

# UPTOWN



## MASSAGE & SPA SERVICES

### MASSAGE THERAPY

#### **A Customized Massage Experience (60min - \$105, 90min - \$140)**

Consult with your therapist to choose a dynamic blend of essential oils to target individual needs. A variety of massage techniques will be utilized, including Swedish & Acupressure. **Choose From Stress-a-way:** Wind down, **Spirit Reviver:** Invigorate, **Muscle Melt:** Relax & Re-charge.

#### **Deep Tissue Massage (60min - \$140, 90min - \$175)**

Experience the ultimate in deep tissue massage, with results greatly enhanced by the use of a bamboo roller, and/or hot stones. The heated bamboo roller will penetrate your worst knots to heal sore muscles. Warm Basalt Stones will melt away tension. Therapeutic heat and small stones on key energy points deliver maximum relief and relaxation.

#### **Couples Massage (60min - \$110, 90min- \$160 per person)**

Retreat to our Couples Oasis to enjoy a lavishly hydrating body massage side by side with your spa partner. The skin is anointed with nourishing oils of your choice which will melt into the skin and envelop the body in stunning aroma. After your massage indulge in chilled Champagne and decadent Hauser Chocolates as the final touch.

#### **Expectant Mother's Soothing Massage (60min - \$115)**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Helping to release tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit, and hydrating the skin to accommodate your growing baby.

#### **Hot Mineral Body Boost Massage (75min- \$155)**

This powerful treatment stimulates every cell in the body; helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, minerally-charged experience of skin-conditioning, metabolic-balancing and energizing wellness.

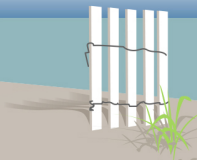
#### **Garden of England Rose Calming Massage (60min or 90min- \$135/\$175)**

Take a walk in an English rose garden with this lavishly hydrating body massage and micro-wrap. The unique trio of Rose, Camellia and Poppy seed oils maintain and restore elasticity, while encouraging skin renewal. The skin is anointed with nourishing oils and skin is left exquisitely moisturized, intensely supple and deliciously scented.

#### **Reflexology (30 min - \$45)**

Feel like you're walking on a cloud as pressure points in the feet are stimulated, releasing tension in corresponding body systems. Hot towels and essential oils enhance the experience, promoting circulation.

**Add to any Massage these Spa Services:** Ear Candling (\$45 for 30 min) Hot Stones (\$15), Paraffin for Hands or Feet (\$10), Recovery Mask (\$15), Hydra-Gel Eye Pads (\$20), Lip Treatment (\$10), Frangipani Foot Scrub (\$10)



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### BODY TREATMENTS

#### Targeted Toning Tightener – Cellulite Therapy

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment. Choose a localized treatment area: (Arms, Hips & Thighs, or Abdomen, \$55) (Full body treatment with abdominal massage, 90mins \$175)

#### Thousand Flowers Detox Wrap (60min \$130)

This Nutrient-rich detox wrap uses the deeply nourishing omega rich Green Tea balm, to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

#### Nectar Nourishing Body Wrap (60min \$110)

The velvety texture of the Monoi Oil offers super-hydration, quenching a thirsty skin. You are kept cocooned and warm while the mood-balancing aromatics and skin conditioning oils do their work. Include mini facial and scalp massage. Choose from Sweet Orchid or Frangipani based on skin's needs.

#### Intensely Cleansing Salt Scrub (60min \$110)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Includes mini facial and scalp massage. *Choose from - Lime and Ginger or Frangipani.*

### SPA PACKAGES

#### Uptown Glow Package (\$220)

Designed to pamper and prepare you for sun and fun: Choose between a **60- minute massage** or **Skin Specific Facial** and follow it with our exotic **Frangipani Glow**. This exfoliation ritual will bring life back to your skin by deeply cleansing, polishing and moisturizing with the healing properties of coconut and monoi oil. This treatment includes dry brushing to stimulate lymphatic flow, and a relaxing scalp massage. Your final choice with this package is between a **blow-dry**, to ready your locks for an evening out, **or a pedicure** to put a bounce in your step. The Uptown Glow package also makes a perfect gift. Gift cards can be purchased online or right here at Uptown.

