

Our special touch

Your day at the Harbor Bay Club will not be complete until you have experienced the relaxing, soothing touch from a Massage, a Facial, or one of our other Spa services. After spending a day by the pool or working out, the comfort and pleasure of our Spa Services can do wonders for your health and well being!

Our professionally trained and certified therapists are ready to pamper you!

COLORES • PROTECTS • CORRECTS
colorescience[®]
MICRONIZED MINERAL MAKEUP

dermalogica[®]

SPARITUAL

G.M. COLLIN
PARIS

open 7 days a week
for appointments

Go to: www.harborbayclub.com

link: "Book An Appointment"

Or call

510-521-5416 ext. 125

The Spa at Harbor Bay

appointments

We suggest making appointments in advance. Appointments can be made 24 hours a day On-Line at www.harborbayclub.com. Credit card guarantee required.

cancellation policy

Cancellations received less than 24 hours prior to appointment will be charged 100% of price of service.

check-in

We encourage you to arrive 20-30 minutes prior to your appointment, so you can shower, enjoy the whirlpool, steam, sauna or just relax. Arriving early will allow you to enjoy each wonderful minute of your treatment. Remember that treatments begin and end on time so that the next guest isn't delayed.

special amenities

Men's & Women's Spa locker rooms are equipped with key lockers, whirlpool, steam, sauna, showers, and personal amenities. Our Spa waiting room is set in a peaceful setting. Robes and locker's are provided for guest use, with collateral, while at the Spa at Harbor Bay.

children's center

Our Children's Center is available to all clients during Spa Services for a small fee. Call 521-5416 ext. 115 to make a reservation for your child. Please allow 15 minutes after dropping off your child to check in for your appointment.

gift certificates

Give the ultimate gift of wellness. We have gift certificates for treatments or products. Best of all, call us with a credit card and we can mail the certificate with a personalized greeting.

gratuity

Gratuities are appreciated and are solely at your discretion.

skin care products

Our facial treatments are done with Dermalogica, GM Collin, and Jan Marini. We carry these Skin Care lines, along with Colorescience Mineral makeup, for your home care in our Pro Shop.

our treatments

Our therapeutic treatments are tailored to meet your individual needs, targeting specific concerns. Please let us know in advance of special conditions staff should be aware of.

facials

Our Facials are tailored to meet your individual needs, targeting specific concerns. Following a consultation, your skin therapist will customize a treatment program specific to your skin's needs. Facials are done with Dermalogica and GM Collin skincare, followed by Colorescience makeup/treatment advice.

Getting Started:

classic european facial

This revitalizing treatment from Dermalogica begins with a deep cleansing, followed by a gentle enzyme peel, to reveal smooth, glowing skin (extractions can be done). A face, neck & shoulder massage is certain to ease your mind and spirit, while a massage on the hands or feet will emphasize relaxation. A revitalizing masque, followed by a nutrient-rich moisturizer, will hydrate, protect and help restore the natural balance of your skin.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$65	\$75
Series of 6 (60 min.)	\$350	\$405

skin care consultation

Too busy for a Facial, but you need help choosing the right Skin Care for your skin type? Your Esthetician will evaluate your skin (including a Woods Lamp evaluation) and help customize your home Skin Care regime. If you purchase a min. of \$70 of Skin Care, \$15 is applied to your purchase.

	<u>HBC Members</u>	<u>Guests</u>
30 minutes	\$15	\$17

express skin care treatment

This complete treatment is the perfect blend of cleansing, a customized masque, toning and moisturizing for people on-the-go. This treatment includes massage of the feet or hands, but does not include extractions.

	<u>HBC Members</u>	<u>Guests</u>
30 minutes	\$45	\$50

teen facial

A facial which is designed for teenagers (up to age 19 only). A gentle facial, including skin analysis, cleansing, extractions and masks. Our Estheticians will help you develop good skin care habits that will benefit you for a lifetime.

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$50	\$55

(For those over 19 we suggest our Acne Facial)

Prices of all services subject to change.

