

MINDFUL WOMEN

SPA & MEDICAL

MASSAGES

BLISS MASSAGE

Therapeutic soft tissue manipulation to ease muscular tension and stress while providing deep relaxation and a sense of renewal.

60 Minute - \$100

90 Minute - \$145

DEEP TISSUE

Increases circulation, releases built-up toxins, and heals and restores balance to the body and nervous system.

60 Minute - \$135

90 Minute - \$170

PRENATAL MASSAGE

Promotes relaxation and a feeling of wellness in both mother and child. Please consult your DR. in first trimester.

60 minutes - \$100

MESSAGE ENHANCEMENT

Add one or more to any massage treatment

Dry Brush - \$20

Massage Oil Candle - \$20

Hot Stones - \$20

CBD - \$20

Sombra Muscle Relief - \$20

Scalp Massage - \$25

Body Exfoliant 30 Minute - \$50

SEASONAL BATH SOAK \$65

Amazing Bath Soak Treatment as a stand alone or added to a 60 or 90 Minute Massage

Nourish and revitalize dry, damaged skin with an herbal soak. Begins with gentle exfoliation; concluding in a luxurious hydration.

PEDICURE / MANICURE

ULTIMATE PEDICURE \$70

Luxury experience for the feet including complete nail care, lower leg and foot massage. Includes paraffin wax treatment.

ESSENTIAL PEDICURE \$50

Soak, Groom exfoliation and foot massage.

ADD SHELLAC POLISH \$15

Shellac polish dries instantly and can be added to pedi or mani.

Shellac removal - \$15

ULTIMATE MANICURE \$50

Complete Nail Grooming, hand massage and paraffin wax treatment.

ESSENTIAL MANICURE \$30

Complete Nail Grooming, hand massage and paraffin wax treatment.

SPA PACKAGES

COUPLES MASSAGE

60 Minute -\$200

90 Minute - \$290

ULTIMATE EXPERIENCE \$385

Body exfoliation, Herbal Bath Soak, Hour Massage, Signature Facial, and Ultimate Pedicure.

BLISS SPA DAY \$270

Hour Massage, Signature Facial & Ultimate Pedicure

FACIAL TREATMENTS

SIGNATURE FACIAL \$100

Begin with a deep cleansing, skin analysis and gentle exfoliation to reveal smooth glowing skin. Next, enjoy a relaxing face, neck and chest massage followed by a customized masque and moisturizer. Includes extractions.

MICRODERMABRASION

Powerful Exfoliation Accelerates cell turn-over, reduces the appearance of fine lines and enlarged pores, to reveal clean vibrant younger looking skin. Add a chemical peel for even better results (+\$20).

30 Minute - \$100

60 Minute - \$135

HYDRO-FACIAL - H2O FACIAL \$150

The Hydro-Facial (50 minutes) helps improve overall skin texture, tone, and appearance. This is due to the deep exfoliation that cleans your pores, removing debris and allowing for better penetration of infused face serums tailored to your skin type.

DELUXE HYDRO FACIAL - 75 mins. \$200

ENHANCEMENTS

Add one or more to any facial treatment

Brow Wax - \$22.

Brow Wax and Dye - \$40

Lash Dye - \$35

Chemical Peel - \$20

DERMAPLANE / MICROPEEL

Dermaplaning uses a surgical tool to gently and safely remove dead skin cells that build up at the skin's surface. Creating greater absorption of a chemical peel. Treatment is completed with a "Slush Ball" to refine pores and kill bacteria. Helps remove fine hair "Peach Fuzz" on face, which softens and smooth appearance of your make-up

30 Minute - \$100 Series of 6 - \$570
60 Minute - \$145

MICRO-NEEDLING \$300

An amazing treatment for collagen induction therapy for your skin. Loose skin appears firmer, pore sizes are reduced, overall skin texture is smoother. Standard treatment uses hyaluronic acid.

Enhance your treatment with Exosomes - \$450

Best results when done in a series of three treatments. *Consultation required.

