

# Wellbridge Athletic Club & Spa

:: SPA MENU



## :: MASSAGE THERAPIES

### SWEDISH MASSAGE

Achieve a peaceful, relaxed state with classic, Swedish-style strokes of light to moderate pressure that increase circulation and relieve muscle tension.

50 minutes

65 minutes

80 minutes

Series of six 50-minute massages

Series of six 65-minute massages

Series of six 80-minute massages

### AROMATHERAPY MASSAGE

A special massage experience integrating several different massage techniques with the therapeutic benefits of a blend of essential oils to revitalize and open the senses.

65 minutes

80 minutes

### FOCUSED MASSAGE

When time won't allow you to enjoy the benefits of a full body massage, this is the answer for stressed areas such as scalp, back or neck and shoulders.

35 minutes

### PREGNANCY MASSAGE

Light massage which alleviates lower back pain, water retention and sciatica. Recommended for the second and third trimester.

35 minutes

50 minutes

### REFLEXOLOGY

Promote balance and relieve tension with this deeply relaxing form of healing foot massage which gently stimulates the reflex areas in your feet.

30 minutes

### DEEP TISSUE MASSAGE

A number of techniques are used to more deeply manipulate muscles and connective tissue in order to ease sore and tight muscles, enhance circulation and detoxify.

35 minutes

50 minutes

### HOT STONE THERAPY

This ancient technique has been used for thousands of years to cleanse, relax and balance the body.

80 minutes



## :: BODY TREATMENTS

### CITRUS BODY BUFF

Dead Sea salts and citrus fruit oil are gently massaged into skin for the ultimate exfoliation and deep conditioning treatment. Women are advised not to shave, wax or be exposed to the sun before treatment. Skin feels soft and silky.  
30 minutes

### SEASONAL BODY TREATMENTS

Spring – Citrus

Summer – Cucumber Green Tea

Fall – Pumpkin Body Soufflé

Winter – Papaya

Indulge your senses for the mind and body. Aromatic healing botanicals are used to digest and exfoliate dead skin and draws out impurities that will leave your skin glowing and your senses recharged. Women are advised not to shave, wax or be exposed to the sun before treatment.

60 minutes

### AYURVEDIC HERBAL TREATMENT

A great way to counteract the challenges of daily living. We begin by applying a mask of warm ayurvedic herbs to the body, aiding in the relief of physical and emotional stress. The skin is then exfoliated and a warm oil is massaged into the body to nourish the skin and delight the senses.

60 minutes



## :: SKINCARE TREATMENTS

### SIGNATURE FACIAL

The ultimate facial including a new skincare treatment from GM Collin Botinol, a clinical, non-invasive alternative to micro-injections. This facial effectively reduces expression lines and wrinkles providing an instant and long-term youthful appearance. Can be used for all skin types including sensitive. The facial includes skin analysis, deep cleansing exfoliation, décolletage massage, Botinol mask and skin re-conditioning. A heated hand treatment completes the experience.  
75 minutes

### GENTLEMAN'S FACIAL

A therapeutic deep cleansing facial specifically designed for the special needs of men. Extractions, heated hand treatment and a relaxing face and neck massage are included.  
60 minutes

### JUNE JACOBS SIGNATURE FACIAL

This treatment is a unique skin care restoration system designed to remove the excess outer layer of the skin and to energize the new skin layer underneath. It is recommended for all skin types with the exception of sensitive skin. This treatment creates an enhanced exfoliation process in which the enzymes remove the dead skin cells and soften pores, preparing the skin for extractions. Additional plant extracts create a calming and soothing effect while built-in moisturizers combat dryness during the service.  
60 minutes

### EXPRESS FACIAL

Designed to refresh the skin, this facial treats the skin with a cleansing, exfoliating and moisturizing process. A revitalizing treatment at any time of the day.  
30 minutes

### EUROPEAN DEEP CLEANSING FACIAL

A classic European-style treatment essential for radiant, healthy skin. This cleansing and relaxing facial is personalized to meet the needs of your specific skin type. The facial includes skin analysis, deep cleansing exfoliation, hydrating steam, décolletage massage, a revitalizing mask and skin re-conditioning. A heated hand treatment completes the experience.  
60 minutes

Series of six Deep Cleansing Facials

### EXTRA ESSENTIALS (A LA CARTE)

Add to any of our skin treatments:  
Collagen Mask  
Hydrolifting Mask  
Algo Mask  
Vitamin C Mask  
Lips & Eye Treatment  
Paraffin Treatment for the Hands



## :: SPA DAY PACKAGES

### PEEL TREATMENTS

Renewal begins as dead skin cells are lifted off the skin. Your complexion is smoother and fine lines are minimized. Ideal for both men and women, oily or dry skin. Can be added to any Facial Treatment, and a series of six Peel Treatments are also available.