Acne Facials:

mediBac acne facial

It's the end of the line for adult acne with this new powerful treatment that jump-starts acne clearing and helps prevent acne well beyond the treatment. A deep-cleansing is followed by professional exfoliation to remove pore-clogging skin cells and extractions to help clear current breakouts without spreading acne-causing bacteria. The application of our soothing professional masque system detoxifies skin while calming irritation and redness.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$65	\$75
Series of 6(60 min)	\$350	\$405

high frequency acne treatment

This 15 minute treatment is recommended as a follow up after an Acne Facial with one of our Estheticians. High-frequency electrical current increases cell oxygenation, kills bacteria, relieves inflammation, and increases circulation aiding in healing.

	<u>HBC Members</u>	<u>Guests</u>
15 minutes	\$12	\$14

puracne oxygen facial



This revolutionary oxygenating acne treatment is designed to clear skin congestion, detoxify, revitalize fatigued, stressed and dull skin. Formulated with 2% Salicylic Acid(BHA), 15% Glycolic & Lactic Acids(AHA's), and a unique Oxygen Complex, it controls acne and hydrates in depth. The skin becomes luminous, healthy and younger looking.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$75	\$85
Series of 5 (60 min.)	\$345	\$390

Suggested series: once per week for 5 consecutive weeks.

Men's Facials:

men's exclusive facial

A deep cleansing begins the treatment, followed by an enzyme peel and extractions. The subsequent massage and foot or hand reflexology are certain to release tension and stress. The application of a soothing masque will balance and hydrate your skin. You will leave with a customized treatment regimen designed to help alleviate shaving bumps and irritation.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$65	\$75

Men's Facials (con't):

men's sports facial

A comprehensive skin consultation will lead to a customized deep cleansing and exfoliating scrub. A pressure point massage with essential oils balances the skin, while reflexology will relax your hands or feet.

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$50	\$55

Anti-Aging Facials:

collagen 90-II treatment



A highly sophisticated elective clinical treatment formulated with 95% pure collagen to hydrate and renovate the skin.

An intensive moisturizing, anti-aging treatment program for fatigued or mature skin unable to retain sufficient moisture. It provides outstanding results in terms of hydration, epidermal regeneration,

wrinkle smoothing and prevention, as well as scar treatment. The collagen mask is left on for 30 to 45 minutes while the esthetician does a glycolic treatment on hands & feet and a hand to shoulder & foot to knee massage for the ultimate pampering and amazing results that last!

	<u>HBC Members</u>	<u>Guests</u>
90 minutes	\$105	\$112
Series of 5 (90 min.)	\$483	\$515

Suggested series: 5 sessions / one per week for 3 consecutive weeks, then 1 session every 2 weeks for the last 2 session. Two times per year.

If skin is dehydrated do 2 Hydrolifting Facials, one per week, before beginning Collagen 90-II series.

age smart—anti aging facial

Are the signs of aging becoming more prevalent on your skin? Give a revitalizing boost with this treatment designed to help firm, smooth, nourish, regenerate and energize while controlling the biochemical triggers that lead to skin aging. Potent vitamin and hydroxy acid exfoliation resurfaces and retexturizes skin while energizing massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely aging, mature or devitalized skin.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$65	\$75
Series of 6 (60 min.)	\$350	\$405

Anti-Aging Facials (con't):

sea C spa vitamin C treatment



A vitamin C anti-oxidant, anti-aging and hydrating treatment that improves micro-circulation, cell regeneration, skin elasticity and natural defense mechanisms.

For unparalleled results, Sea C Spa unique concept combines vitamin C, moisturizing algae patches and an organic mud mask. It gives long-lasting results on fine lines and

wrinkles, as well as a youthful skin appearance.

	<u>HBC Members</u>	<u>Guests</u>
75 minutes	\$95	\$105
Series of 4 (75 min.)	\$350	\$385

Suggested series: 4 sessions / one per week. Then one monthly.

