

# Cal-a-Vie's Menu of Luxury Spa Treatments

## MASSAGE THERAPIES

CAL-A-VIE MASSAGE	30 MINUTES	\$85
	50 MINUTES	\$160
	80 MINUTES	\$245

Cal-a-Vie's skilled massage therapists will release your tension with the type of pressure that you prefer, whether you want to simply relax and enjoy a circulatory enhancing massage or concentrate on particularly tight muscles, the choice is yours. Or you can customize your massage with the following options:

AN EVENING MASSAGE	IN BATH HOUSE	60 MINUTES	\$185
	IN ROOM	60 MINUTES	\$210

Finish your day with a luxurious massage. Additional massages in the evening can be scheduled anytime after 6:00 pm, either in our lovely Bath House or in your room. The evening massage is an extra service that is available for an additional fee.

AROMATHERAPY MASSAGE	50 MINUTES	\$175
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Aromatic essential oils have been used for centuries to calm, tone and detoxify the body. Pamper yourself by choosing a select blend of essential oils.

BAMBOO MASSAGE	50 MINUTES	\$175
	80 MINUTES	\$260

Bamboo is revered in Asian countries as having healing qualities as well as bestowing good luck. Our massage employs smooth, heated, oiled pieces of bamboo or rattan to provide deep, rhythmic massage strokes. The overall effect is that of lengthening and compressing the muscle, bringing a sense of deep relaxation. (This treatment is best done on an individual who has ample muscle tissue & desires a firm massage.)  
(Limited availability)

BODYCOFFEE THERAPEUTIC MASSAGE	50 MINUTES	\$175
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This blend of essential oils (mint, rosemary and citrus) and caffeine soothes aching muscles, improves micro-cellular circulation and helps reduce the appearance of cellulite.

CAL-A-VIE THAI MASSAGE	50 MINUTES	\$175
	80 MINUTES	\$260

Thai massage consists of passive stretching, meridian compressions and pressure point work. You will leave this Treatment feeling fully relaxed and recharged. No product is used and loose comfortable clothing is suggested. Thai massage is effective in diminishing tension, stimulating your metabolism and will leave you with an increased sense of well being.



### FOUR HANDS MASSAGE

80 MINUTES

\$460

An Ayurvedic experience that brings balance to all “doshas” (body types). Two therapists provide twice the healing benefits in this light to medium pressure massage that utilizes, aromatic heated towels and oils to detoxify, relax and rejuvenate your body.

Limited availability, please check with the Scheduling Department.

### HOT STONE MASSAGE

90 MINUTES

\$260

Melt away your stress as smooth basalt stones glide effortlessly along your body. The heat from the stones relaxes the muscles deeply and allows your massage therapist to break down contracted muscle fibers leaving you with a feeling of total relief.

### OLAVIE ANTI-AGING AND ANTIOXIDANT MASSAGE

50 MINUTES

\$175

This personalized massage uses the finest grape seed oil infused with an essential blend of Olavie signature oils. Reduce muscle tension, increase range of motion and harmonize vital life energies.

### PREGNANCY MASSAGE

50 MINUTES

\$160

To reduce stress, decrease swelling, relieve aches and pains. The massage is customized to each women’s needs and comfort.

### SUZANNE AUX BAINS RELAXING MASSAGE

50 MINUTES

\$175

Indulge your senses and your body with this highly moisturizing oil. Pure Certified Organic Jojoba, Apricot and Sesame Oil, infused with wild chamomile, jasmine, ylang ylang and real lavender essential oil soothe muscles and soften the skin.

### REFLEXOLOGY FOOT MASSAGE

50 MINUTES

\$160

Experience the ancient art of reflexology. Let all of your worries drift away as you enjoy a massage solely for the feet. Your massage focuses on the stimulation of reflex points on the feet that correspond to your body’s organs. This treatment allows the body to balance and harmonize, as well as aiding metabolism and promoting a sense of overall well-being and rejuvenation.

