

## MASSAGE

**SWEDISH:** gentle, relaxing strokes  
**DEEP TISSUE:** more intense, slow therapeutic strokes  
**JOINT MOBILIZATION:** tender rocking/stretching exercises designed to improve mobility  
**MYOFASCIAL RELEASE:** slow stretching/unwinding of tense muscles and connective tissue  
**PRENATAL:** ease the fatigue during pregnancy

### RATES:

**1/2 HOUR**.....\$36.00  
**1 HOUR**.....\$60.00  
**1 1/2 HOUR**.....\$90.00  
**2 HOUR**.....\$115.00

**HOT STONE:** lavish body massage using warmed rolled stones and herbal oils  
**1/2 HOUR**.....\$45.00  
**1 HOUR**.....\$75.00

## CHIROPRACTIC CARE

W/ DR. RACHEL HENEBERRY

**PERSONAL ADJUSTMENT**.....\$30.00  
Specific, gentle adjustments for the spine, extremities and TMJ.

## MICRO TREATMENTS

Luxurious little treatments that can stand alone or be added to any service.

### HAND/FEET RETEXTURIZER:

Exfoliate, smooth, and, de-age the skin on hands and feet.....\$12.00

### PARAFFIN THERAPY:

Warm moisturizing mask, excellent for arthritis and severely dry skin.....\$12.00

### HOT STONE RELAXER:

Lavish foot massage using warm stones .....\$12.00

## FACIALS/SKINCARE

We proudly use the



Line of Skin Care Products

**BIOELEMENTS** believes that every skin is different. Down to its very cells. That's why a product that works for one person can't possibly work equally well for thousands of others. Knowing this, **BIOELEMENTS** has created a system of professional skin care that can be freshly customized, with plant extracts, aromatherapy oils, trace minerals, and high performance ingredients. **BIOELEMENTS** helps your skin, help itself. Our professional staff at The Body Care Company will be happy to analyze your skin, recommend products, and custom blend your personalized skin care at no additional charge.

## TYPES OF FACIALS

### BIOELEMENTS CORRECTIVE FACIAL:

A full European facial, totally customized from start to finish.....\$66.00

**BACK FACIAL:**.....\$60.00

### ACNE CLEARING FACIAL:

A must if you are prone to break-outs or clogged pores.....\$75.00

### ROSACEA FACIAL:

Prevention and maintenance of Rosacea flare-up.....\$70.00

### STRESS SOLUTIONS SPA FACIAL:

All about relaxation/pampering.....\$66.00

### PUMICE PEEL MANUAL MICRODERMABRASION:

Peel away dull cells and reduce the appearance of fine lines and wrinkles.....\$75.00

### EXPRESS FACIAL:

A condensed version of the European facial-when time is of the essence.....\$44.00

**GIFT CERTIFICATES**  
**AVAILABLE**

## PACKAGES

### ULTIMATE BLISS:

Manicure, Pedicure, Half Hour Massage, and Mini Facial.....\$110.00

### GENTLEMAN'S CHOICE:

Deep Tissue Massage, Sports Pedicure, and Herbology Manicure.....\$70.00

### SERENITY PACKAGE:

Half Hour Massage, and Mini Facial.....\$65.00

### HEALING HANDS AND FEET:

Mini Manicure and Pedicure.....\$45.00

### HERBOLOGY FULL BODDY EXFOLIATION

30 min. full body exfoliation plus half hour massage.....\$60.00

**\*\*Any of our packages containing half hour massages can be upgraded to an hour for an additional \$25.**

## WAXING

**BROWS:**.....\$12.00  
**UNDERARMS:**.....\$12.00  
**LEGS: (whole)**.....\$55.00  
**LEGS: (knee to ankle)**.....\$33.00  
**LIP OR CHIN:**.....\$ 8.00  
**BIKINI:**.....\$24.00  
**SEMI-BRAZILIAN: (less hair? you say where)**...\$38.00  
**BRAZILIAN: (no hair, no where, down there)**...\$50.00

\*Gentlemen's Face/Neck, Chests, & Backs available also

## NAILS

MANICURE.....\$20.00  
PEDICURE.....\$35.00  
BUFF-N-POLISH.....\$12.00  
FRENCH POLISH.....\$ 4.50  
NAIL POLISH CHANGE.....\$ 6.00  
ACRYLIC (ODORLESS) FULL SET.....\$30.00  
FILL IN.....\$20.00  
GEL FULL SET.....\$35.00  
FILL IN.....\$25.00  
NAIL ART.....\$2.00-5.00