BOTINOL



G.M. Collin's signature anti-aging treatment. This innovative, clinically proven procedure combines five peptides including Matrixyl, Myoxinol, Argireline, with Retinol for a Botox®-like effect without injections. This relaxing treatment session offers pleasant textures and exquisite essences delivering an overall sense of well-being.

An ideal treatment for people determined to mask the signs of aging.

Benefits: After just one treatment, expression lines appear relaxed, lines and wrinkles are visibly reduced, and the skin is plumped.

	<u>HBC Members</u>	<u>Guests</u>
90 minutes	\$113	\$123
Series of 4:	\$416	\$452

Lifting/Firming Facials:

hydrolifting anti-aging facial



A specialized one-step elective clinical care to moisturize, lift and firm! An anti-aging treatment, composed of biotechnological extracts and hyaluronic acid. *G.M. Collin Hydrolifting* is an effective moisturizing, lifting and toning treatment. Great to do day of any event to look your best

	<u>HBC Members</u>	<u>Guests</u>
75 minutes	\$83	\$93
Series of 4 (75 min.)	\$305	\$340

Suggested series: Intensive: 3-6 treatments, once weekly.
Maintenance treatment: once monthly.

Lifting/Firming Facials (con't):

NuFace® Quick Lift Microcurrent Facial

This facial is the ultimate instant gratification treatment. This 30 minute facial incorporates an FDA approved microcurrent device that works with your muscle memory to lift and tone your face and reduce fine lines and wrinkles for a more youthful appearance instantly.

	<u>HBC Members</u>	<u>Guests</u>
30 minutes	\$45	\$50
Series of 6 (30 min)	\$243	\$270
Add-On Lift (15 min)	\$20	\$25

Skin Brightening Facials:

chroma white—skin lightening facial

Accelerate brightening, improve skin tone, enhance skin clarity and create a fresher, healthier appearance with this effective treatment. Powerful exfoliants smooth skin and slough off dulling surface cells, helping to minimize the appearance of sun and age spots. Botanical extracts help treat and prevent cellular discoloration for unsurpassed brightening and tonal balance.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$65	\$75
Series of 6 (60 min.)	\$350	\$405
Add-On for Hands	\$11	\$12

Series protocols will vary depending on the amount of hyperpigmentation. Your Skin Therapist will suggest the number and frequency of treatments needed.

derm renewal clinical peel



A professional deep exfoliating treatment that combines a performing high-technology patented complex, offering the full benefits of AHAs without the sting. The Amphoteric Hydroxy Complex contains Glycolic and Lactic acids with Arginine to promote skin renewal and moisturization.

A neutralizing gel allows a customized application to soothe your individual skin needs.

Benefits: Brightens the complexion, detoxifies and lightens pigmentation spots, for all skin types.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$65	\$75
Series of 6 (30 min.)	\$245	\$275

Suggested series: Intensive: 3-6 treatments, once weekly.

Moisturizing Facials:

power regeneration treatment

Combined vitamin and hydroxy acid exfoliation, energizing massage techniques that release tension in the facial muscles and a specialized masque make this the ultimate skin therapy for prematurely-aging, dry or devitalized skin. Skin will be noticeably firmer, smoother and revived. Extractions are not done during this Facial.

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$50	\$57
Series of 6(45 min)	\$275	\$310

alga mask facial



A thermo-corrective skin treatment, creating a cooling effect on the skin, to decongest and soothe. Its algae extracts promote hydration, reduce redness and restore the healthy look of all skin types, instantly leaving the skin radiant. A 3-in-1 elective clinical care for a well-hydrated skin and brightened complexion.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$70	\$80
Series of 4 (60 min.)	\$258	\$294

Suggested series: once or twice monthly.

Add

Derm Renewal Peel \$10 \$10

to alga mask for a Lightening Facial or a Detoxifying Facial for Acne Prone Skin

Skin Care for your Back:

back facial treatment

This effective back facial begins with a deep cleansing of the back to remove excess oil and debris, followed by an exfoliation (extractions are done if necessary). Lastly, a stress relieving treatment with essential oils and a customized masque will leave you relaxed and your skin radiant. This is truly a "facial" for your back.