### TRIGGER POINT MASSAGE

50 MINUTES

\$175

A trigger point is an area of a muscle that refers pain sensations to other parts of the body. Trigger Point therapy applies pressure to these points to help release tension and improve muscular function. (Limited availability)

## HYDROTHERAPIES

### CUSTOMIZED HYDROTHERAPY

50 MINUTES

\$95

Slip into a soothing, therapeutic bath designed to reduce water retention and improve the firmness and texture of the skin. Cal-a-Vie’s specialized hydrotherapy tubs relieve soreness from tired muscles as the underwater jets relax and massage the body, reducing the appearance of cellulite. Customize your bath with sea minerals from Phytomer or anti-oxidant and anti-aging Le Vin therapy from Olavie, or Phyto-Bain from Yon-ka.

## ADDITIONAL BODY THERAPIES

### **BODYCOFFEE CONTOURING AND CELLULITE WRAP**      80 MINUTES      \$245

Help reduce the appearance of cellulite and wrinkles, improve micro-circulation and break up fatty deposits that can cause cellulite. Receive exfoliation with a combination of coffee, Dead Sea Salt and essential oils to smooth and stimulate. Then relax into the fragrant depths of a warm, rich, detoxifying body wrap. Enjoy a hot shower with BodyCoffee Blossom Body Wash and finish with the very hydrating BodyCoffee Body Lotion.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin)

### **EUROPEAN ROSE MUD BODY WRAP**      80 MINUTES      \$245

Wrap away your worries with Cal-a-Vie's European Rose Mud Body Mask, designed to soothe away all excess tension. Your body will be exfoliated with a vigorous dry brushing followed by a warm application of painted on Rose Mud. Enjoy a face and scalp massage as this deeply hydrating mud leaves your skin rose-petal soft and silky. A moisture-rich Milk & Honey Lotion will be applied to soften your skin even more.

### **GREEK SWEET WRAP**      80 MINUTES      \$245

Begin with a Lemon Sugar Scrub to exfoliate and improve your circulation. Next warmed honey, known for its moisturizing properties, will be drizzled on your body before we cocoon you into a warming blanket to bake in the luscious goodness of this wrap. After showering you will be buttered up with our Milk & Honey Lotion. Sweet!

### **GREEN TEA ANTIOXIDANT BODY WRAP**      80 MINUTES      \$245

This wrap is a must for revitalizing the skin. The refreshing combination of green tea and lime leaf mint is sure to leave your skin stimulated and refreshed. You will enjoy a gentle exfoliation with a Green Tea and Lime Leaf Salt Glow, followed by a warm Green Tea Mint Algae Wrap. After a brief shower, your skin will be nourished with a light, fragrant Green Tea and Lime Leaf Body Butter.

### **ORGANIC WRAP DE PROVENCE**      80 MINUTES      \$245

This treatment is highly recommended if you are looking for a completely organic skincare experience. A combination of organic oils and plant extracts nourish and regenerate your skin with a gentle body scrub, wash and hydrating milk wrap. This therapeutic wrap concludes with a warm relaxing application of organic body oil. The scent is subtle the effects are lingering.

### **PAPAYA ENZYME BODY WRAP**      80 MINUTES      \$245

An aromatic sugar scrub will begin this luxurious treatment. Next the Papaya Enzymatic Masque is applied and given time to purify your skin as you are cocooned in the warm wrap. Intense hydration and age fighting anti-oxidants will silken your skin from head to toe. After a refreshing shower, an intoxicating Papaya Body Balm is applied to seal in moisture. (seasonal feature)