Don't want to choose? For the Ultimate Experience, receive ALL the above services: **\$345**

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## MASSAGE & SPA SERVICES

### ELEMIS BIOTEC MENU

#### **Firm a Lift Facial (60min - \$165, 90min\* - \$225)**

Rediscover the architecture of your face with this ground-breaking massage and sculpting technology. Circulation stimulating Arjuna, Gardenia stem cells, and Alaria Esculeta Seaweed are activated by microcurrent pulses to tighten slacking skin, Galvanic currents infuse the skin with bio-active formulas that hydrate. The extra cellular matrix of the skin is visibly strengthened, restoring elasticity and tenacity for a contoured complexion that is remarkably lifted.

#### **Line Eraser Facial (60min - \$165) (90min\* - \$225)**

Wrinkles are targeted with firming microcurrent pulses to stimulate the skin cells. Circulation is improved, increasing the production of collagen and elastin. Red and blue light therapy de-stresses the skin while a blast of oxygen delivers a breath of fresh air, effectively ironing out wrinkles and filling in lines. A powerfully rejuvenating facial treatment.

#### **Radiance Facial (60min - \$135, 90min - \$195)**

A powerful antidote for dull and tired skin, this cellular-boosting treatment targets sluggish complexions. The ultrasonic peel pumps vibrational energy into the skin to exfoliate and stimulate the removal of impurities. Skin is left profoundly reinvigorated, instantly clearer, visibly brighter, and radiant

#### **Blemish Control and Skin Smoother Facial (60min - \$145, 90min\* - \$205)**

Detox congested skin with this purifying facial, which helps reduce breakouts and clear pores. An Ultrasonic peeling is followed by steam and extraction to decongest and rebalance skin. A clarifying, Anti-Blemish Activator provides powerful anti-oxidant protection. Blue L.E.D. light therapy technology emits energy deep into the skin's layers. Hydra-Active Gel Soothing Masks propels the bio-active formulas deeper into the skin to prevent future breakouts.

#### **Men's Super Charger Biotec Facial (60min - \$155, 90min\* - \$215)**

The facial to de-stress, de-age and de-fatigue the male complexion while activating ultimate skin dynamism. A triple hit of ultrasonic peeling, steam and galvanic current delivers a deep clean, simultaneously exfoliating and powering up Kalpariane's anti-wrinkle properties and Samphire's hydrating potency. An oxygen infusion is the final blast of energy for real, best face forward results. A multi-tasking, time efficient solution

***\*90-minute treatment adds steam, extraction, neck and arm massage and hand paraffin.***



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### Microcurrent with LED Light Facial (30min - \$69)

Tightening, lifting, toning, this technology sends safe, effective impulses to the muscles in your face that help overly tightened muscles to relax, and helps underworked muscles to regain strength... facial toning “re-educates” the facial muscles and restores them back almost to their original state. Results are visible as the face is toned, firmed and lifted back to a much more youthful appearance. Microcurrent improves circulation to your face, stimulating collagen production, diminishing fine lines. Special concentration with mask available for the eyes and neck.

(Save by purchasing **Package of 5 Treatments for \$275**, weekly or bi-weekly treatments deliver maximum results.)

### SPECIAL *FIRST TIME* BIOTEC FACIAL OFFER (30min - \$45)

Interested in seeing the results, but not sure it’s for you? Experience your first 30-minute Microcurrent LED Light for \$45, or add your first Biotec treatment to any facial for \$25! Discover loving the skin you’re in!

### Dermaplaning (Full Face - \$75)

For a healthier, more radiant you, explore the amazing benefits of dermaplaning! This is a manual exfoliation technique that removes surface debris and peach fuzz to immediately diminish the appearance of fine lines and wrinkles. Enhances the effectiveness of peels and allows for better penetration of treatments and products. The perfect treatment before an event, it creates a flawless canvas for makeup to glide on smoothly.

(Add dermaplane with peel to any facial for \$40)

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