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$50	\$57

thermal touch for back purification

De-stress your muscles and cleanse the skin of impurities with this purifying and relaxing back treatment. A deeply-cleansing scrub with Body Microfoliant, sloughs off dead skin cells, readying skin for the removal of toxins with Enzymatic Sea Mud. Your hardest parts to reach will be cleansed, polished, hydrated and refreshed!

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$50	\$57

Add-On to your Facial:

thermo-plastic mask

This warming thermo-corrective treatment increases the absorption of skin preparations and promotes better skin oxygenation. Excellent for detoxifying oily or asphyxiated skin and for facilitating extraction of black-heads. It frees the skin of excess toxins and impurities, resulting in a clear complexion. Its stimulation properties improve the appearance of crow's feet, drooping eyelids, bags under the eyes and lip contour.

	<u>HBC Members</u>	<u>Guests</u>
mini facial mask		
40 minutes	\$40	\$45
eye & lip add-on	\$10	\$10
to <u>almost</u> any facial		
(can not add-on to Collagen 90-II or Botinol Facials)		
décolleté add-on	\$20	\$25
(can add to any facial)		

thermal touch for hands & arms

Your arms and hands will meet their relief during this Thermal Touch Treatment that includes paraffin. This customized treatment is designed to cleanse, exfoliate, hydrate and condition the hands and arms so they are smoother, brighter, healthier and refreshed.

add-on	<u>HBC Members</u>	<u>Guests</u>
15 minutes	\$15	\$20

thermal touch for décolleté

Don't stop at the neckline! Improve the health and appearance of your décolleté with this treatment that's great for prematurely-aging, sunburned or irritated skin. Help repair damage brought on by long-term or recent exposure to the elements with intensely hydrating and nourishing ingredients.

add-on	<u>HBC Members</u>	<u>Guests</u>
15 minutes	\$15	\$20

thermal touch for legs & feet

It's time to give your lower legs the attention they deserve! Cleanse, exfoliate, hydrate and moisturize for healthy and revitalized skin and muscles that are ready to take on the day!

add-on	<u>HBC Members</u>	<u>Guests</u>
15 minutes	\$15	\$20

make-up

make-up consultation

One of our professional Estheticians or Makeup Artists will spend 30 minutes with you choosing the best colors for you from our all mineral make-up line, **colorescience** and giving you basic make-up tips. If you purchase a minimum of \$60 of **colorescience** during your appointment, \$15 is applied to your purchase.

	<u>HBC Members</u>	<u>Guests</u>
30 minutes	\$15	\$17

(offered by all Estheticians & Makeup Artists)

make-up consultation plus makeover*

This 45 minute session takes our make-up consultation to the next step! Our Makeup Artist will cleanse, tone and moisturize your face and then apply your make-up. We will help you choose the **colorescience** colors that best suit you and do a quick makeover so you can really see first hand what colors are best for you.

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$20	\$23

We also offer: special occasion make-up, make-up lessons, & Bridal Makeup.

* See our Make-Up Brochure for more information.

lash & brow tinting

		<u>HBC Members</u>	<u>Guests</u>
Lash Tint	30 min.	\$18	\$20
Brow Tint	30 min.	\$13	\$15
Brow & Lash	45 min.	\$27	\$31

SpaWhite Express—Teeth Whitening

Achieve a brilliant white smile and a youthful look in less time. This procedure begins with a preparation period followed by one 15 minutes of whitening. Excellent for a touch-up, too. Get your "smile-on" in less time and for less money!

	<u>HBC Members</u>	<u>Guests</u>
30 minutes	\$115	\$129

SpaWhite Silver—Teeth Whitening

SpaWhite Silver is clinically proven to whiten your teeth 4 to 9 shades. The complete procedure takes just over 30 minutes. The procedure begins with a preparation period followed by two consecutive 15 minutes of whitening. (brush teeth 3 hours or more before SpaWhite Whitening session). Treatment comes with a Whitelce Post Whitener.