### PUMPKIN SOUFFLE WRAP

80 MINUTES

\$245

This full body treatment utilizes the power of enzymes. We begin with a “slushy” combination of Lemon Sugar Body Polish and Cranberry Shower Gel to exfoliate and increase circulation. Then a deliciously spicy Purifying Pumpkin Masque is applied. While you are cocooned in warmth, the enzymatic action digests dead skin cells and impurities. Age-fighting antioxidants and vitamin A protect and silken the skin. Hydration is ensured with a final application of a delectable Cranberry Body Balm. This treatment is the creation of June Jacobs, innovator in the Beauty and Skin Care World. She is perhaps best known as the co-founder of the internationally acclaimed Peter Thomas Roth Clinical Skin Care brand. (Seasonal feature)

### SILHOUETTE DETOX WRAP

80 MINUTES

\$245

This is the ultimate alternative therapy for body detoxification and well-being. The body is tucked into pre-soaked warm aromatherapeutic linens for total comfort. This beneficial wrap works specifically on cleansing out toxins and free radicals, improving circulation and oxidizing fat to reveal healthy, rosy fresh skin.

(This treatment is not recommended if you are pregnant or iodine sensitive.)

### THALASSOTHERAPY – SEAWEED WRAP

105 MINUTES

\$275

Cal-a-Vie’s Signature 3-Phase Treatment

Your experience begins with a gentle exfoliation made of roots, herbs, minerals and mud devised in ancient India. This soft scrubbing opens the pores and sloughs away dead skin cells. The body is then saturated in a nutrient-rich mixture of freeze-dried seaweed, algae and bentonite to contour and detoxify the body. You are wrapped in a warm cocoon of thermal blankets to stimulate tissue toxin release as your face and scalp are soothingly massaged. Once the seaweed is removed, enjoy a cool-down period followed by an application of a hydrating and firming serum, leaving you with a sense of harmonious balance.

(This treatment is not recommended if you are pregnant or iodine sensitive.)

### BODYCOFFEE VICHY SCRUB

45 MINUTES

\$165

An exfoliating spa ritual that works wonders on cellulite. We use BodyCoffee Polish with salts from the Dead Sea, energizing essential oils and ground coffee. The Body Wash, an intoxicating blend, rich in antioxidant coffee extract, aloe vera and olive oil, will gently rinse away tension. The experience is finished with a soothing application of BodyCoffee Body Lotion.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin.)

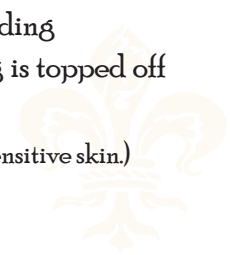
### CAL-A-VIE VICHY SHOWER BODY SCRUBS

45 MINUTES

\$165

Rejuvenate your skin with a customized exfoliating scrub to accelerate cell renewal, lift away surface dryness and improve skin hydration. Your body will then luxuriate in the cascading waters of our Vichy Shower as all remaining tension is washed away. Your pampering is topped off with velvety rich shea butter to deeply soften skin.

(This treatment is not recommended if you are pregnant, have high blood pressure or have extremely sensitive skin.)



### ACUPUNCTURE

50 MINUTES

\$125

Recapture youthful skin and improve your health with acupuncture. Cal-a-Vie's acupuncturist, Jill Van Meter, offers sessions which will treat issues such as chronic pain, headaches, allergies, carpal tunnel syndrome, addiction, insomnia and many more. Jill graduated magna cum laude from the Pacific College of Oriental Medicine. She holds a Masters Degree in Traditional Chinese Medicine and is state and nationally certified as a licensed acupuncturist. She is specially certified in Facial Rejuvenation Acupuncture, also known as Face Lift Acupuncture. These treatments are far less costly and more natural than surgery. Acupuncture gently promotes relaxation and the release of stress to improve your overall well-being.

### AIRBRUSH TANNING

50 MINUTES

\$135

Airbrushed to perfection in minutes. Our new Totally Tan Sun FX Airbrush System will leave you with a beautiful natural golden glow.

