

# new favorites

## FACIALS

### HEART OF GOLD FACIAL

50 minutes / \$189

The 24K Heart of Gold Facial™ infuses three active highly concentrated ingredients. The ultra-high-performing and clean ingredients help reduce brown spots, firm the skin, and plump fine lines.

### TWILIGHT FACIAL

50 minutes / \$189

This supreme facial is designed to rejuvenate skin, enhance radiance and restore luminosity. Formulated to maximize the power of your sleep and designed to enhance collagen production, smooth skin, improve hydration and even out pigmentation, ensuring you wake up looking refreshed at the end of each night's rest.

### COLLAGEN HYDRATING FACIAL

50 minutes / \$189

Plump and fortify your skin with this collagen boosting facial. The ultra-potent collagen along with Micorcurrents plump the skin from the inside out while smoothing fine lines and wrinkles.

### ADVANCED SUPER FACIAL

50 / \$219 / 80 minutes / \$349

This superior anti-aging treatment simultaneously provides: exfoliation, infusion, oxygenation and red light technology cutting-edge technology. It softens the appearance of lines, minimizes pores, hydrates and nourishes and revitalizes a dull complexion.

### THE LIFTING FITNESS FACIAL

50 minutes / \$189

Jump into this revolutionary facial, that is a work out for the face. Non-invasive muscle stimulation to lift and firm the facial contours mixed with clean holistic anti-aging skin care.

### BACK FACIAL

50 minutes / \$179

A facial for your back that cleanses tough to reach spots and hydrates the skin.

### ADD-ONS

Pure Lift Enhancement \$75

## MASSAGE

### FITMASSAGE

80 minutes / \$239

*25 minute movement limitations analysis*

*50 minute deep tissue massage*

A certified fitness trainer will first perform a comprehensive movement analysis using our cutting-edge Fusionetics technology. You will then receive a custom deep tissue massage by your therapist based on the analysis. Your therapist will know exactly what muscles that need attention, leaving you feeling rejuvenated. A take home a personalized plan will be provided.

### RITUAL BATHS

#### TWILIGHT BATH & MASSAGE

80 minutes / \$299

A full body exfoliation infused with lavender essence followed by a calming soak and relaxing massage.

#### CHAKRA BALANCING RITUAL

100 minutes / \$349

This aromatic journey targets the energy centers of the body.

Your treatment will be customized with the perfect blend of aromatherapy oils that will re-balance your chakras. It is then followed by a full body exfoliation, comforting bath soak and a full-body massage.

## SALON

### ANTI-AGING MANICURE

50 minutes / \$89

Manicure beyond your nails. Protect and pamper your hands with intensive hydration and hand serums to firm and brighten your skin.

### DIP POLISH MANICURE

50 minutes / \$89

No UV light and instantly dry your nails using dip polish that is enriched with vitamins.

### DIAMOND AND GOLD PEDICURE

80 minutes / \$139

Luxurious pedicure using cell salts to balance the body and gold peptides for radiant skin

**ADD ONS** - Nail Imaging – \$10/nail or \$40/4+ nails

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for reservations

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## FITNESS

### CHALLENGE

#### TRX SUSPENSION TRAINING

25 minutes / \$49 | 50 minutes / \$89

This suspension type training leverages gravity and your body weight to perform exercises using the TRX equipment.

#### POWER PLATE TRAINING

25 minutes / \$49

During the Vibration Plate Training, you will learn twelve exercise in one-minute intervals that will be equivalent to an hour's workout. Mechanical vibrations use at the frequency and amplitude that causes muscular contractions.

#### ISOPHIT ISOMETRIC CHALLENGE

25 minutes / \$59 | 50 minutes / \$99

Experience this amazing form of resistance training that prevents injuries and speeds up rehabilitation from existing injuries.

### IGNITE

#### BODY COMPOSITION SCREENING

25 minutes / \$69

A simple eight-minute test on our Bod Pod® device, will accurately measure your body fat and lean body mass percentages. An exercise physiologist will review and explain your results. Please bring tight fitting clothes.

#### FUSIONETICS MOVEMENT ANALYSIS

25 minutes / \$49 | 50 minutes / \$89

The evidenced based Fusionetics approach to mitigating musculoskeletal injury risk is to perform an impairment-based movement analysis and recommend a programming solution to improve movement patterns. Improve movement patterns for all activities/work life and play.

### RECOVER

#### NORMATEC RECOVERY

25 minutes / \$49

Enhance blood flow and speed up recovery with the NormaTec PULSE Massage Pattern, that uses three key techniques to maximize your recovery.

#### MUSCLE ACTIVATION

50 minutes / \$159

Experience a revolutionary approach to assess and correct muscular imbalances, joint instability and limitations in range of motion in your body.

#### HYPERVOLT SELF RECOVERY

25 minutes / \$49

Discover Hypervolt Percussion and how it can relieve muscle soreness and stiffness, improve range of motion, promote circulation to accelerate recovery.