

The Spa

at L|E|C|O|M

The John M. & Silvia Ferretti
Medical Fitness & Wellness Center

REFRESH Massage Therapy Services

Swedish Massage

Involves long, kneading strokes, as well as light, rhythmic, tapping strokes on topmost layers of muscles. Swedish therapy can be both relaxing and energizing.

	Single	Pkg of 3
30-min	\$40	\$111 (\$37 ea.)
60-min	\$65	\$177 (\$59 ea.)
90-min	\$90	\$255 (\$85 ea.)

Sports Massage

Used to help prevent injuries, prepare the body for athletic activity, maintain it in optimal condition, and to help athletes recover from workouts and injuries.

	Single	Pkg of 3
30-min	\$45	\$123 (\$41 ea.)
60-min	\$70	\$192 (\$64 ea.)
90-min	\$95	\$264 (\$88 ea.)

Deep Tissue/Myofascial

Releases chronic patterns of tension in the body through slow strokes and deep finger pressure. Uses greater pressure than Swedish massage and affects deeper layers of the muscle to help relieve chronic tension and emotional stresses.

	Single	Pkg of 3
30-min	\$45	\$123 (\$41 ea.)
60-min	\$70	\$192 (\$64 ea.)
90-min	\$95	\$264 (\$88 ea.)

Hot Stone Massage

A specialty massage that uses smooth, heated stones. The heat is deeply relaxing and helps release tight muscles.

	Single	Pkg of 3
60-min	\$90	\$252 (\$85 ea.)
90-min	\$115	\$330 (\$110 ea.)

Four Handed Massage

A slow, coordinated, deeply relaxing massage given by two therapists.

60-min	\$130
90-min	\$180

Prenatal Massage

Designed to help relieve common pregnancy discomforts. Benefits include increased energy, easing of aches and pains, reducing fluid retention and releasing stress. This service is not offered during 1st trimester of pregnancy.

	Single	Pkg of 3
30-min	\$45	\$123 (\$41 ea.)
60-min	\$70	\$192 (\$64 ea.)

Oncology Massage

Designed for the needs of people dealing with physical and emotional effects of cancer diagnosis and its treatments by carefully trained therapist. An oncology massage can assist your body and spirit, focusing on restoring well-being. Please note that a doctor's release is required before treatment can be given.

30-min	\$40
60-min	\$65

Manual Lymphatic Drainage Therapy

This customized therapy involving a superficial manual technique of gentle rhythmic movements to encourage and stimulate the natural drainage of the lymph fluid. Please note a doctor, physical therapist, or a chiropractor release is required before service can begin.

30-min	\$45	Neck & Face only
60-min	\$90	Neck, Abdominal, & upper or lower extremity
90-min	\$140	Full Body

Active Isolated Stretching

A technique that helps people maximize the effectiveness of stretching. Increases flexibility and strengthens specific muscles and muscle groups.

	Single	Pkg of 3
60-min	\$65	\$177 (\$59 ea.)
90-min	\$90	\$255 (\$85 ea.)

Thai Massage

During this massage joints are open, muscles and tendons are stretched, internal organs are toned and energy is balanced. The overall effect is deep relaxing and rejuvenation.

	Table	Floor
30-min	\$40	\$55
60-min	-	\$90

The Spa Body Envelopment

True indulgence begins with our signature back massage followed by full body exfoliation, then our body mask, finishing with a warm oil massage. You're left rejuvenated, refreshed and radiant all over.

90-min	\$95
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Neck and Shoulder

This focused massage releases tension and restores comfort to this typically tense area.

	Single	Pkg of 3
30-min	\$40	\$111 (\$37 ea.)

Reflexology

Pressure is applied to specific points on hands and or feet which correspond with specific body systems. It is believed to cause a relaxing and healing effect and may help alleviate stress.

	Single	Pkg of 3
30-min	\$40	\$111 (\$37 ea.)
60-min	\$65	\$177 (\$59 ea.)

Knee, Ankle and Foot Injury

This massage is designed to focus specifically on the soft tissues of the lower legs and feet. By using a variety of deep tissue and stretching techniques to help prevent and or treat common injuries of the lower leg and foot (plantar fasciitis, shin splints, runners knee).

	Single	Pkg of 3
30-min	\$40	\$111

Hip and Lumbar Alignment

This massage is for those suffering from lower back and hip pain. A variety of massage techniques will be used to reduce the patterns of chronic pain and encourage natural alignment of the lumbar and pelvic region.

	Single	Pkg of 3
60-min	\$65	\$177 (\$59 ea.)

