

# WELLNESS SPA MENU OF SERVICES



**BACK TO BLISS**

**CENTER FOR WELLNESS**

## Back To Bliss' Signature Series

Signature Elemental Massages – Tap into the core rhythms of your body, breath, and mind with our signature massage experience. Choosing the right elemental tone allows the massage to speak deeply to your core and compassionately connect your muscles, nervous system, heart, and mind. This deep connection releases stress and restores balance through all levels of your being. Choose from Space (restful,) Air (connecting,) Fire (intense,) Water (delightful,) or Earth (energizing) tones.

	Associate	Advanced	Senior
30 min -	35	40	45
Buy 6, get 1 free	210	240	270
45 min -	40	45	50
Buy 6, get 1 free	240	270	300
60 min -	45	50	55
Buy 6, get 1 free	270	300	330
75 min -	55	60	65
Buy 6, get 1 free	330	360	390
90 min -	65	70	75
Buy 6, get 1 free	390	410	440

Signature Therapeutic Facials – These ayurvedically based Hylunia facials include massage, cleansing, moisturizing, steam treatments, and product applications. Applications include facial steam, extractions, product applications, exfoliation, moisturizer, toner, and more. We meet the needs of your skin with a focus on relaxation and individualized treatments.

90 min -	60	65	70
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Pregnancy Massage – Finding relaxation and relief from the pains of an ever-changing body are the goals of this massage. Whatever body position and techniques at our disposal that are needed to help you and your little one feel great will be employed. Our low price point for pregnant moms is our commitment to keeping you at your best!

~60 min -	38	40	42
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Of Note: When receiving a service at Back To Bliss, you should expect to receive complimentary tea and a full access to our dedicated Relaxation Room where you can enjoy quiet after your service. We also offer free on-site child care in our Children's Retreat for parents enjoying services in our Salon or Spa.

Back To Bliss also offers you the services of our couples massage room where two people can receive massages side by side for an intimate experience. Choose any of our regular services when requesting our couples room.

We are a facility dedicated to education and spreading the word on the importance of massage therapy. We will often have student massage clinic hours available. Call for availability.

Student Massage Rates: 30 min for \$20 60 min for \$30 75 min for \$35

## True Beauty Skin Care Series

Change both the way you look and the way you look at yourself with these services. It's time to start feeling great about yourself again. Prepare to enter a blissful and relaxing experience where you let the cares and worries of your day disappear.

Sugaring / NuFree Body Waxing – Allow our estheticians to keep your body looking sexy and young with our natural body hair removal systems. No toxic follicle killing chemicals or hormone disrupting agents are in our hair removal products.

Abdomen -	24	25	26	Full Face -	19	20	21
Bikini Line -	29	30	31	Full Leg -	58	60	62
Brazilian -	63	65	67	Upper Lip -	9	10	11
Brow -	9	10	11	Lower Leg -	34	35	36
Face / Chin -	11	12	13	Shoulders -	24	25	26
Fingers -	9	10	11	Toes -	9	10	11
Full Arm-	27	28	29	Under Arm -	19	20	21
Full Back -	48	50	52				

Natural Acne Balancing Facial – Perfect for those of all ages battling blemishes at any level. The benefits of papaya enzymes, vitamin c, lavender and organic clay allow the skin to repair and heal. This treatment provides a thorough cleanse, tone, double exfoliation with steam, blemish extraction and restorative high frequency application. Finish with a purifying mask, massage and skin type specific moisturizer, creating beautifully healthy skin.

90 min –	60	65	70
45 min (Maintenance) –	45	50	55
Buy 6, get 1 free Maintenance Pkg. –	270	300	330

Ayurvedic Facial – One of India's ancient beauty secrets. This facial, using natural Bindi products of rare and exquisite aroma-extracts, creates exceptional results. Specialty products are included for all skin types, including mature skin. Treatments are specifically designed for each individual's constitution based on a personalized diagnosis. Allow 15 minutes for intake before you service.

60 min -	45	50	55
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Men's Grape Seed Facial - Created to balance his skin without the hangover of feminine aromas and creams, our products deeply clean, exfoliate and hydrate even the roughest and toughest of them all!

45 min -	45	50	55
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Sweet Surrender– Delights the senses with honey, hot towels, peppermint, and chocolate. Exfoliate, massage, and allow the stimulating peppermint oil to increase circulation and detoxify both your hands and feet. Sink into the decadent side of life with this blissful hand and foot treatment.

