



Body Services

Ayurvedic Beauty Treatment - 1 hour \$60

- This treatment will restore the skin's balance and is deeply hydrating and is tailored to meet your skin type and specific needs.

Body Polishing - 1 hour \$50

- Body Polishes - These are cleansing exfoliating treatments to remove dead skin cells and impurities and to stimulate circulation.
- Your skin surfaces smooth, healthy and is prepared for further body treatment.

Cellulite Melt - 1 hour 30 minutes \$85

- Cellulite Treatments consist of exfoliation, application of a special cellulite gel and area body mask with steam canopy, followed by a special cellulite massage. Cellulite Treatments work to stimulate circulation and to eliminate toxins and wastes from the body.

Dry Brushing - 30 minutes \$30

- Your body is brushed in a circular motion to remove outer layers of the skin and speed cell turnover, restoring a healthy glow and skin tone, then a lotion is applied to the skin. This treatment is useful in controlling cellulite.

Herbal Body Wrap - 1 hour \$55

- This herbal wrap treatment is designed to detoxify the body and for losing inches off your body.

Herbal Body Wrap with Cellulite Gel - 1 hour \$65

- This herbal wrap treatment is designed to detoxify the body and reduce the appearance of cellulite and for losing inches off your body. A Cellulite Gel is applied to problem areas, then covered with a warm herbal wrap sheet to release the herbal extracts and encourage the body to relinquish fats and toxins from the adipose tissue.

Mobile (Outcall) Spa Body Scrub - 1 hour \$100

- Receive your body scrub in your home or hotel room.
- Available on weeknights after 7pm and all day on Saturday

Body Polishes - These are cleansing exfoliating treatments to remove dead skin cells and impurities and to stimulate circulation. Your skin surfaces smooth, healthy and is prepared for further body treatment.

Sugar Glow - This is a deep cleansing exfoliating treatment as well, but is milder than the Salt Glows. Feel the refreshed as your skin is gently massaged using a blend of brown sugar and essential oils to remove dead skin cells and impurities and to stimulate circulation.

Sea Salt Glows - These are deep cleansing exfoliating treatments. Feel the stress melt away as your skin is gently massaged using a blend of aromatic sea salts, mineral salts and essential oils to remove dead skin cells and impurities and to stimulate circulation.

Mobile (Outcall) Spa Body Wrap - 1 hour \$100

- Receive your body wrap in your home or hotel room.
- Available on weeknights after 7pm and all day on Saturday

Paraffin Body Fandango Wrap - 2 hours \$130

- This is our most powerful restorative body treatment. It combines mineral-rich sea mud and paraffin that will stimulate circulation and lymphatic drainage helping the body release toxins, bloat, and unwanted fat stores. This treatment is used for inch loss, skin conditioning, and cellulite reduction. It is also recommended for arthritis and joint pains for those who are on their feet most of the day. The benefits of Parafango treatment can also be experienced by those suffering from muscle injury, acute pain or chronic tendonitis. For maximum benefits, an exfoliating treatment should precede to this body wrap.

Salt Scrub - 1 hour \$50

- Sugar Glow - This is a deep cleansing exfoliating treatment as well, but is milder than the Salt Glows. Feel the refreshed as your skin is gently massaged using a blend of brown sugar and essential oils to remove dead skin cells and impurities and to stimulate circulation. Your skin surfaces smooth, healthy and is prepared for further body treatments.

Sea Salt Glows - These are deep cleansing exfoliating treatments. Feel the stress melt away as your skin is gently massaged using a blend of aromatic sea salts, mineral salts and essential oils to remove dead skin cells and impurities and to stimulate circulation.

Ultra Detoxification - 1 hour 30 minutes \$90

- This treatment helps to detoxify and stimulate the blood, skin, and lymph. It rejuvenates the whole mind and body. It is good for individuals on a weight loss program or those who have recently stopped smoking. Impurities are moved out and the skin exfoliated, giving the body a clean radiance.

Facials

Back Treatment - 1 hour \$55

- Treatment for the back to cleanse, to exfoliate, to moisturize and condition, to relax and reduce stress, and to relieve muscular tension.

Bust Treatment - 1 hour \$40

- This spot treatment addresses not only the skin texture, but also tones up the underlying pectoral muscles and surrounding skin. Bust Treatments consist of cleansing and exfoliation, application of an area body mask, followed by manual lymphatic drainage and massage of the breasts and the supporting muscles.

Bust Treatments work to stimulate circulation and to eliminate toxins and wastes which may cause tenderness in the breasts and an increase risk of breast cancer. 6 to 12 biweekly sessions is recommended for optimal results.

Mobile (Outcall) Spa Facial - 1 hour \$100

- This will clean, exfoliate and nourish the skin of your face to promote clear, well-hydrated skin. Available on weeknights after 7pm and all day on Saturday

Spa Facial - 1 hour \$50

- This will clean, exfoliate and nourish the skin of your face to promote clear, well-hydrated skin.

Tummy Treatment - 1 hour \$40

- Tummy Treatments combines mineral-rich sea mud and paraffin that will stimulate circulation and lymphatic drainage helping the body release toxins, bloat, and unwanted fat stores. This is an area treatment used for obtaining inch loss, skin conditioning, and improving the appearance of stretch marks.