Massage add-on Services

Essential oil add-on	+\$10
Dry Brushing	+\$15 /15-minutes
Scalp Massage	+\$25/30-minutes
Hot towel + Pain relief lotion	+\$25/15-minutes (per area)

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REJUVENATE Skin Care & Nail Services

Skin Care Services

The Spa Signature Facial This facial is customized to your skin type and any specific concerns and conditions that exist. Skin will be cleansed, exfoliated and hydrated.	60-min	Single \$65	Pkg of 3 \$177 (\$59 ea.)
The Express Facial Created for people on the go. A mini version of the Spa Signature Facial.	30-min	Single \$40	
The Gentleman's Facial Formulated for the unique needs of men's skin.	45-60-min	Single \$55	Pkg of 3 \$156 (\$52 ea.)
The Age Defying Facial This facial targets age related concerns with products formulated to address and correct your specific skin concerns using a variety of highly specific ingredients.	60-min	Single \$75	Pkg of 3 \$202 (\$67 ea.)
The Spa Signature Peel Treatment With the use of advanced exfoliating ingredients this peel treatment will improve skin tone and texture leaving your skin feeling soft and smooth with a brighter and more youthful appearance.	60-min	Single \$85	Pkg of 3/5 \$245/\$410 (\$82 ea.)
The Spa Ultrasonic Facial With the use of a hand held device utilizing ultrasonic vibrations this treatment is highly effective in penetrating into the deeper layers of the skin to encourage cellular renewal and repair while having a tightening and lifting effect on the skins surface. A more even skin tone can also be expected. Best results are achieved after several treatments.	75-min	Single \$80	Pkg of 3 \$220 (\$74 ea.)
The Seasonal Facial Series These facials are designed to heal, treat and protect skin throughout the changing seasons. All seasonal facials are beneficial and available anytime of the year.	60-min	Single \$70	Pkg of 4 \$270 (\$67.50 ea.)
 SPRING Balance & Brightening Facial			
 SUMMER Blueberry Detox Facial			
 FALL Renew & Replenish Facial			
 WINTER Super Hydrating Facial			

The Spa Lip Treatment \$15
This mini treatment will leave your lips soft, hydrated and plumped.

Beautiful Eyes \$25
A gentle exfoliation mask and massage will help reduce the appearance of fine lines and wrinkles, tired eyes and dark circles. An ideal add-on with any facial.

Lip & Beautiful Eye \$35

Brow & Lash Tint Brow \$14, Lash \$22
With the use of a gradually fading vegetable tint color, lashes and brows are accentuated for a natural look.

Nail Services

The Spa Buff Manicure Nail and cuticle care, massage, and buff, for a natural looking manicure without polish.	Single \$15 Pkg of 3 \$39 (\$13 ea.)
The Spa Manicure Nail and cuticle care, massage and nail polish.	Single \$20 Pkg of 3 \$54 (\$18 ea.)
The Shellac Manicure Manicure service with high gloss shine and extended wear.	Single \$28 Pkg of 3 \$75 (\$25 ea.) Shellac with Removal \$35 Shellac Polish Removal \$10
The Spa Signature Manicure Sugar scrub, treatment mask, nail and cuticle care, massage and nail polish.	Single \$45 Pkg of 3 \$123 (\$41 ea.)

Dip Nails
Dip powder is the newest nail technique, which rivals gel and acrylic manicures in longevity and durability.

Single \$40
Pkg of 3 \$114 (\$38 ea.)
Dip Nails with Removal \$45
Dip Polish Removal \$10

Additional Services

Add French Polish \$10
Polish Change \$15 (excludes shellac and dips)

Feet

Spa Buff Pedicure Nail and cuticle care, massage and buff, for a natural looking pedicure without polish.	Single \$30 Pkg of 3 \$81 (\$27 ea.)
The Spa Pedicure Nail and cuticle care, massage and nail polish.	Single \$35 Pkg of 3 \$96 (\$32 ea.)
The Shellac Pedicure Nail and cuticle care, massage and shellac finish.	Single \$45 Pkg of 3 \$123 (\$41 ea.)
The Spa Signature Pedicure Sugar scrub, treatment masque, nail and cuticle care, massage and nail polish.	Single \$60 Pkg of 3 \$162 (\$54 ea.)

Waxing Services

Brows \$15	Toes \$12	Upper Back
Upper Lip or Chin \$12	Feet & Toes \$22	& Shoulders \$55
Chest & Abs \$70	Bikini - Sides only \$28	Full Back \$70
Brows, Lip & Chin \$30	- Front & Sides \$40	1/2 Leg \$40
Stomach \$30	Full Brazilian \$68	
Sides of Face \$25	Nose \$15	