	<u>HBC Members</u>	<u>Guests</u>
45 minutes	\$210	\$229

fingers & toes

aura rituals

Our "Spa" Manicures & Pedicures. Our aromatherapeutic journeys balance the body's full Chakra system. You choose your intent...Relax, Uplift, Inspire or Connect. Micro Algae and mineral salt infused with Organic Ginger essential oil will gently slough away dry skin. The aromatherapeutic properties of ginger are deepened with a full healing hand or foot massage using a hydrating therapy blend of organic Geranium, Eucalyptus, Frankincense or Ginger and Chinese Jasmine essential oils, Aloe, Shea butter, Sesame oil, Olive oil, Avocado and vitamins A & E. Includes all nail details and your choice of polish.

aura balance hand ritual

	<u>HBC Members</u>	<u>Guests</u>
50 min.	\$30	\$33

aura balance foot ritual

1 hr.	\$45	\$50
-------	------	------

aura balance hand & foot ritual

90 min.	\$67	\$75
---------	------	------

the shortcut (basic) rituals

Our Basic Manicures & Pedicures. A swift route to ultimate relaxation. Includes a blooming bath of Italian Mandarin and a focused hand & arm or foot & leg massage, with a blend of Essential oils, will restore vitality. This basic manicure includes all nail details and your choice of polish.

the shortcut hand ritual

	<u>HBC Members</u>	<u>Guests</u>
25 min.	\$15	\$18

The shortcut foot ritual

30 min.	\$23	\$26
---------	------	------

The shortcut hand & foot ritual

1 hr.	\$31	\$36
-------	------	------

the journey foot ritual

During this **"Hot Stone Pedicure"**, Energy blocks are removed and tension is melted away by using warm stone massage therapy. The relaxing foot bath and sea salt exfoliation incorporate herbs and essences such as Geranium, Wildcrafted Ginger, Tea Tree, and Jasmine. Inner peace and balance is achieved with this ritual.

	<u>HBC Members</u>	<u>Guests</u>
50 min.	\$50	\$55

*Please Do Not shave your legs
24 hours prior to your Pedicure.*

amigo rituals (for men)

A gentleman's manicure & pedicure. Choose to energize, balance or relax as your hands or feet soak in a warm bath infused with Italian Mandarin oil. A vigorous mineral salt buff smoothes skin and promotes increased circulation. Essential oil blends of Wildcrafted Indonesian Ginger, and Vitamin E are used for a focused hand or foot & leg massage. A matte finish on clean, groomed nails make this the perfect choice for the gentleman.

amigo hand ritual

	<u>HBC Members</u>	<u>Guests</u>
25 min.	\$15	\$18

amigo foot ritual

50 min.	\$40	\$45
---------	------	------

amigo hand & foot ritual

80 min.	\$50	\$57
---------	------	------

for your little princess

Manicures & Pedicures for girls up to 11 years old. Created especially for our younger girls. These mini rituals include a bubbly hand or foot soak, nail trimming and shaping, light massage, and a polish of choice.

little princess manicure

	<u>HBC Members</u>	<u>Guests</u>
15 min.	\$9	\$11

little princess pedicure

15 min.	\$12	\$15
---------	------	------

little princess mani/pedi

30 min.	\$20	\$25
---------	------	------

Extras and Add-On's

Let It Go Callus Remover

Add-on	\$5	\$5
--------	-----	-----

French Design Add-On

Hands OR Feet:	\$3	Hands AND Feet: \$6
----------------	-----	---------------------

Pumpkin Peel Add-On

Hands	\$9	\$9
Feet:	\$10	\$10

Polish Change

Fingers	\$6	\$7
Toes	\$9	\$10

Please Note: If a client has Athlete's foot, Planters warts, inflamed or infected skin, or where an eruption is present, the manicurist must, by law, refuse the service in order to protect themselves and other customers.