30 min -	25	30	35
60 min -	55	60	65

Body Wraps - Our treatments incorporate a stimulating dry-brush technique to slough off dead skin cells and improve circulation. Then the skin is moisturized in light aromatic oil, followed by our body masques. You are then wrapped in a heated thermal cocoon and have time to fall into a deep, warming state of relaxation as your body eliminates toxins. While relaxing, you experience a calming scalp massage. Finally, your skin is drenched in healing and restoring cream with a brief massage.

45min -	37	40	43
60 min -	42	45	48

Body Ease Combination Therapy Series

An issue specific series of treatments designed to bring together multiple disciplines of natural therapy and bodywork for an effective and enjoyable experience. Choose your body area of concern and schedule a series of treatments for best effect.

Belly Ease – Amazing amounts of tension at the physical and emotional level can be eased away with regular belly massage. Feel energized as your organs of digestion and elimination are brought back into balance.

	Associate	Advanced	Senior
30min -	30	35	40

Breath Ease – Relax the muscles of inspiration while aroma, steam, and other subtle techniques work to release the deeper emotional and nervous system components of constricted breathing.

30 min -	40	45	50
60 min -	55	60	65

Heart Ease – Let this unique treatment lead you to bliss by uncovering the beauty that lies within. Start by finding a comfortable meditative sitting posture and enjoy massage, breath work, and guided meditation to open the heart.

45 min -	40	45	50
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Headache Ease – This therapeutic treatment seeks out and addresses tension in the major headache causing muscles.

45 min -	40	45	50
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Traveler's Ease– This 15 minute vigorous full body massage gets all of your major muscles moving again, so you can too. You'll be amazed at how effective this simple service is at working the kinks out of your shoulders and hips. Great for a 15 minute rest stop to refresh and revive you. Performed fully clothed and can be optimized with a 15 minute BioMat upgrade following your service.

20 min -	18	20	22
15 min BioMat Upgrade -	\$5		

## Clinical Massage Therapy Series

NMT (Neuro Muscular Therapy) – This clinical approach to bodywork provides detailed analysis along with pin point muscle work to return balance to the way the brain and muscles communicate. Ideal for pain, strain, posture, and long term functional problems in the body. A typical series will include therapy at more frequent intervals, often two or three times a week until we can space them out further.

	Associate	Advanced	Senior
15 min -	15	20	25
Buy 6, get 1 free	90	120	150
30 min -	25	30	35
Buy 6, get 1 free	150	180	210
45 min -	35	40	45
Buy 6, get 1 free	210	240	270

Lymphatic Detox Massage – This service provides powerful detoxification through delicate pressure and soothing rhythm. Float away during this peace filled massage which focuses on the front side of the body. Exfoliate and stimulate your skin, receive a blissful massage, then rest and allow the body to continue moving fluids and toxins out of your system. Please schedule 40 minutes of rest afterwards in our relaxation room.

60 min -	45	50	55
90 min -	65	70	75
120 min -	85	90	95

Cranial Sacral Massage – Deeply working yet blissfully gentle, this therapy interacts with the fluid system that infuses the spine and brain. By opening the connective tissue blockages that distort the bodies core fluid system, this massage allows our central nervous system to be unfettered, nourished, and cleansed.

60 min -	50	55	60
90 min -	70	75	80

Reflexology - **Revitalizes your bodies' natural healing forces so that every cell feels calm, balanced, and relaxed.** Pamper yourself with this foot treatment and rejuvenate the foundation of your body. Using the **body's natural connections, this treatment stimulates and balances the organ** systems of your body.

30 min -	30	35	40
60 min -	45	50	55

BioMat - Brings you tranquility and focus in only 15 minutes. Far infrared light rays and negative ions stimulate blood flow while a guided relaxation leads you to deep rest. Remain fully clothed for this relaxation experience.

All Levels: Single Treatment - \$5      5 Pack - \$10

Consultation / Therapy - Take control of your health and happiness through natural and complimentary therapies. Let our experts help you zero in on alternative remedies and options for your concerns.

General Wellness	25/ 30 min	30/ 30 min	35/ 30 min
Aromatherapy	15/ 30 min	20/ 30 min	25/ 30 min
Flower Essence	free/ 15 min	free/ 15 min	free/ 15 mi

## Specialty Services From Around the World Series

Let these unique experiences take you away to exotic locales as you free your mind and body from cares, stress, and the humdrum of everyday life.



Abhyanga (India) - Connects you to all levels of your being with long head-to-toe sweeping massage strokes. Surrender to the profound and soothing rhythms of this massage. Reconnect your body, emotions, and mind and release deeply buried tension from body, mind, and soul. 60 minute services include the body, while longer treatments include specialized neck, face, and décolleté flows.