### BALTIC MUD BACK TREATMENT

50 MINUTES

\$135

Rejuvenate and detoxify your back with Baltic Mud, for its purifying and detoxifying benefits due to its core therapeutic agent – humic acid. This mud draws out impurities and removes lactic acid build-up. This treatment consists of an exfoliation followed by a heated application of Baltic Mud. The mud absorbs into the skin beneath hot packs. Once the mud is removed, a full back therapeutic massage is performed and an application of cooling gel completes the treatment.

### MAGNET ENERGY TREATMENT

50 MINUTES

\$135

It is based on the theory that magnets ease pain and speed healing by drawing blood to sore tissue. You will begin by lying on a magnetic mattress pad and pillow. Your therapist uses finger and palm pressure to assist in the movement of energy. Points are also stimulated on the back as experience a soothing treatment to promote healing and increased energy flow.

### CRANIO SACRAL THERAPY

50 MINUTES

\$175

Cranio Sacral Therapy (CST) is a gentle, hands-on method of palpating and regulating the cerebrospinal rhythm. This energy treatment encourages a return to balance. Upon availability, a certified practitioner will attempt to boost the body's natural healing processes and improve the functioning of the central nervous system. CST is excellent as an adjunct therapy for chronic stress, headache, TMJ, neck and back pain, to name just a few. (Limited availability)

### MYOFASCIAL RELEASE

50 MINUTES

\$175

A bodywork therapy to release tension from the fibrous bands of connecting tissue (fascia), this work aims to free constrictions or blockages. Ultimately, myofascial release restores complete balance to the body. (Limited availability)



# Cal-a-Vie Spa Treatments

## MASSAGE THERAPIES

Cal-a-Vie Massage	30 minutes	\$85
	50 minutes	\$160
	80 minutes	\$245
Aromatherapy Massage	50 minutes	\$175
Bamboo Massage	50 minutes	\$175
	80 minutes	\$260
Cal-a-Vie Thai Massage	50 minutes	\$175
	80 minutes	\$260
Olavie Massage	50 minutes	\$175
Hot Stone Massage	90 minutes	\$260
Body Coffee Massage	50 minutes	\$175
Reflexology Foot Massage	50 minutes	\$160
Suzanne aux bains Relaxing Massage	50 minutes	\$175
* Exclusively for You Evening Massage	In Bathhouse 60 minutes	\$185
	In Room 60 minutes	\$210
Four Hands Massage	80 minutes	\$460

## HYDROTHERAPIES

Healing Sea Bath-Oligomer	\$95
Anti-Oxidant and Anti-Aging Bubble Bath	\$95
Multi-Active Contouring Bath	\$95
Organic Foam Bliss	\$95
Phyto Bain by Yonka	\$95

## ADDITIONAL BODY THERAPIES

Body Coffee Cellulite Wrap	80 minutes	\$245
European Rose Mud Wrap	80 minutes	\$245
Greek Sweet Wrap	80 minutes	\$245
Organic Wrap de Provence	80 minutes	\$245
Thalassotherapy-Seaweed Wrap	105 minutes	\$275
Seasonal Wraps	80 minutes	\$245
Baltic Mud Back Treatment	50 minutes	\$135
Magnet Energy Treatment	50 minutes	\$135
Silhouette Detox	80 minutes	\$245
Cranio Sacral Therapy	50 minutes	\$175
Myofascial Release	50 minutes	\$175
Body Coffee Vichy Scrub	45 minutes	\$165
Vichy Shower Body Scrubs	45 minutes	\$165
* Airbrushing Bronzing	50 minutes	\$135
* Acupuncture	50 minutes	\$125

Rates subject to change

\* Treatments marked with asterisk are not available for trade or upgrade.

# Cal-a-Vie's Beauty Treatments

## FACIALS

### INCLUDED IN CAL-A-VIE'S SPA PACKAGES

#### ACCEPT SOOTHING FACIAL

50 MINUTES \$165

This specially designed treatment for sensitive skin is created to soothe, calm and hydrate those with reactive skin. We start with a gentle cleansing and exfoliation utilizing enzymes cultivated from the sea. A moisturizing mask is then applied, rich in chamomile helping to prevent cellular fatigue, leaving your skin revitalized.