PerfectSense Paraffin

Relax and revel in warm physiotherapeutic paraffin infused with eleven vitamins, including A, C, E, D, B-5, B-12 – nutrients vital for your healthy skin. *PerfectSense™* delivers heat and hydration for soft, smooth skin and protection from dry, rough, achy or irritated hands and feet. Ideal for renewal and maintenance, the system ensures your safety with individually sealed treatments. Nourishing or Red Rock Detox formulas.

luxurious hand treatment

Treat your senses to a lovely aromatherapy with refreshing pure essential oils. Let your hands and/or feet indulge in a luxurious and relaxing deep heat envelopment for refreshed, relaxed and renewed results. PerfectSense Paraffin will leave your skin fully hydrated and youthfully moisturized. Treatment includes: Exfoliating Scrub, Moisturizing Serum, AromaVapor Therapy, Massage to Hands and/or Feet, PerfectSense Paraffin Treatment (Nourishing or Red Rock Detox).

	<u>HBC Members</u>	<u>Guests</u>
hands or feet		
30 minutes	\$30	\$35
hands & feet		
45 minutes	\$55	\$60

PerfectSense Paraffin add-ons

Add PerfectSense paraffin to any Facial or Nail Service.

	<u>HBC Members</u>	<u>Guests</u>
hands	\$15	\$17
feet	\$17	\$19
hands & feet	\$26	\$29

glycolic hand exfoliation add-on

This great add-on to any facial or nail service provides improvements upon the first treatment as it causes a rapid exfoliation of epidermal cells to loosen impactions, clarify skin, and reduce scars and hyperpigmentation.

	<u>HBC Members</u>	<u>Guests</u>
hands		
add-on only	\$11	\$13

note: Please allow 24 hours before glycolic treatments after waxing, as your skin may still be sensitive.

pumpkin peel treatment

Loaded with vitamin A & beta-carotene, pumpkins contain enzymes that when applied to skin, loosen the bonds that keep dead cells clinging to the surface. Pumpkin therapy peels away dull outer cells and delivers a burst of anti-aging and hydrating botanicals, leaving the skin smooth & radiant.

	<u>HBC Members</u>	<u>Guests</u>
hands OR feet	\$15	\$17
hands AND feet	\$26	\$29

waxing

		<u>HBC Members</u>	<u>Guests</u>
Half leg	30 min.	\$23	\$25
Full leg	50 min.	\$50	\$55
Basic Bikini*	25 min.	\$23	\$25
French Bikini*	35 min.	\$28	\$30
Brazilian-Bikini*	60 min.	\$50	\$60
-Maintenance*	45 min.	\$45	\$55
-Extended*	75 min.	\$55	\$65
Full leg & bikini	60 min.	\$65	\$70
Under arms	25 min.	\$13	\$15
Half arm	25 min.	\$23	\$25
Full arm	35 min.	\$33	\$35
Tummy	15 min.	\$11	\$13
Brow Shape	30 min.	\$23	\$25
Brow touchup	15 min.	\$13	\$15
Lip or Chin	15 min.	\$11	\$13
Full Face	35 min.	\$35	\$40
Back (men)	30 min.	\$40	\$45
Chest (men)	25 min.	\$28	\$30
1/2 Leg/Bikini	45 min.	\$42	\$45
Full Leg/Bikini	60 min.	\$65	\$70
Lip/Brow Shape	30 min.	\$34	\$38
Lip/Brow Touch Up	15min.	\$24	\$28
Lip / Chin	15 min.	\$22	\$26
Lip/Chin/Cheek	30 min.	\$33	\$39
Brow Shape/Tint	45 min.	\$36	\$40
Brow Touch Up/Tint	30 min.	\$26	\$30

* Basic Bikini - Waxing around panty line & inner thigh area

* French Bikini - Waxing approx 2" inside the panty line, working around the inner part of the thigh.

* Brazilian (The Full Monty) - For those looking out down below, this 'takes it all off' (except on the top, where it's optional). Some women wax it completely, some prefer to leave a strip or triangle of hair. To prepare for appointment wear loose fit panties, this is important because area will be very sensitive and tight fitting clothes won't allow skin to breathe, and return to natural PH level.