60 min -	55	60	65
75 min -	65	70	75
90 min -	75	80	85

Thai Massage (Thailand) - Nuad Paen Bo'Rarn, or traditional Thai massage, consists of thumbs, elbows, palms, forearms, feet and knees all rhythmically working together to open up meridians (energy lines) and stretch the body out. The intent is to guide the body, mind and spirit into a state of balance and harmony, to promote self-healing.

75 min -	80	85	90
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Reiki (Japan) - **Strengthens the bodies' healing force. This subtle energy therapy balances the** endocrine system and increases the free flow of energy throughout the body. Energy centers strongly affected lie on top of endocrine glands and nerve plexuses making this service particularly helpful in balancing emotions and hormones. This meditative service is performed fully clothed with no oil or other lotions applied to the skin.

~30 min -	30	35	40
~60 min -	55	60	65

Hot Stone Massage (South-West America) - Deeply soothes and warms the body. Delight in this flowing massage where hot stones melt your cares away. *Please request this service specifically when scheduling your appointment to allow for stone preparation time.*

60 min -	60	65	70
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\*All regular gift certificates, series, and packages expire 1 year from purchase date.



## Organic Salon

Our salon has zero tolerance for toxins. Our colors and perms have all the vibrancy, color range and longevity found in traditional chemical services without the toxins, negative side effects, or fumes. Rest assured that you can find the best possible results with our high quality natural organic products.

	Associate	Advanced	Senior
Haircuts - include shampoo, shoulder massage, cut and style.			
<b>Women's</b>	19	22	25
Buy 6, get 1 free	114	132	150
<b>Men's</b>	13	16	19
Buy 6, get 1 free	78	96	114
<b>Kid's</b> (10 and under)	10	12	14
Buy 6, get 1 free	60	72	84

Non-Toxic Coloring Services – includes shampoo & style. Our colors have no ammonia.

All over color	40+	45+	50+
Total Drama – all over color + drama lights	55+	60+	65+
Full Head Foil	55+	60+	65+
Partial foil - top half of head	38+	43+	48+
Drama Lights – five to ten foils	27+	30+	33+

Non-Toxic Perms – includes shampoo and style.

Permanent wave	55+	60+	65+
Specialty Wrap – in addition to perm	20+	20+	20+

Styles – include shoulder massage, and style.

Extra Style – shampoo & style for those occasions when you want to bring just a little extra pizzazz to your look.	17	20	23
Un-Style – Add a shampoo and style after any massage service to undo that funky relaxed do that your massage therapists do so well.	12	15	18
Double Take – Up style that gives them a double take	37+	40+	43+
Princess Style – Up style for the 6 and under crowd.	27	30	33
Bridal Style – Price includes your practice style.	69+	72+	75+

\*For Up Styles, come with dry hair and bring your accessories.

## Organic Facial Waxing

Eyebrow waxing – shaping of the eyebrows	9	10	11
Lip waxing – hair removal of the upper lip	9	10	11

Specialty Services – includes head massage and treatment. They are often necessary to prepare hair for color or perm, these treatments remove residue from hard water and past chemical services. Our specialty services are discounted when added to any other hair service.

Conditioning treatment	17	20	23
Hard water/clarifying treatment	17	20	23
Scalp treatment	17	20	23
Hair Glitz – Price per strand	2	2	2

## YOGA & FITNESS STUDIO

Work to strengthen, stretch, and reconnect with your body and mind. For specific class descriptions, see our schedule brochure, call our front desk, or visit our website.

Series Pass: Series passes are valid for a single class time and for a specific period of time. These classes expire after your series ends. Series passes have a lower price per class but are only best for those who can consistently attend their chosen sessions. They are not transferable to other classes and expire regardless of use.

Drop In Rate: all class types	10
Jazzercise Series: 5 weeks	30
Yoga Series: 5 weeks	30 for (any single class series)
Zumba Series: 5 weeks	20 for 45 min classes 25 for 60 min classes
\$7 for 7 Days Promotion	7 – limit 1 use per person

Sticky Pass: Sticky class passes will not expire for two years and can be used for any regular yoga class up to 1.5 hours long. Sticky passes are best for people who drop in here and there; who come to many different classes throughout the week, and otherwise cannot attend a single class time consistently.

5 Class Pass -	35
10 Class Pass -	60
18 Class Pass -	90

Specialty Class: We offer a wide variety of single event workshops, lectures, and wellness programs that enlighten, uplift, and empower you to take wellness into your own homes and life. These classes and workshops are all individually priced.