Hydrotherapy

Dreamland Relaxation - 1 hour 30 minutes \$100

- This treatment includes a luxurious full body aroma therapy massage, an aroma infused steam treatment, and a gentle scalp massage to promote deep relaxation, and to release stress

Lavender Relaxation Steam - 30 minutes \$30

- A steam treatment with aromatic lavender flowers.

Peppermint Mud Soak - 1 hour \$85

- Our therapeutic body mud draws out excess heat and toxins from the skin as it is lovingly massaged on the skin. Cooling peppermint waters are then gently steamed over the body leaving you refreshed and relaxed



Spa Body Masque - 1 hour	\$80	Hot Stone Massage - 1 hour	\$85
- Spa Body Masques with your choice of algae body masque or a with body mud masque		- Smooth stones are heated and incorporated into your fully body massage to ease your tension and soothe your mind	
Steam Me Up - 30 minutes	\$30	Mobile (Outcall) Massage - 1 hour	\$100
This is a great pick-me-up for those on the go. It is an effective routine treatment for those who wish detoxification or relief from sore muscles on a regular basis. Massage and steam for a total of 30 minutes.		Mobile (Outcall) Massage - 1 hour 30 minutes	\$130
		- Receive your massage in your home or hotel room.	
		- Available on weeknights after 7pm and all day on Saturday	
Tropical Cool-Down - 1 hour	\$60	Post-partum Massage - 1 hour	\$60
This delightful, good-for-the skin cooling treatment starts with a light coconut oil massage followed by a light application of tangerine/grapefruit body polish. Then steaming to melt the polish, leaving you with silky smooth and hydrated skin. The treatment finishes with an application of an organic shea body butter. A certain cure for over-exposed skin.		- Post-partum massage is specifically tailored for the new mother and her special needs. Massage will help to restore the body after pregnancy and childbirth.	
		Prenatal Massage - 45 minutes	\$45
		Prenatal Massage - 1 hour	\$60
		Prenatal Massage - 1 hour 30 minutes	\$90
		- Prenatal massage is specifically tailored for the mother-to-be and her special needs. Massage will help to relieve the common complaints of pregnancy, such as lower back pain, calf cramps, insomnia, and sciatic pain.	

Manicures

Spa Hand Reflexology Treat - 20 minutes	\$20
Full body relief can be found by massaging and stimulating reflex points on the hands. This treat includes, soaking, exfoliation, hand massage, reflexology, and mask for your hands.	

Massages

Customized Therapeutic Massage - 20 minutes	\$20
Customized Therapeutic Massage - 30 minutes	\$30
Customized Therapeutic Massage - 45 minutes	\$45
Customized Therapeutic Massage - 1 hour	\$60
Customized Therapeutic Massage - 1 hour 30 minutes	\$90

We will tailor your massage to fit your needs from therapies below:

Deep Tissue massage - Deep tissue therapeutic massage works the deeper muscles of the body's musculature to release tension in the body, usually chronic tension. This is performed with slow strokes and concentrated pressure on the tense areas to remove toxins and loosen the muscles. Deep tissue massage can result in soreness for a day or two following the massage.

Sports massage - This unique form of massage is typically done in conjunction with athletic events and activity. Sports massage prepares an athlete's body for performance by relieving fatigue, reducing swelling in the muscles and joints thereby promoting flexibility and preventing injuries. Sports massage also helps heal minor injuries that can be caused do to excess activity.

Swedish Massage - Swedish massage, the most popular massage of all, relaxes muscles through pressure applied to the muscles and joints with soothing strokes returning blood to the heart. This increases oxygen flow and releases toxins built up in the muscles.

Therapeutic Bodywork - This massage applies many techniques designed to relieve muscular aches and pain utilizing essential oils. Extra emphasis and HEAT and ICE therapy will be applied on sore or injured muscles as needed.

Trigger Point Therapy - Trigger Point massage works the different muscles layers individually. The therapist works surface muscles, connective tissues and deeper ligaments. This type of massage is similar to acupuncture, where pressure is placed on certain points of the body.

Cellulite Reducing Relaxing Massage - We use cellulite fighting massage techniques and a special massage oil composed of pure essential oils that will leave you feeling relaxed and slimmer.

Pedicures

Mobile (Outcall) Spa Hand & Foot Reflexology Treat - 1 hour	\$100
Full body relief can be found by massaging and stimulating reflex points on the hands and feet. This treat includes, soaking, exfoliation, hand & foot massage, reflexology, and mask for your hands and feet. Available on weeknights after 7pm and all day on Saturday	
Spa Foot Reflexology Treat - 30 minutes	\$30
Full body relief can be found by massaging and stimulating reflex points on the feet. This treat includes, soaking, exfoliation, foot massage, reflexology, and mask for your feet.	

Packages

Abby's Favorites - 3 hours	\$148
"Abby's favorites" consists of Body Polishing or Salt Scrub, followed by a Herbal Body Wrap, and then finishes with an one hour body massage.	
Body Massage & Polish - 2 hours	\$100
The "Body Massage & Polish" Package will gently polish away dead surface cells and skin-dulling debris to reveal smoother, softer skin beneath and ends with a relaxing full body massage.	
Contoured Silhouette - 4 hours	\$200
The "Contoured Silhouette" Package consists of a Cellulite Melt to slim the legs and address cellulite, a Back treatment to cleanse, exfoliate, and to relax the back muscles, a Tummy treatment to help tone the stomach and address stretch marks, and a Bust treatment, to help firm, tone, and detoxify the chest area.	