-Maintenance - Can be booked if you have had a Brazilian at HBC Spa within 3 1/2 weeks only.

- Extended - First Time Brazilian Appointment. Your Esthetician may choose this for you if you require more time than a regular Brazilian-Bikini even if it is not your first Brazilian.

+ We regret that we cannot perform waxing services on clients who are taking Acutane, Retin-A, Renova, Glycolic Acid, or antibiotics, due to the sensitivity these prescriptions cause to the skin. Please allow 24 hours before sun bathing, using a tanning bed, or glycolic treatments after waxing, as your skin may still be sensitive.

Threading

Brow Shape	30 min.	\$23	\$25
Brow touchup	15 min.	\$18	\$20
Lip or Chin	15 min.	\$14	\$16
Lip & Chin	15 min.	\$25	\$29
Cheeks	15 min.	\$16	\$18
Full Face	35 min.	\$45	\$50

thermal body therapy

Through the various benefits of heat and the undeniable power of touch, you'll experience a results-oriented body treatment like never before. Every Dermalogica Thermal Body Therapy Treatment is customized for your skin condition, designed to target your skin's most pressing concerns while delivering an amazing sensory experience.

nourishing sea mud therapy

Stimulate circulation while smoothing skin with this body wrap therapy that promotes skin nourishment. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin. Customized essential oils provide aromatherapeutic and skin benefits while Caffeine provides all-over toning. Rest in a warming wrap that induces blood circulation all while encouraging absorption of nourishing botanicals.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$75	\$85

body foliation therapy

Give your body the customized exfoliation it needs coupled with the warming sensation it craves! A gentle Oatmeal and Rice Bran powder activates to create a gentle yet effective exfoliant that whisks away dead skin cells, brightens skin and helps reduce the appearance of sun spots and hyperpigmentation. Skin is smoother and prepped for maximum absorption of rich, smoothing botanical oils. You'll leave this therapy with silky, healthier skin.

	<u>HBC Members</u>	<u>Guests</u>
40 minutes	\$55	\$65

power recovery therapy

An intense wrap therapy dedicated to feeding your skin with the nourishment it craves. A unique blend of Wheat Protein and Honey act as maximum hydrators while Wasabi, Ginger and White Tea stimulate blood circulation to promote healthier skin. Customized essential oil blends in a massage medium offer aromatherapeutic benefits, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

	<u>HBC Members</u>	<u>Guests</u>
40 minutes	\$55	\$65

power recovery 60 minute treatment

Start with body foliation therapy and follow with power recovery therapy for this 60 minute treatment. See body foliation and power recovery therapy above for more details on this great combo.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$75	\$85

deep thermal therapy & thermal stamp

Inspired by the practices of 14th century Thai Therapy, this Thermal Body Therapy Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralize, de-stress, exfoliate and relax. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along the pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

	<u>HBC Members</u>	<u>Guests</u>
75 minutes	\$107	\$118

salt-n-sugar scrubs

therapeutic aromaGlow

Certified Organic mineral enriched body scrub designed to moisturize and soften, while leaving your skin with a healthy glow. Choose from *ecoCalm* Stress-Relieving or *ecoBalance* Rebalancing Salt Glows.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$70	\$80

body firming anti-cellulite scrub

A revolutionary anti-cellulite treatment containing essential oils that work to eliminate toxins and improve circulation, leaving your skin with a wonderful healthy glow and increased firmness. *ecoSmooth* has a powerful blend of vitamins and a botanically derived emollient system team together to nourish and moisturize.

	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$70	\$80

super sweet sugar glows

Our Organically Certified sugars are derived from Sugar Cane in Paraguay to help prevent dehydration and stimulate cell renewal. Choose from our romantic *ecoVenus* or our Tropical (vanilla & coconut) *ecoTropix* to customize this scrub to leave any skin type silky smooth. In addition, a beneficial blend of vitamins leaves your skin with an incredible glow.