All Spa packages include unlimited use of fitness facilities, pool, sauna, steam, locker room, robes, towels, slippers and personal care amenities.

### SPA SAMPLER

Express Facial – 30 minutes  
Focused Massage – 35 minutes  
Spa Manicure  
90 minutes

### HARMONY

Swedish Massage – 50 minutes  
Express Facial – 30 minutes  
Spa Manicure and Spa Pedicure  
3 hours

### FOR MEN ONLY

Gentleman's Facial  
Swedish Massage – 65 minutes  
Spa Manicure and Spa Pedicure  
3 hours

### SPLURGE PACKAGE

Deep Cleansing Facial  
Swedish Massage – 65 minutes  
Spa Manicure and Spa Pedicure  
3 1/2 hours



## :: SUPPORTIVE THERAPIES

### SHIRODHARA HAIR AND SCALP TREATMENT

The Shirodhara is an ancient therapy used for centuries to restore an inner calm to the mind and to balance the emotions. A warm waterfall of infused oil is slowly dripped onto the forehead and gently massaged into the hair and scalp. To finish, an application of ayurvedic herbs helps nourish and condition the hair and scalp.

30 minutes

### HERBAL HAND AND/OR FOOT TREATMENT

This treatment is the best choice for someone with limited time to wind down and achieve a sense of well-being. We begin by applying a warm blend of ayurvedic herbs to exfoliate the skin and revitalize tired hands and feet. Next, we ease tension with a hand and foot massage as you drift into a state of deep relaxation.

30 minutes

60 minutes

### LEMONGRASS LAVENDER FOOT TREATMENT

This invigorating deluxe foot treatment allows you to rest your weary soles while your feet are rigorously scrubbed with a blend of seaweed, lemongrass, lavender, pumice and walnut shells. This experience is completed with a moisturizing foot massage where your feet are drenched with a luscious fruit-acid hydrating crème.

Add on to any Spa Treatment.

15 minutes

### AIRBRUSH TANNING

UV Free Airbrush Tanning. Imagine getting that golden bronze tan without having to spend hours at the beach. This latest technology provides a streak-free formula using an effective mist application.

Single Full Body Sessions

Face and Neck Blends

Series of Three Full Bodys



## :: POLICIES

### WAXING/TINTING SERVICES

Eyebrows  
Lip Area  
Chin  
Underarms  
Arm  
Half Leg  
Full Leg  
Bikini  
Back  
Lash Tint  
Brow Tint  
Lash and Brow Tint

### NAIL SERVICES

Spa Manicure  
French Manicure  
Deluxe Spa Manicure  
Manicure with Paraffin Treatment  
Spa Pedicure  
Deluxe Spa Pedicure  
Pedicure with Paraffin Treatment  
French Pedicure  
Men's Manicure  
Men's Pedicure  
Polish Change

### SPA HOURS OF OPERATIONS

#### TOWN & COUNTRY

Monday – Friday 9AM – 9PM  
Saturday 9AM – 6PM  
Sunday 12PM– 5PM

#### CLAYTON

Monday – Friday 9AM – 9PM  
Saturday 9AM – 6PM  
Sunday 9AM – 5PM

For Your Consideration

#### CANCELLATIONS AND CHANGES:

Treatments you select are reserved especially for you. Kindly notify us of any changes or cancellations 24 hours prior to your appointment. Otherwise, you will be billed for half of the cost of the service.

#### PUNCTUALITY:

It is recommended that you arrive approximately 15 minutes prior to your appointment, giving you ample time to change and relax before your treatment.

#### PRICING AND PAYMENT:

All prices are subject to change.  
Gratuities not included in service price.

#### GIFT CERTIFICATES:

Our Spa Consultants will assist you in selecting imaginative gifts of well being, presented in a personalize Gift Certificate.

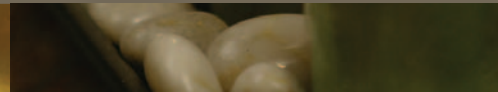
#### PRIVATE PARTIES:

Solace Spa welcomes corporate gatherings, wedding parties and other groups. It is the perfect place for your group to relax and revitalize.

#### SOLACE SPA

998 Woods Mill Road – Town & Country, MO – 636.2073001  
7620 Forsyth Boulevard – Clayton, MO – 314.746.1501

A Wellbridge Spa. Visit us at [www.solacespa.com](http://www.solacespa.com).





Open to the Public

Clayton  
**314.746.1501**  
7620 Forsyth Boulevard

Town & Country  
**636.207.3001**  
998 Woods Mill Road

