

### Swedish Massage\*– 60min/90min - \$100/\$130

A lighter massage that gently opens up tight muscles and improves health of the skin. Massage utilizes flowing techniques to open locked muscles and free energy blockages – for a tension-relieving experience unlike any other this treatment will reduce stress, increase circulation, and promote muscle relaxation. It is a rhythmic massage that is very soothing and relaxing. It is widely prescribed by physicians to enhance treatment for insomnia, anxiety and depression.

### Deep Tissue Massage\* - 60min/90min - \$120/\$155

A deeper massage that often begins with Swedish massage strokes to warm up the tissues, but also uses deeper pressure at specific anatomic points to open up very tight musculature. It is less rhythmic than Swedish, but creates greater and longer lasting reduction in tension. The term "deep tissue" refers more to working on deeper layers of muscle and connective tissue. Deeply addresses tight muscle groups without going past the point of resistance. It is highly beneficial for physical and mental stress reduction, athletic peak performance, sculpting and overall toning.

### Aromatherapy\* – 60min/90 min- \$110/\$140

Soothe your body and your senses with this incredibly healing treatment using essential oils. The massage includes a warm sage foot-wrap and combination of Swedish, Deep Tissue and Acupressure techniques. Your senses will be delighted and your spirit cleansed.

### Prenatal\* – 60 min-\$115

A wonderful treatment for the mother to be. A gentle technique is used to alleviate the physical discomfort and fatigue related to pregnancy. Prenatal massage improves circulation, diminishes back and hip pain, reduces leg cramps and swollen ankles. Only available after first trimester.

### Couples Massage\*-60min/90min-\$200/\$270

Enjoy a full body massage with a friend or loved one. Two massage therapist will work together in our large and comfortable treatment room. Experience a harmonious and synchronized relaxation together.

### Thai Yoga Bodywork–60min/90 min-\$110/\$140

This Thai therapy combines passive yoga stretches, massage, and acupressure to increase range of motion and help the body return to a state of balance. Stretching movements and pressure point work results in a relaxing yet revitalizing treatment. New energy will flow more easily through the body and leave you feeling rejuvenated. An experience not to be missed

### Reflexology\* – 30 min- \$55

Balance your entire system with this ancient treatment. Reflexology is a science that deals with the principle that there are reflex areas in the feet, which correspond to all of the glands, organs and body systems. Relieves muscle tension, improves flexibility and assists in injury recovery.

### Facials

#### Express Mini Facial \*-30min - \$55

A quick pick up. Achieves maximum results in minimum time includes cleansing, exfoliation, customized mask, toning and moisturizing, for those with a busy lifestyle. (No Extractions)

### Rejuvenating Facial \*-60min - \$100

An excellent regimen for any type skin, it clarifies, hydrates and restores healthy beautiful complexion. Includes professional skin analysis, cleanse, exfoliation along with a facial massage and a customized mask. (Extractions optional)

#### Deep Pore Cleansing Facial \*- 60min - \$110

This facial is for major concerns of congested, oily, blemish and Acne prone skin. This deep pore cleansing facial is the ultimate in acne management. Helps target current blemishes while helping to prevent breakout activity. (Includes Extractions)

#### Anti Aging Facial \*- 60 min - \$115

This special anti-aging facial treats the face, neck and décolletage. Includes a supersonic exfoliation to stimulate blood circulation, produces new collagen, slow signs of aging and delivers skin repairing vitamins to improve skin elasticity, tone and texture.

#### Instant Lift Facial\*- 60min - \$125

A tightening and toning facial that stimulates, healthy circulation, decreases puffiness and inflammation, revives a dull complexion and brightens the skin. Infused with antioxidants and pressure points, this is the perfect pre-wedding, photo shoot, evening out, or time-to-look-your best facial. (No Extractions)

#### Gentleman's Facial\*- 60 min - \$110

Excellent skin treatment includes skin analysis, deep cleansing, exfoliation, extractions and customized face mask for hydration. Followed by a stress relieving massage of face, neck and shoulders.

#### Back Facial\* - 30min - \$55

The hard to reach and often neglected back is treated to a deep pore cleansing, exfoliation, steam, extractions, mask and moisturizer. Show off your back!

