



Body Essentials Holiday Gift Menu

Massage Therapy: 30, 45, 60 or 90 Minute Venues; a traditional age old healing that incorporates science and soul into the equation (*just ask Hippocrates!*) \$60, \$80, \$100, \$140 respectively, HST included.

Foot Reflexology: 60 minutes. Reflexology is a very relaxing treatment that incorporates specific techniques on the feet to restore balance within the entire body. All the systems of the body are reflexly affected to promote health and well being, and eliminate toxins that can build up in the feet, hands and ears . . . \$100, HST included

Hot Stones Massage: (*Extremely Soothing*), Essential Oils are employed for an extra AHH! Muscles LOVE the heat administered by the smooth Basalt lava stones. How about a Hot Chocolate Hot Stone Massage, or Chocolate Mint, Chocolate Hazelnut, Hazelnut Vanilla, Chocolate Orange, Lavender, or Blends '*Solitude*', '*5 Minutes Peace*', '*Relax*', '*Muscle Mend*' for someone on your list? **Add \$15 per treatment fees as noted above.**

Aromatherapy Massage: (*Essences to Awaken Your Senses while having a massage*) – Options are: a typical aromatherapy massage which employs very light techniques, lymphatic drainage in nature which work more on the immune system, OR be therapeutically oriented as only a RMT can provide; or enjoy a bit of both! **Add \$5 - 10 per treatment fees as noted above.**

Lemon Chiffon Body Polish/ Bamboo Lemongrass Foaming Foot Scrub: Removes dead skin cells. You know the alligator look we all get in the winter? This will exfoliate and hydrate; restoring a radiant glow of youthful skin. It will boost your spirits as it refreshes and revitalizes your body with a faintly smell of lemon. Nutrients of the products penetrate into the skin to nourish and rejuvenate. After you shower off the product, you will feel like you have a new skin and sport a wonderful glow! **60 minutes @ \$110, HST included.**

Any massage as noted above can be added to this invigorating treatment to really do it right!
A blended uplifting oil '*Citrus Dream*' would be used to compliment the exfoliation treatment.
Option to incorporate a '*Scorpion Brush*' for a higher level of rejuvenation which helps to break down cellulite cells.

Exfoli-Sea Salt Glow: A special formula utilizing three separate sizes of Dead Sea and Mineral salts to create a 'three layer' exfoliation to refine and improve skin texture like never before. A gentle yet effective exfoliation increases circulation and allows the skin to breathe. Removes accumulated residues and skin impurities.

Dead Sea Salts are well known for their healing, therapeutic properties. They contain the highest level of minerals and trace elements providing a relaxing and soothing treatment while obtaining a healthy, radiant glow. Jojoba, avocado, peach and sunflower oils are also included and can be used alone or incorporated with essential oils of your choice. **60 minute @ \$110, HST included.**

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