



757-826-7616 CELL 757-871-0766

[www.adayspa.net](http://www.adayspa.net) / [www.absolutelyslender.com](http://www.absolutelyslender.com)

<u>TREATMENT</u>	<u>RATES</u>	
	<u>SERIES</u> (4 Prepaid)	<u>INDIVIDUAL</u>
55 Min Swedish Massage (add \$10 (DT) Deep Tissue or (PN) Pre-Natal)	\$ 54.00	\$ 59.00
80 Min Swedish Massage (DT/PN add \$15.)	\$ 79.00	\$ 84.00
Mini Massage 25 Min (DT/PN add \$ 5.)	\$ 32.00	\$ 38.00
Seated Massage from	\$ 1.00 per min	\$ 10.00
Spa Facials from (customized additions \$10-45.)	\$ 35.00	\$ 36.00
Signature Facials (customized additions \$10-45.)	\$ 65.00	\$ 75.00
Aromatherapy (add-on)	\$ 20.00	\$ 20.00
Salt Glow Treatment	\$ 84.00	\$ 89.00
European Herbal Wrap	\$ 84.00	\$ 89.00
Hot Stone Massage/Raindrop (when available) <b>from</b>		\$ 90.00
Foot Reflexology, Scrub or Ear Candling	\$ 36.00	\$ 38.00
Foot Treatments <b>from</b>		\$ 38.00
Paraffin Hands Only		\$ 20.00
Mini Package (mini-massage & facial <u>or</u> foot reflexology)		\$71.00
½ Day Package (massage, facial, paraffin) (reg. \$110) <b>from</b>		\$104.00
¾ Day (1/2Day+ Reflexology, Paraffin + Lunch card) <b>from</b>		\$160.00
Full Day (¾ Day plus 1 additional hand/foot treatment) “		\$199.00
<b>Couples Massage mini starts @ (55min \$133.)</b>		\$ 91.00
<b>Out Calls <u>may be</u> available starting @</b>		\$ 80.00

**All services By APPOINTMENT requiring CC#/ deposit when booking. 24 HR notice for any CHANGES or CANCELLATIONS or there is a full charge for the appointment, incl. same day appointments too. Thanks for your consideration of our time.**

**Gratuity:** let's us know how well we perform!!!! Typically a gratuity is NOT included in our services. Gratuity ranges from, 15 to 20% for excellent service.

**Referrals:** also let us know how satisfied you are with our services. Please take extra business cards and tell your friends & family. They may even get YOU a **Gift Certificate!**

**GIFT CERTIFICATES:** the Perfect answer for all occasions, even a thank you!



2206 Executive Drive Suite B  
Hampton, Virginia 23666  
757 826 7616 or Cell 757 871 0766  
***By appointment only***

## SPA TREATMENT DESCRIPTIONS

### MASSAGE

Seated & Table massage techniques include Swedish, Sports, Prenatal, Japanese Acupressure (Shiatsu) MLD (Lymphatic) are available from 10 min to 1 ½ +hours.  
Energy work: Reiki, Therapeutic Touch.

### AROMATHERAPY/HONEY SPA FACIAL

Aromatherapy is a science and art using pure essential oils as an aid to health, relaxation & beauty. The **Aromatherapy Facial tones, cleanses, nourishes & balances** all types of skin.

### SPA REFLEXOLOGY / SCRUB / IONIC BATH

Foot reflexology is extremely effective in helping many physical conditions and feels GREAT! Ancient Egyptians used it & Dr. Fitzgerald first introduced the ZONE THERAPY to our medical profession in the early 1900s. Zones relate to body areas & with pressure & movement, relief can result, combine with other treatments. Feet treats are always appreciated, effective and soothing.

### EUROPEAN HERBAL WRAP

Wrapped in a cocoon of 100% natural muslin sheets steeped in hot therapeutic herbal tea blend, your body is purged of toxins, lulled into relaxation and health. Combine with other treatments and **prior to** massage. (**DIAPHORETIC Herbal Blend:** Gingerroot, Rosemary, Allspice, Eucalyptus, Clove Stems, Oatmeal and Calendula.

### SALT-GLOW EXFOLIATION TREATMENTS

This treatment rids the body of dead skin cells, stimulates and relieves minor aches and pains, nervous stress and psoriatic skin. Also reduces fluid retention. Try this prior to & combined with facials and massage.

### SEAWEED BODY MASK

Using organic kelp and algae harvested from the coast of France, the body is toned, detoxified, re-mineralized and hydrated. Great when preceded by a FACIAL, SALT-GLOW and concluded with a MASSAGE, includes an Aromatherapy steam session.

### EAR CANDLING

A cone like tube of muslin soaked in paraffin is inserted in the outer ear canal to assist in a gentle removing of wax and debris which may unblock passages and increase comfort.

### PARAFFIN DIP

A warm paraffin wax dip when added to your treatment will enhance the moisturizing and relaxation and benefits. Paraffin supports circulation, joint health and mobility.