DIAMOND GLOW FACIAL \$199

An advanced 3-in-1 treatment that exfoliates, extracts, and infuses customized serums deep into your skin for an instant, radiant glow. This facial gently removes dead skin cells, unclogs pores, and delivers targeted serums to address your specific skin concerns, whether for hydration, brightening, or anti-aging.

HAIR REMOVAL

LASER HAIR REMOVAL

No more shaving. Safe effective laser technology treatment of unwanted hair almost anywhere on the body quickly, easily and with proven long-term results. Achieve baby soft skin. *6-8 treatments approximately six weeks apart are recommended for best results. *Initial consultation is required. All prices subject to change depending on size of area and height.

BODY AREA	ONE TREATMENT	PACKAGE OF SIX
ABS CENTER STRIP	\$70	\$350
AREOLA	\$60	\$300
ARMS LOWER	\$120	\$600
ARMS FULL	\$210	\$1050
BACK LOWER	\$150	\$750
BACK UPPER	\$150	\$750
BIKINI LINE	\$90	\$450
BIKINI FULL	\$125	\$625
BRAZILIAN	\$170	\$850
BUTTOCKS	\$125	\$625
CENTER BROW	\$50	\$250
CHEST / ABS	\$350	\$1750
CHEST UPPER	\$175	\$875
CHIN	\$60	\$300
EARS	\$60	\$300
FACE / SIDES	\$60	\$300
FACE / FULL	\$120	\$600
FEET OR HANDS	\$65	\$325
FINGERS OR TOES	\$35	\$175
INNER THIGH	\$110	\$550
LEGS LOWER	\$195	\$975
LEGS UPPER	\$205	\$1025
LEGS FULL	\$370	\$1850
NECK BACK	\$70	\$350
NECK FRONT	\$70	\$350
SHOULDERS	\$100	\$500
UNDERARMS	\$80	\$400
UPPER LIP	\$55	\$275

WAXING

BROW	\$22
BROW WAX & DYE	\$40
LIP OR CHIN	\$15
INNER NOSE	\$15
FULL FACE	\$40
FULL FACE/BROW WAX	\$50
UNDERARM	\$30
FULL ARM	\$50
HALF ARM	\$40
CHEST	\$50
FULL BACK	\$60
FULL BACK + SHOULDERS	\$75
HALF BACK	\$40
STOMACH	\$35
BIKINI SIDES	\$39
BIKINI EXTENDED	\$40
BRAZILIAN	\$62
HALF LEG LOWER	\$45
HALF LEG UPPER	\$45
FULL LEG	\$75
HAPPY TRAIL	\$15
TOES	\$10

ANTI-AGING LASER

PHOTO FACIAL

Great for men & women of all ages. Gently reduces sun spots, rosacea, broken capillaries, redness and hyperpigmentation. *3-5 Treatments recommended. *Initial consultation is required.

	SINGLE	3 TREATMENTS
FULL FACE	\$249	\$620
NECK	\$190	\$475
CHEST	\$249	\$620
HANDS	\$95	\$240
1/2 ARM	\$249	\$750
FULL ARM	\$399	\$990
NOSE	\$95	\$240
SINGLE SPOT	\$80	

RESURFX

Light treatment system that uses beams of light to stimulate your face's natural production of collagen and elastic fibers, improving the overall skin appearance.

	SINGLE	3 TREATMENTS
FULL FACE	\$350	\$875
NECK	\$200	\$500
CHEST	\$300	\$750
HANDS	\$200	\$500

INJECTIONS/ FILLERS

DERMAL FILLER

As we age, the shape of our face changes. We lose volume from our cheeks and may gain unwanted volume in places such as under the chin or bags under the eyes. Hyaluronic Acid and Biostimulators Available.

*Consultation Required

BOTOX, DYSPORT, XEOMIN, JEUVEAU

Fine lines begin to show from frowning and squinting over the years as we age, causing frown lines and crow's feet. These injections treat the underlying cause of the tell-tale signs of aging by temporarily reducing muscle activity in these areas.

