

BODY THERAPY

Herbology Body Exfoliator

Exfoliating body scrub treatment smooths away dulling surface debris while restoring vital nutrients to tired skin. The exfoliating body scrub treatment, customized with aromatherapy essential oils, will help to smooth skin, relax stressed muscles and soothe the senses. \$65

Aromatherapy Wrap

Relax, calm and soothe the body and mind while softening and moisturizing the skin using aromatherapy essential oils. \$65

Siddha Detoxification

A rejuvenation treatment, originating in Southern India, reserved for the royalty and wealthy. Pouches filled with herbs and warmed herbal oil is massaged into the body. The warmth of the treatment allows the skin to fully absorb the herbal oils, enabling the nutrients to reach all the cells, making possible the removal of accumulated waste. The lymphatic system is stimulated, the body is cleansed and the immune system is enhanced. \$70



*Feel beautiful with Laser Vein
Treatment and Laser Hair
Removal.*

*Please call for information
and pricing.*

*Procedures performed by
Dr. Goldenburg & Dr. Singh*

ENHANCEMENTS

Relaxing Scalp Treatment

Believe it or not, you store a lot of stress on your scalp. This aromatherapy treatment focuses on bringing a heightened state of relaxation to your entire body.

Revitalizing Hand or Foot Treatment

Say goodbye to rough, dry skin and hello to smoother, softer skin with not just one but two types of exfoliation.

Multi Vitamin Hand or Foot Treatment

Give your hands and feet the latest in Retinol-based vitamin repair for dry, chapped or prematurely-aging skin. Instant hydration.

Revitalizing Eye Rescue

Firm, tone and revitalize your tired eyes with our unique blend of vitamin therapies and firming botanicals. Our gentle exfoliation will remove dulling debris, while a super soothing masque will help reduce irritation.

Lip Exfoliation & Hydration

Lip and mouth area are exfoliated with a natural sugar scrub and then a mask is applied to re-hydrate.

Dry Brushing

Dead skin cells are brushed away while improving circulation and exciting stubborn fat deposits to break down.

Blackhead Relief

Say goodbye to blackheads with exfoliation and extractions. This microZone treatment is great in between regular skin treatments or as needed.

Rapid Spot Clearing

Get rid of blemishes with our clearing treatment. This is great for clearing an area of blemishes or getting rid of that one pesky blemish before a big event!

Flash Face Exfoliation

Hate exfoliating or don't have the time?? We can do a professional exfoliation to keep your skin prepped between regular skin treatments.

*Add on to any service \$15,
Treatment alone \$25*

Hours by Appointment

Monday - 10am - 2pm

Tuesday - Friday - 10am - 8pm

Saturday - 9am - 4pm

Sunday - 1pm - 4pm

(Sunday and Monday the office is closed, except for scheduled services)

Gift Certificates

Elements to Wellness Gift Certificates are available! Valid one year from issue date, a \$5 *service fee* will be deducted per month past expiration.

Elements To Wellness Packages

You may combine services of your choice to customize any package or simply purchase one of our pre-designed packages.

Education

All therapists are highly certified and/or licensed in their field of expertise. We take great pride in offering the most up-to-date techniques and services and make it our priority to continue our education.

Cancellation Policy

Please provide a 24 hour notice if you need to cancel/reschedule your appointment to avoid being charged 50% of your service. Gift certificates will be reduced to half value. Missed or No Show appointments will be charged for the full service amount. **\$25 charge for returned checks.**

To provide wellness
in an atmosphere
that nourishes body,
mind and soul.

*Your time is extremely valuable, please
understand ours is as well!*

THANK YOU!

Elements To Wellness

Massage Therapy & Skin Center



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www.ElementsToWellness.com

*Escape to a place where friendly smiles
greet you. A world where comfort and
relaxation is primary. Where your time
is your own... and your experience
is sure to be unforgettable.*

*At Elements To Wellness
you'll discover the secrets of relaxation,
physical rejuvenation, emotional
balance & well being.*

ELEMENTS TO WELLNESS

True Wellness is the harmonious integration of mind, body and spirit. Our lives, our relationships and our careers are a reflection of the state of our inner harmony. By nurturing the body, the mind is quieted and the spirit is free to remind us of what truly remarkable creatures we are.

Massage Therapy

30 minutes - \$35, 60 minutes - \$55, 90 minutes - \$85

Therapeutic Massage

Tailored to your needs, therapeutic massage reduces stress, promotes relaxation, improves circulation and eases pain.

Swedish Massage

The kneading and long strokes used in Swedish Massage increase circulation, improve skin and muscle tone and soothe tired muscles using gentle pressure.

Sports Massage

Sports massage is designed to enhance athletic performance and recovery. Pre-event, post-event, and injury treatment massage helps to calm the nervous system and begin the process of flushing toxins and waste products out of the body.

Pregnancy Massage

A perfect way to honor the miracle and relieve the physical stress of carrying your baby. The soothing treatment addresses back strain, tired legs and swelling ankles.

Deep-Tissue Massage

Deep Tissue Massage focuses on areas of pain and discomfort to break down muscle adhesions, release muscle spasm, and trigger points. This treatment will aid in the release of toxins and allow your body to regain flexibility and well being.
30 minutes - \$45, 60 minutes - \$65, 90 minutes - \$95

LaStone Therapy

Stones of all shapes and sizes with varying temperatures are used to elicit physical healing, mental relaxation, and a spiritual connection to oneself. The alternating warm and cool stones of thermotherapy brings the entire body into the healing process. You must experience this unique, original technique.

