdays and Thursdays Only)

PACKAGES

3 HOURS | \$225

6 HOURS | \$420

10 HOURS | \$650

MONTHLY MEMBERSHIP

\$69

60 MINUTES OF ANY SPA
OR WELLNESS SERVICE

How to WellSpa

Appointments are required for all services. We accept all major credit and debit cards, as well as **Flexible Spending | Health Savings** Account payments. A \$25 fee will be incurred for No-Show or Late Cancellations unless a 12-hour notice is given prior to scheduled appointment time. When calling to reschedule or cancel, please leave a voice message stating so.

Spa Hours

Monday	10am - 6pm
Tuesday	10am - 6pm
Wednesday	10am - 6pm
Thursday	10am - 6pm
Friday	10am - 6pm
Saturday	10am - 6pm

Prepaid appointments
available at 5:30pm & 7pm
Monday through Friday



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Providing Wellness to the
Lithia Springs and Atlanta
Communities Since 2007

MASSAGE + THERAPY

Swedish Massage

Long flowing strokes and other massage techniques to induce relaxation, alleviate pain, and increase circulation.

Deep Tissue Massage

Deeper slower pressure targeting concentrated areas of tension and pain to alleviate chronically tense and contracted areas.

Neuromuscular Massage Therapy (NMT)

Therapy for pain caused by soft tissue injury (such as muscle strains) by using very light to heavy pressure focusing on trigger points to alleviate muscle spasms and reduce chronic pain.

Prenatal Massage

A Swedish massage technique for mom and baby for complete relaxation, improved circulatory health and mood regulations to reduce stress, anxiety, and discomfort related to hormonal shifts.

Thai Massage

An ancient form of massage using acupressure, yoga style stretching, and gentle pressure along the body's energy lines to relieve muscle and joint tension, increase flexibility, and balance the body's energy systems.

Manual Lymphatic Massage (MLD)

A massage technique used to encourage the natural drainage of the lymph by using light gentle strokes and pumping methods to eliminate bacteria, toxins and wastes, and excess watery fluids.

Medical Massage

Medical Massage is focused on relieving muscular pain by finding the source of the pain and using different massage techniques to eliminate that source.

Reiki | 60 or 90-Minute Only

A holistic form of therapy to loosen blocked energy, rebalance the body promoting the release of emotions and stress.

Foot Reflexology Massage

An ancient healing art using specific techniques to stimulate the organs and glands allowing the body to naturally heal itself.

Massage Wellness Enhancements | 15-Minutes

Hot Stones (Relax Muscles and Reduce Chronic Pain)

Muscle Stretching (Release Tension and Increase Flexibility)

Scalp Massage (Relieve Tension Headaches and Stress)

Abdominal Massage (Rebalance and Alleviate Anxiety Stress)

Facial Massage (Relax Muscles and Increase Blood Circulation)

Dry Brushing (Lymphatic Support and Skin Exfoliation)

Body Steam (Detoxify and Relieve Sore Muscles and Joints)

SKINCARE

Deep Cleansing Facial

A deep cleansing treatment to remove impurities, detox pores, and revive dull skin. Great for acne and oily skin types.

Vitamin C Brightening Facial

A brightening treatment for minor discolorations and uneven complexions, blemishes, and dry skin in need of gentle cleansing.

Illuminating Anti-Aging Facial

A rejuvenating treatment for mature skin to brighten dull dehydrated skin, firm and tone, and reduce signs of aging.

Back Facial | 60 or 90-Minute Only

An exfoliating treatment to remove dead cells, clear blemishes, hydrate and brighten dull uneven skin. Treatment includes a cleanse, exfoliation, massage, and clay mask.

Skin Care Enhancements | 20-Minutes

Plant Peel (Brighten and Reduce Fine Lines)

Microdermabrasion (Smooth and Exfoliate Dead Skin Cells)

Resurfacing (Refine and Reveal Skin Radiance)

High Frequency (Reduce Breakouts and Shrink Pores)

Micro Current (Non-Surgical Face Lift)

FAR Infrared (Skin Tightening and Collagen Support)

Eye Treatment (Brighten and Hydrate)

DETOX + WELLNESS

Colon Hydrotherapy

A gentle way of eliminating toxins and hardened waste matter impacted around the colon walls for restored health.

Steam Sauna

Opens pores to begin the elimination of sebum and toxins from the body while reducing cellulite and burning calories.

V-Steam | Hip Bath

A natural holistic practice used to heal, tighten, and rejuvenate the vaginal tract, cervix, and uterus.

Ionic Foot Detox

A detoxification treatment used to pull toxins and wastes through the pores of the feet, which are the largest pores of the body.

Wrapless Body Wrap | 60 or 90-Minute Only

Eliminate impurities and toxins while repairing and healing the body. Enhance treatment by adding an exfoliating body scrub.

OUR PRICES

Classique 30-Minute	\$45
Classique 45-Minute	\$65
Signature 60-Minute	\$85
Signature Deluxe 90-Minute*	\$125
Skin Care Enhancement	\$25
Massage Wellness Enhancement	\$15

(*90-Minute Service includes one FREE Enhancement Treatment)

Wax Treatments

Lip Chin Brow Ear	\$15
Underarm Half Arm	\$30
Full Face Bikini Full Arm Full Leg Chest	\$45
Back Full Leg	\$65