*Consultation Required.

Botox Brand \$14 per unit, all others \$12 a unit

PDO THREADS

PDO Threads not only show immediate lifting results for sagging skin. They also can help promote and stimulate collagen, which helps improve skin elasticity, texture, fine lines, and volume.

Lifting Treads \$175 ea.

Smoothing Threads \$13 ea.

*Consultation Required

WELLNESS IV'S

Packages Available - Buy 4 Get the 5th Free

HYDRATE \$80

Hydration only - 1 Liter of Normal Saline. Hydration is the most important component your body requires for optimal performance.

BEAUTY \$130

Hydration with the added benefit of glowing skin and an energy boost.

Ingredients: Vitamin C and Vita Complex

INNER BEAUTY \$150

Boost your energy. Get glowing skin and strengthen your hair and nails with biotin OR detox with glutathione.

Ingredients: Vitamin C, Vita Complex and Biotin or Glut

FOUNTAIN OF YOUTH \$165

This is the ultimate combination to brighten and plump your skin. Benefits include stronger hair and nails, and lighter brighter skin. Pick this IV and turn back the hands of time.

Ingredients: Vitamin C, Vita Complex, Biotin and Glutathione

MYER'S COCKTAIL - IMMUNITY \$165

This IV helps with chronic illness and increases energy. It is an effective treatment for migraines, low energy, acute muscle spasms, upper respiratory infections and chronic sinusitis and more.

Ingredients: Magnesium, Dexpanthenol (B6), Thiamine (B1), Riboflavin (B2), Pyridoxine (B6), Niacinamide (B3), Calcium Gluconate & Asorbic Acid.

RECOVERY & PERFORMANCE \$150

Enhance your performance and optimize your recovery with this blend. It gives a high energy boost that will accelerate your metabolism and can be done before, after, or without workouts.

Ingredients: Vitamin C, Vita Complex, Amino Blend and Mineral Blend

WELLNESS INJECTIONS

Packages Available - Buy 4 Get the 5th Free

ENERGY SHOT - B12 \$25

Boost energy, memory, mood, and metabolism. Aids with inflammation and cognitive function.

LIPO-MINO \$35

Boosts energy, speeds up metabolism, decreases fat deposition, improved mental clarity, and prevents mental fatigue.

Ingredients: B Vitamins, Amino Acids, Inositol & Choline

DETOX SHOT - GLUTATHIONE \$35

Powerful antioxidant that helps stop free radicals, detoxifies the body and aids with the creation and repair of DNA. Improves endurance and immunity as well as boosts energy and focus.

EZ PRF & PRP TREATMENTS

EZ PRF \$1000

EZ PRF facial treatments start at \$1000 per area. Common locations include under eye hollows, crow's feet, cheeks, nasolabial folds, smokers lines, and marionette lines.

WOMEN'S PRP INJECTION \$1200

All natural, minimally invasive procedure that improves vaginal health and sexual function.

MEN'S PRP INJECTION \$1200

All natural, minimally invasive procedure that improves ED.

SYLFIRM X

RF MICRO-NEEDLING

A minimally invasive advanced treatment that combines microneedling with radiofrequency (RF) energy to treat a variety of skin conditions and hair restoration. Sylfirm is a safe and effective treatment for all skin types. We offer enhanced regeneration with free exosomes post treatment to optimize your results.

Best results when done in a series of three treatments.

*Consultation required.

1 area starts at \$900 per treatment

1 area in a package of 3 is \$2500

Add On - Small Area \$500 per treatment,

Large Area \$900 per treatments,

COMFORT

PRO-NOX \$50

A patient-controlled analgesia system combining nitrous oxide and oxygen for immediate relief from discomfort and anxiety. Inhale at your own pace, staying in control throughout your treatment for a more relaxed, comfortable spa experience.



mindful women
SPA & MEDICAL