70 minutes - \$80, 100 minutes - \$110

Add-on LaStone to any Treatment:

Back, Neck, Arms or Legs - \$10

Face, Hands or Feet - \$5

Full Body Chaser - \$15

Couples

Enjoy any service with a friend or loved one. One large room allows the two of you to catch up and spend time together! *priced per person*

Chair Massage

Known as seated massage, chair massage, or on-site massage, this technique involves the use of a specially designed massage chair in which the client sits comfortably. Clothes remain on and no oil is used so it is a perfect "pick me up." *\$1/minute*

Energy Work

"Reiki" meaning "Universal Life Force", helps you manage pain, facilitate healing and promote inner serenity. A soothing hands-on energy balancing will leave you renewed and refreshed. *30 minutes - \$40, 60 minutes - \$55*

Orthopedic Massage & Pain Management

Utilizing medical massage techniques, the focus is to release areas of tension and pain. *30 minutes - \$45, 60 minutes - \$70, 90 minutes - \$100*

Cranio Sacral Therapy

CranioSacral is gaining in popularity as a method to help your body come into balance naturally. Every muscle in the body has a protective covering called fascia which can become restricted. By realigning the fascia you treat mental stress, neck and back pain, migraines, TMJ, and chronic pain due to fibromyalgia. *30 minutes - \$35, 60 minutes - \$65*

Aromatherapy

Add Aromatherapy to any massage - \$8

Reflexology

Reflexology is a natural healing art, based on the principle that there are reflexes in the feet which correspond to every part of the body. By stimulating and applying pressure to specific reflex points that correspond to glands, organs and systems of the body, this massage helps dissolve blocked energy, improves circulation and renews balance. *\$33 or add-on to any treatment \$23*

Manual Lymph Drainage

Intended to stimulate the movement of the lymphatic fluids in order to assist the body in cleansing. This is a gentle, rhythmical technique that cleanses the connective tissue of inflammatory materials and toxins, enhances the activity of the immune system, and reduces pain. *\$33 or add-on to any treatment \$23*

Acupressure Facial Massage

Acupressure is described as "Acupuncture without needles". It is done by stimulating points using finger pressure on the meridians that circulate 'qi' through the body. This ancient system of massage aims to

balance the body by encouraging the flow of qi, (pronounced "chee"). Relieves stress, fatigue, insomnia, headaches, migraines, depression, anxiety, nausea and digestive disorders promoting health and a balanced state of well being. *\$33 or add-on to any treatment \$23*

WAXING SERVICES

Eyebrow \$12

Lip \$7

Chin or Cheeks \$10

Hands or Feet \$10

Nostril \$15

Underarm \$15

Bikini \$19

Back \$50

Full Leg with Bikini \$75

Waxing prices are base prices and may increase by amount of hair removed.

SKIN TREATMENTS

Express Face Treatment

Designed to prep the skin between regular treatments. *\$40 & up*

Classic Facial Treatment

This treatment is customized at every step by the skin therapist, based on the Face Mapping (SM) skin analysis. It is unique to each individual client and is the core facial. If you've never had a skin treatment before, you would start here! *\$60*

Skin Treatment for Men

While Dermalogica's skin products and treatments are designed for both men and women, men's skin does have special concerns. We'll start your treatment with a deep cleansing, followed by a smoothing exfoliation and extractions. We'll also help release tension with a hand, foot or shoulder massage while your skin re-hydrates with a customized treatment masque. *\$60*

Calming Facial Treatment

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! Our super-soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation. *\$65*

Medicated Clearing Treatment

Breakouts have finally met their match. Our Medicated Clearing Treatment will focus on purifying your skin with deep cleansing, followed by extractions. It targets current breakouts while helping to prevent future breakout activity. *\$65*

Post Operative Facial Treatment

To give post-operative skin extra gentle care and protection for faster healing. This ultra-soothing treatment cleanses, rehydrates and soothes fragile skin while it helps protect against harmful environmental aggressors. *(Must have clinical approval.) \$65*

Power Regeneration Treatment

Concerned about the signs of aging on your skin?? Feel like your skin needs a revitalizing power boost? Then this is the treatment for you! Combined vitamin and hydroxy acid exfoliation, energizing massage techniques that release tension in the facial muscles and a specialized Contour Masque make this the ultimate in skin therapy for prematurely-aging, dry, devitalized skin! Your skin will be noticeably firmer, smoother and revived. *\$70 - ask about series pricing.*

Skin Brightening Treatment

Help stop your uneven pigmentation at its cause. This treatment, when combined with proper home care, actually regulates pigment production on a cellular level, helping to balance the complexion. *\$70 - ask about series pricing.*

Double Surface Peeling Treatment

To smooth, retexturize and brighten the skin via surface peeling. By using both enzymes and acids, this treatment will provide maximum surface peeling results. *\$70 - ask about series pricing.*

Manual Microdermabrasion

To smooth-out fine lines and wrinkles, resurface minor acne scarring, retexturize, clarify, reduce hyper pigmentation and rejuvenate the skin. *\$70 - ask about series pricing*

LaStone Facial

A facial for the mind, body and soul. Warm and cool stones are used to further increase detoxification and relaxation. *\$80*

Back Facial

Designed to bring purity and balance to the skin on the back, this treatment will focus on cleansing, skin exfoliation, masque therapy, extractions, and back massage. *\$60*

Face Mapping

Come in for your complimentary face consultation and find out about products that are best for your skin.

Visit us on the Web...

www.ElementsToWellness.com