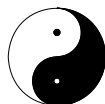
	<u>HBC Members</u>	<u>Guests</u>
60 minutes	\$70	\$80

ecoLogix spa retreat

Turn any of our salt or sugar scrubs into a 90 minute vacation. Begin with a full body polish using any of our ecoLogix scrubs and then relax with a Swedish massage using a complimenting ecoLogix massage oil.

	<u>HBC Members</u>	<u>Guests</u>
90 minutes	\$107	\$118

massage



Our Certified Massage Therapists will customize your full-body massage to meet your individual needs. A combination of techniques will loosen tense muscles, reduce stress, improve circulation, mobility, and soothe body and mind.

massage therapies

Our Certified Massage Therapists offer a wide variety of massage modalities including: Swedish, Deep Tissue, Sports, Reflexology, Shiatsu/Acupressure, Pre-Post Natal Massage, and more.

(See Massage Schedule for descriptions of our basic massage modalities and Therapist's Specialties. A session includes getting on and off the table and consultation).

	<u>HBC Members</u>	<u>Guests</u>
half hour session	\$40	\$45
one hour session	\$62	\$73
1 1/2 hour session	\$87	\$103

one hour massage series cards

	<u>HBC Members</u>	<u>Guests</u>
4 one hr sessions	\$230	\$270
10 one hr sessions	\$560	\$660

pre-post natal massage

Using bolsters and specialized massage techniques you can receive a massage while you are pregnant, that is safe and nurturing for you and your baby. You can lay on your stomach with the bolsters or on your side during the massage.

	<u>HBC Members</u>	<u>Guests</u>
half hour session	\$40	\$45
one hour session	\$62	\$73
1 1/2 hour session	\$87	\$103

aromatherapy massage

The beautiful art of Aromatherapy massage combines the healing properties of essential oils with massage to help you find tranquility, restore harmony, and enhance your sense of vitality.

	<u>HBC Members</u>	<u>Guests</u>
one hour session	\$66	\$77
1 1/2 hour session	\$90	\$107

hot stone massage

This form of bodywork utilizes heated stones to relax and ease tension and stress through the mind and body. Massage is done with the stones, penetrating the musculature with heat, releasing stiffness and soreness.

	<u>HBC Members</u>	<u>Guests</u>
1 hr treatment*	\$77	\$87
1 1/2 hour treatment*	\$105	\$120

acupressure

Acupressure massage is a safe and effective way to reduce such common stress related disorders such as headaches, ulcers, cramps, and insomnia by triggering the body's natural self-healing abilities. Each Acupressure session does not require removing your clothes. During a session your Acupressure Therapist, Chelsea, will use a variety of techniques covering most of the body. Although the touch tends to be light the work is quite intense. *See brochure.*

	<u>HBC Members</u>	<u>Guests</u>
Initial Assessment*	\$105	\$120
1 hr treatment*	\$77	\$87
1 1/2 hour treatment*	\$105	\$120
1/2 hour session	\$45	\$50

neuromuscular reprogramming

Neuromuscular Reprogramming is an approach to structural bodywork that engages the motor control center in the brain to rewrite the motor programs governing coordinated movement. It quickly corrects the dysfunctional postural and movement patterns resulting from overuse and injury that are the source of mystifying chronic pain and degeneration in muscles and joints. It assists rapid and accurate healing of acute injuries. *See brochure.*

	<u>HBC Members</u>	<u>Guests</u>
1 hr session	\$77	\$87
1 1/2 hour session	\$105	\$120
1/2 hr. session	\$45	\$50

massage & neuromuscular reprogramming

This combination of massage and NMR is a great way to try NMR while you get a therapeutic massage. Also for those who love NMR but would enjoy more massage during the treatment.

	<u>HBC Members</u>	<u>Guests</u>
1 hr session	\$70	\$80
1 1/2 hour session	\$96	\$111

*(*Treatments are one full hour and 90 full minutes)*