



# The Spa

## at Queen City HealthPlex

**Relax. Refresh. Renew.** Care for your mind, body and spirit with a rejuvenating experience that supports your overall well-being.

Our attentive and experienced staff are here to meet your needs through a full range of massage and skin services. We're here to care for you, inside and out.

## Massage Services

### Prenatal Massage

Natural touch therapy relieves tension and alleviates pregnancy related discomforts while creating positive energy for your baby.

### Medical Recovery Massage

Customized for individuals recovering from surgery or a medical condition or suffering from chronic pain.

### Myofascial Release

Restores symmetry and balance through gentle, sustained pressure that increases range of motion and reduces pain.

### Craniosacral Therapy

A gentle technique that focuses on the Central Nervous System and treats mental stress, nerve and back pain, migraines, TMJ Syndrome, Fibromyalgia and other chronic pain conditions.

### Reflexology

Reflexology concentrates on applying pressure to points in the hands and feet that correspond to organs and tissue in the body.

### Body Talk

Body Talk relies on the innate wisdom of the body to assist clients to tune into emotional issues in their tissues and relieve painful memories.

### Trigger Points

Trigger Point Therapy involves the application of pressure to tender muscle tissue in order to relieve pain and dysfunction.

### Healing Touch Therapy

Energy therapy using gentle techniques to help re-pattern your energy field and accelerate healing of the body, mind and spirit.

### The Feldenkrais Method

Gentle mindful movement to improve posture, coordination, flexibility and function.

### Massage & Reflexology

30 Minutes	\$49 Members	\$61 Non-members
60 Minutes	\$70 Members	\$84 Non-members
90 Minutes	\$100 Members	\$125 Non-members

## Esthetician Services

Pricing for Members & Non-members

### Basic Facial • \$65

Cleanse, exfoliate and nourish your skin. A customized treatment featuring deep pore cleansing, exfoliation, extraction, customized masques, eye treatment, toning and moisturizing.

### Express Facial • \$58

Quick, yet personalized treatment will cleanse, exfoliate and revitalize your skin in just 30 minutes.

### Glo Package Plus • \$90

This ultra-relaxing facial includes cleansing, exfoliation, steamed towels, facial and hand massage, hot stone massage for feet, mask, toner and moisturizer all with a custom blend of products to target your exact skincare needs.

### Customized Acne Facial • \$83

A custom blend of acne-fighting products to cleanse, exfoliate, mask, tone and moisturize. Also includes extractions to deep clean pores of dirt, debris and excess sebum.

### Age Management Facial • \$83

Target fine lines, wrinkles and maturing skin with this custom facial that includes cleansing, exfoliation, steamed towels, massage, mask, toner, eye cream and moisturizer.

### Clarifying Back Facial • \$65

Deep cleanse, exfoliation, extraction, masque, tone and moisturize. A relaxing back massage and hot towels are included.

### Enhanced Back Facial • \$72

Sea salt glow exfoliator, seaweed detoxifier, paraffin treatment and hydrate (not recommended for pregnant clients). A relaxing back massage and hot towels are included.

### Glycolic Peels

A gentle way to rapidly exfoliate your skin, allowing new skin cells to emerge. Improves skin moisture and radiance and decreases the appearance of fine lines and wrinkles.

Single Treatment	\$75
Package of 4 Treatments	\$250

### Microdermabrasion

A safe, non-surgical treatment that removes superficially damaged skin and improves the appearance of fine lines.

Single Treatment	\$95
Package of 4 Treatment	\$340
Package of 6 Treatments	\$480

### Dermaplaning

A skin treatment that uses an exfoliating blade to skim dead skin cells and hair from your face. It's also called microplaning or blading. Dermaplaning aims to make your skin's surface smooth, youthful and radiant.

Dermaplaning	\$55
Dermaplaning + Facial	\$85
Dermaplaning + Peel	\$85

### Lash Band • \$15

A single strip of lashes is applied to each eye. Typically lasts 5-7 days. Perfect for a night out!

### Brow Tint • \$20

A semi-permanent dye is applied to enhance, shape and define our brows for thicker, more youthful looking brows.

### Hair Removal

Brow Tweezing	\$18	Full Back Wax	\$65
Brow Wax	\$19	Lower Back Wax	\$30
Lip Wax	\$15	Full Leg Wax	\$65
Chin Wax	\$16	Half Leg Wax	\$44
Brow/Lip/Chin Wax	\$45	Bikini Wax	\$36
Full Arm Wax	\$44	Full Leg & Bikini Wax	\$86
Half Arm Wax	\$28	Underarm Wax	\$24

*\* Avoid sun and tanning bed exposure prior to and immediately after waxing for 24 – 48 hours. Waxing cannot be performed on facial areas if using Retin-A, Accutane or any prescription acne medication. Hair needs to be ¼ inch long or about two weeks of growth for bikini and leg waxing.*