#### RESTORING DEEP PORE CLEANSE

50 MINUTES \$165

This facial focuses on purging toxins that are causing clogged pores. After your skin is deeply cleansed and buffed, extraction is performed and a mask is selected based on individualized needs. This treatment is a great starting point for a skin care regimen and will leave your complexion feeling clean and polished. Recommended for any skin type.

#### UNWRINKLE

50 MINUTES \$165

An age-defying treatment, combining AHA's, peptides and collagen that promotes cell regeneration, stimulates elastin and collagen production while reducing fine lines and wrinkles.

#### YON-KA SKIN FITNESS FOR MEN

50 MINUTES \$165

Specially designed products for men are utilized in this invigorating cleansing facial. Skin will be cleansed, steamed and purified after a hard morning of workouts. These Yon-ka products were formulated for the characteristics of men's skin needs.

#### BACK FACIAL

45 MINUTES \$100

Help your back look its best with this deep cleansing facial. This treatment will include skin analysis, cleansing, exfoliation, steam, extractions, massage and a mask especially suited to your skin's needs.

### FACIALS AVAILABLE FOR UPGRADE

#### ALPHA-VITAL FACIAL

50 MINUTES \$175

Alpha Hydroxy Acid's, derived from a variety of fresh fruit improves skin texture by encouraging healthy cell renewal.

#### ELEGANT EYE LIFT

50 MINUTES \$175

Whether it is crow's feet, dark circles or excess baggage, the eye area shows signs of aging and fatigue. Since this area is composed of vulnerable tissue, a specialized treatment is a must. First, a three-phase massage is performed directly on the eye zone, followed by a supple, comforting eye mask that delivers therapeutic elements for the improvement of your skin. Depart with an illuminated, soothed and smoothed new outlook.

#### VIE INTENSIVE RENEWING FACIAL

50 MINUTES \$175

The Vie three-step facial treatment cleanses, deeply exfoliates and moisturizes. Vie improves brightness and texture of the skin and promotes cellular renewal. By the end of this facial treatment, wrinkles are softened, the facial curve will be lifted and skin is smoother.

**YON-KA'S SIGNATURE HOT STONE AROMATHERAPY FACIAL 50 MINUTES \$200**

The ancient healing art of aromatherapy dates back to 4500 B.C. Yon-ka blends a pure and aromatic composition of lavender, cypress, rosemary, thyme and geranium essential oils that will either relieve stress, energize, stimulate and increase circulation, release toxins, or relax and calm you. No matter what your needs are, this healing facial will encourage deep relaxation and a healthy glow. **Take home a gift valued at \$58: a full sized Yon-ka Intense Moisture Masque #1 is included to continue the benefits of this treatment at home.**

**SPECIALTY FACIALS TO ENHANCE YOUR SALON EXPERIENCE**

**\*CAL-A-VIE OXYGEN FACIAL 50 MINUTES \$180**

Oxygen's rejuvenating elements are paired with a customized facial that repairs the skin at the cellular level. Suitable for all skin types, this treatment results in a more youthful and firmer appearance of the face.

**\*CAL-A-VIE MICRO-DERMABRASION & OXYGEN FACIAL 50 MINUTES \$190**

Micro-dermabrasion is a non surgical, non-invasive method of gentle exfoliation that removes dead skin cells and impurities. Combined with oxygen and your customized facial, your skin will be left refreshed and rejuvenated.

