

### Lemongrass and Mint Detox

#### Wrap with Massage

We start your treatment with 10 minutes of our lymphatic draining vibration table. 10 minutes is equal to 1 hour of weight lifting but without the work. It forces oxygen into the blood and helps our toxin removal process. After your vibration session, you will disrobe and cover your body with a toga style sheet. You will then spend time wrapped in our infrared detox cocoon on low level to warm up muscles, heat up your core body temperature and prepare your body for your application of oils. The infrared also removes heavy metals, forces a deep relaxation and you will not only sleep great tonight, you will have a boost of energy that you will love. Our oil combination includes lemongrass, mint, eucalyptus and grapeseed oils which aid in muscle relaxation, soothes tight joints and lifts your senses. These oils absorb deep into the body where you will receive long term benefits. We dry brush the entire body to move the toxins out into your digestive system and provide a light lymphatic style massage during your treatment (not muscle manipulation, but toxin removal massage) Then you will leave feeling relaxed and energized.

Session Breakdown depending on your time scheduled

#### 60 Minutes:

- ◆ 10 Minutes Vibration Table
- ◆ 20 Minutes Low Level Infrared
- ◆ 10 Minutes dry brushing
- ◆ 20 Minutes application of oils and lymphatic massage

#### 90 Minutes

- ◆ 10 Minutes Vibration Table
- ◆ 50 Minutes Low Level Infrared
- ◆ 10 Minutes Dry Brushing
- ◆ 20 Minutes application of oils and lymphatic massage

Turn Your Infrared Detox Session into deep level high heat infrared for weight loss and maximum toxin removal. \$30 Additional cost. Let your practitioner know now if you would like to add that. We also offer several add on items to make your wrap amazing! See our list now and select as many as you would like. We will try to accommodate you today and make your day a memorable one.

### Wonder Girl Spa Day

#### W/ Facial, Massage, Aromatherapy and Back Scrub

This Groupon Spa Day is a great little sampler of our main services and is a great way to relax while experiencing some of our most popular services. We have 2 options depending on which Groupon you have. There are 60 minutes and 90 minutes and here is what they include:

Our Wonder Facial includes a deep minty cleaning with rose toning water, a exfoliation scrub using our house sugar scrub with grapeseed oil, eucalyptus, lemon and mint. We then observe your skin and apply a proper enzyme that will allow us to treat your specific need such as acne, dry, aging or sensitive skin. Once your enzyme is applied, we will do a 10 minute scalp massage with mint to completely dissolve stress. We then remove your enzyme and provide you with a facial massage designed to relax you and improve skin tone. We carefully select a treatment mask that will be applied for 10 minutes and at that time we will provide you with a relaxing head, neck and shoulder massage. After your facial we will do your minty back scrub and a full body dry brush and light lymphatic style massage.

You may add on extra treats that will make your visit to the Wonder Spa even more amazing. Please see your consent form and select additional services now. Your practitioner will let you know if we have time to complete all of them today. These options include:

SERVICE TO ADD ON NOW	PRICE	SELECT
Detox Minty Eucalyptus Facial 20 Minutes	25	
Upgrade Lemongrass Wrap to Infrared Detox	30	
Vibration Workout/ 10 Min =1 Hour Weights	20	
Minty Scalp Massage	20	
Aromatherapy	10	
Brow Wax	15	
Upper Lip Wax	10	
20 Minute head, neck and shoulder massage	30	
Lactic Chemical Peel with express facial	49	
Microdermabrasion 50% off in January	39.50	
Paraffin Hot Wax Hand Treatment	10	
Paraffin Hot Wax Foot Treatment	10	
Foot Scrub and Rub 15 Minutes	20	