## Spa treatments Rates

### 10 - Pack

|                   |                |                     |           |
|-------------------|----------------|---------------------|-----------|
| Swedish (60)      | \$950          | Anti Aging Facial   | \$1092.50 |
| (90)              | \$1250         | Instant Lift Facial | \$1187.50 |
| Deep Tissue (60)  | \$1150         |                     |           |
| Aromatherapy (60) | \$1050         |                     |           |
| (90)              | \$1350         |                     |           |
| Prenatal (60)     | \$525 (5 Pack) |                     |           |

### Treatment Enhancements \$15

Added Indulgences (included in the time of your treatment)

**Eye lift** (add to facials only) Designed to firm and tone the delicate skin around the eyes and lift the brows, while reducing puffiness and dark circles.

**Scalp massage** (add to massage or facial)

**Rejuvenating Hand Treatment** (add to facials only) A moisturizing and healing hand treatments, includes exfoliation, deep hydration and massage.

**Collagen Mask** A collagen mask to restore hydration and reduce the appearance of sun damage.

## Sports Massage\* -60min/90min -\$125/\$160

Stretching and Range of Motion used with Deep Tissue & Swedish massage techniques specifically adapted to deal with the effects of intense physical exertion on the body. Its primary purpose is to ease stiffness and pain in both muscles and joints, increase mobility in muscles and joints, warm muscle and connective tissue prior to exercise and help in removing toxins and lactic acid after a workout. This treatment is done with a peppermint oil to soothe muscle aches and pain.

## Lavender or Peppermint Herbal Scrub

\*- 60min/90min -\$125/\$160

Experience the special treatment of natural refined sea salts and essential oils, blended together for the ultimate body exfoliation. Also includes a massage to improve blood circulation, energy flow and release tension.

### Waxing Rates

|                           |              |
|---------------------------|--------------|
| <b>Brow clean</b>         | <b>\$25</b>  |
| <b>Brow Shape</b>         | <b>\$35</b>  |
| <b>Full arms</b>          | <b>\$45</b>  |
| <b>Half arms</b>          | <b>\$25</b>  |
| <b>Under arms</b>         | <b>\$15</b>  |
| <b>Lip or chin</b>        | <b>\$10</b>  |
| <b>Full Face</b>          | <b>\$40</b>  |
| <b>Bikini</b>             | <b>\$40</b>  |
| <b>Partial Brazilian</b>  | <b>\$50</b>  |
| <b>Full Brazilian</b>     | <b>\$65</b>  |
| <b>Full Legs</b>          | <b>\$60</b>  |
| <b>Half Legs</b>          | <b>\$35</b>  |
| <b>Upper leg w/Bikini</b> | <b>\$50</b>  |
| <b>Back</b>               | <b>\$65+</b> |
| <b>Chest</b>              | <b>\$65+</b> |

TCR *Spa*

## Package Savers

### TCR Energizer

Swedish massage  
Rejuvenating facial  
2hrs - \$190

### TCR Head to Toe

Scalp massage  
Swedish massage  
Reflexology  
1hr 45min- \$166.25

### TCR Refresher

Lavender Scrub  
Rejuvenate facial  
2hrs- \$213.75

### The TCR Goddess

90 min Swedish  
60min Facial  
Brow Shaping  
30min Reflexology  
90 Min Thai Massage  
4.5 Hrs- \$426.49

### Appointments

Please arrive 15 minutes early to allow enough time to check in, receive your full service. Luxurious steam, sauna and showers included in all services.

### Cancellation Policy

Full payment must be received to book a service. With more than 24 hours notice, a service may be re-scheduled or kept on account as a service. Cancellation with less than 24 hours notice will result in full loss of service fee. No refunds.

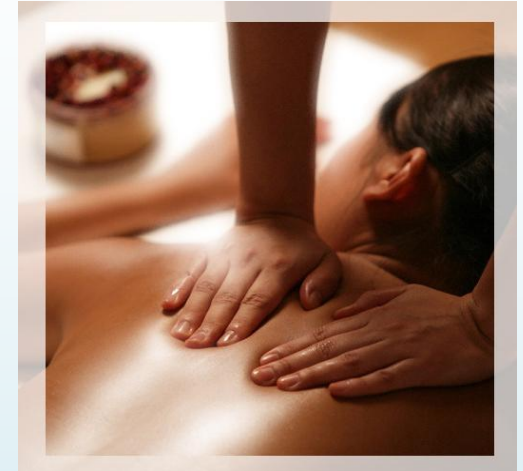
### Gratuities

18 % to 20 % is appreciated

\* All clients must have reached their 16<sup>th</sup> birthday

# Spa Services

2009-2010



**Massage Therapy**  
**Body Treatments**  
**Facial Treatments**  
**Body Waxing**

# TCR

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