**\*MICRO CURRENT OPTIMIZING FACIAL 80 MINUTES \$255**

A Micro-current Facial stimulates collagen and elastin production in the tissues of the face and neck. This "non-surgical face lift" combined with a deep firming and lifting facial improves skin tone and smoothes the complexion. **Take home a gift valued at \$140: Yon-ka Crème Optimizer & Fluid Serum preserves the benefits of this ultra rich facial.**

**\*TRE VISAGE 90 MINUTES \$400**

Cal-a-Vie's triple deluxe facial combines micro-dermabrasion, oxygen and micro current applications to rejuvenate, firm, tone and nourish your skin to a radiant glow. **Take home a gift valued at \$350; a NuFace microcurrent hand held device will continue to lift, firm and tone the face.**

**SALON**

**HAIR AND SCALP TREATMENT 45 MINUTES \$90**

Experience the benefits of a Phytologie Treatment. Fortifying plant oils return energy to lifeless and dehydrated hair and scalp. Your hair and scalp will be pampered to the fullest with a stimulating and exfoliating brushing and scalp massage. Hydrating protein mask restores the hair's strength, elasticity, softness and shine. Ideal for hair that lacks protein and needs additional supplements.

**HANDS AND FEET**

**CAL-A-VIE HOT STONE FOOT TREATMENT 50 MINUTES \$75**

A full professional pedicure addresses calluses, cuticles and nails. An exfoliating scrub, hot stone massage and warm paraffin wax soothe and smooth the feet to perfection. The nails are polished with the color or your choice at the end of your stay at Cal-a-Vie.

**CAL-A-VIE SIGNATURE SPA HAND TREATMENT 50 MINUTES \$60**

Nails are shaped and cuticles are softened, gently pushed back and moisturized with oil. Exfoliation of the hands and forearms is followed by a luxurious massage and warm paraffin wax mitts to eliminate dryness and soften the hands. Nails are polished with color of your choice at the end of your stay at Cal-a-Vie.

# Cal-a-Vie Beauty Treatments

## FACIALS

Included in packages

Accept Soothing Facial	50 minutes	\$165
Restoring Deep Pore Cleanse	50 minutes	\$165
Un-Wrinkle Facial	50 minutes	\$165
Yon-ka Skin Fitness for Men	50 minutes	\$165
Back Facial	45 minutes	\$100

These Facials are available for upgrade

Alpha-Vital Facial	50 minutes	\$175
Elegant Eye Lift	50 minutes	\$175
Vie Intensive Renewing Facial	50 minutes	\$175
Yon-ka Hot Stone Facial 📦	50 minutes	\$200

## SPECIALTY FACIALS

These Facials are additional charges

* Cal-a-Vie Oxygen Facial	50 minutes	\$180
* Cal-a-Vie Micro-dermabrasion & Oxygen Facial	50 minutes	\$190
* Micro-Current Optimizing Facial 📦	80 minutes	\$255
* Tres Visage 📦	90 minutes	\$400

## SALON

Hair & Scalp Treatment	\$90
Wash & Style	\$50-\$70
Haircut	from \$50

## WAXING

Full Leg Wax	\$80	Bikini Wax from	\$45
Half Leg Wax	\$55	Brazilian Wax	from \$75
Underarm Wax	\$30	Completely Bare	\$100
Full Arm Wax	\$50	Full Back Wax	\$80
Half Arm Wax	\$35	Half Back Wax	\$50
Brow Wax	\$25	Lip Wax	\$25
Chin Wax	\$25	Brow Design	\$40
Face Wax (excludes brow & lip)	\$55		

## BEAUTY ENHANCEMENTS

Teeth Whitening	\$200	Make-up Lesson 60 minutes	\$85
Lash Tint	\$35	Brow Tint	\$35

## HANDS & FEET

Manicure (includes polish, no paraffin)	\$50
Pedicure (includes polish, no paraffin)	\$65
Hand Treatment (includes paraffin)	\$60
Hot Stone Foot Treatment (includes paraffin)	\$75

## NAILS

Polish Change	\$15	French Manicure	\$60
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📦 Gift with purchase

Rates subject to change



\* Treatments marked with asterisk are not available for trade or upgrade.