

## Healthy Body Treatments

Delight in the soothing, therapeutic effects of our specially chosen body treatments. These treatments moisturize, detoxify, alleviate muscular fatigue and soreness, increase circulation and can be immune boosting.

### Ginnamon Cocoa Delight

\$150/90min

Reduce stress with this relaxing body massage spa treatment. Start with a cinnamon exfoliation and then relax with a foot massage while our white mud wrap clears impurities and detoxifies. Enjoy a relaxing, hydrating body massage, rich with Cocoa butter, helping to enhance the skin's texture and tone.

### Comfort & Joy

\$90/65min.

Revive weary and tired bodies with this stimulating exfoliation containing Milk and Honey, followed by a comforting and hydrating Cocoa Balm Body Wrap and massage. Includes 15 minute Lavendar Scalp Massage (while wrapped.)

### Apple Of My Eye

\$150/90min

Unlock the gateway to peace and tranquility with this relaxing and comforting treatment. Incorporating, impart, crushed apples and Chamomile essential oil, this treatment will melt any worries away. Includes exfoliation, mud wrap, scalp massage and body massage.

## Gift Certificates

We offer a large and beautiful selection of gift certificates for all occasions, complete with our beautiful signature gift bag.

Choose one of our set packages, an individual service or a dollar amount of your choice.



Please visit our website for a complete listing of our packages & multi-treatment specials.

### Hours:

Monday-Friday 12-9

Saturday 12-4

Sundays Sometimes

248-260 Middle Country Road,  
Selden, NY 11784

631.736.9999



**BALANCE FOR LIFE**  
MIND, BODY & SOUL HEALING

## Healing Spa Therapies

"If you nurture your mind, body, and spirit, your time will expand. You will gain a new perspective that will allow you to accomplish much more."  
-Brian Koslow

## For The Feet

Pamper your feet with these wonderfully reviving, de-stressing foot treatments.

### Peppermint Pedi

\$55/45min.

The perfect treat that will have you rejuvenated and refreshed after a long day on your feet.

Enjoy a soothing warm foot bath spa, Pedi-Scrub, Rose Mud with Peppermint essential oil & foot/lower leg massage.



### Floral Treat

\$35/20min

Relax your feet in our floral foot bath containing Lavendar and Tea Tree essential oils.

Enjoy our Pedi-Scrub to exfoliate rough and dry areas on the feet & end with a quick foot and lower leg massage.

### Pretty Feet Treatment

\$45/30min.

Revive tired feet with this botanically rich treatment designed to infuse moisture with a blend of Shea Butter, Aloe Vera and Marine Extracts that leave your feet petal soft.

Includes: exfoliation, Rose Body Foot Mask, Marine Therpay Pedi-Balm Moisturizing Cream and a short lower leg and foot massage.

Add 10min. foot spa bath or foot massage,

\$55/45min

### ADD ONS

Paraffin Wax Treatment	\$10/\$15
Herbal Eye Treatment	\$5/both eyes
Lavender Scalp Massage	\$15/10min
Clay Facial Mask	\$20/20min
Relaxing Lavender Foot Spa	\$15/10min

A great beginning to any treatment!

"I choose love, joy and freedom, open my heart and allow wonderful things to flow into my life."

## For The Face

### Deep- Gleansing Facial

\$75/60min. \* \$100/90min.

Stress, hormonal imbalance, diet and environmental factors can cause skin to become congested and problematic. This facial has all the benefits of our "Spa Facial", but it is designed to clear congested pores and provide an in-depth cleansing with a thorough exfoliation, extractions & mask.



### Spa Facial

\$45/30min. \* \$70/60min.

Discover a special retreat with this authentic facial. This treatment will rejuvenate, rebalance and hydrate your skin, unveiling an instant glow. Included: Skin analysis, deep cleansing, face and neck massage, honey/almond exfoliant, toning, hydrating mist and cream.

60 minute treatments will receive facial mask. For extractions please see "Deep-Gleansing Facial".

### Herbal Thai-Ball Facial Treatment

\$70/50min

Enjoy a heavenly, stress-releasing experience. This treatment includes a facial cleanse, accupressure massage, warm towels, and heated Thai Herbal Balls.

## Facial Massages

These "Facial Massage" treatments are designed to hydrate, replenish moisture, relax facial/neck/chest muscles, increase circulation and move toxins. Similar to our "Spa Facials" however, these treatments can be executed by a Licensed Esthetician or Massage Therapist.

### Strawberry Dreams:

\$35/20min

Replenish and moisturize your skin, leaving a natural and youthful glow. Using our special strawberry blend, the face is cleared of any impurities and dead cells. Enjoy a toning & relaxing facial massage.

### Pumpkin Spice & Everything Nice

\$50 /30 min

Welcome the holiday season with this delightful facial treatment sure to renew your senses with the rich aroma of the season. This treatment will leave your skin feeling soft and firm. Our specially formulated products contain: anti-aging properties, collagen building vitamins and can help to reduce the appearance of tiny veins.

### The Power of Three Treatment

\$85/60min.

A combination of Mind-Scalp Therapy, Foot Relief and Hand Rejuvenation that will leave you feeling relaxed and refreshed. Combines exfoliation, essential oil massage to the feet, hands, legs and scalp.