

HEALTHY *Lifestyle*

SPA



**GLENEAGLES
COUNTRY CLUB**



SPA

Your Wellness Sanctuary

The Healthy Lifestyle Spa will provide a place of wellness and comfort for a serene escape from your busy life. Enjoy a massage to ease your stress and reduce muscle aches and tightness while you unwind and relax. Or enjoy total facial bliss with a menu of revitalizing facial treatments that are designed to deliver results. All in the spirit of soothing your *inner you*.

Your visit to the Healthy Lifestyle Spa will leave you feeling tranquil, rested, and centered.

SKIN CARE



IMAGE SKINCARE is an evidence-based clinical skincare company, providing professional skincare products and effective skincare solutions. The most innovative brand in the industry, Image Skincare consistently produces the latest anti-aging, balancing, hydrating and illuminating technologies to further its mission of helping the world to Age Later.





CUSTOM FACIAL

Tailored for your individual skin care concerns to target hyperpigmentation, dehydration, fine lines, wrinkles and other signs of aging. Includes cleansing, exfoliation, extractions, masks, serum, SPF and a relaxing and invigorating arm, neck and shoulder massage. 50 min / \$95

VITAL C FACIAL

Ideal for dry, dehydrated, sensitive and redness-prone skin. A rich botanical blend will create a soothing and healthy way to improve skin with antioxidants for ultimate protection and nutrition. This treatment leaves your skin hydrated and healthy. 50 min / \$95

SIGNATURE FACE LIFT

Hydroxyl acids and enzymes speed up cellular renewal with an exclusive blend of plant stem cells to combat the effects of aging and to stimulate new collagen. Rosacea and redness-prone skin will benefit from the botanical detoxifying and energizing properties.

50 min / \$90

ORMEDIC LIFT

Organic Ingredients with medical effectiveness work to rebalance, regenerate and restore skin while comfrey stem cells boost cellular turnover. Leaves skin radiant and supple. 50 min / \$90

IMAGE DESIGNER PEELS PACKAGE

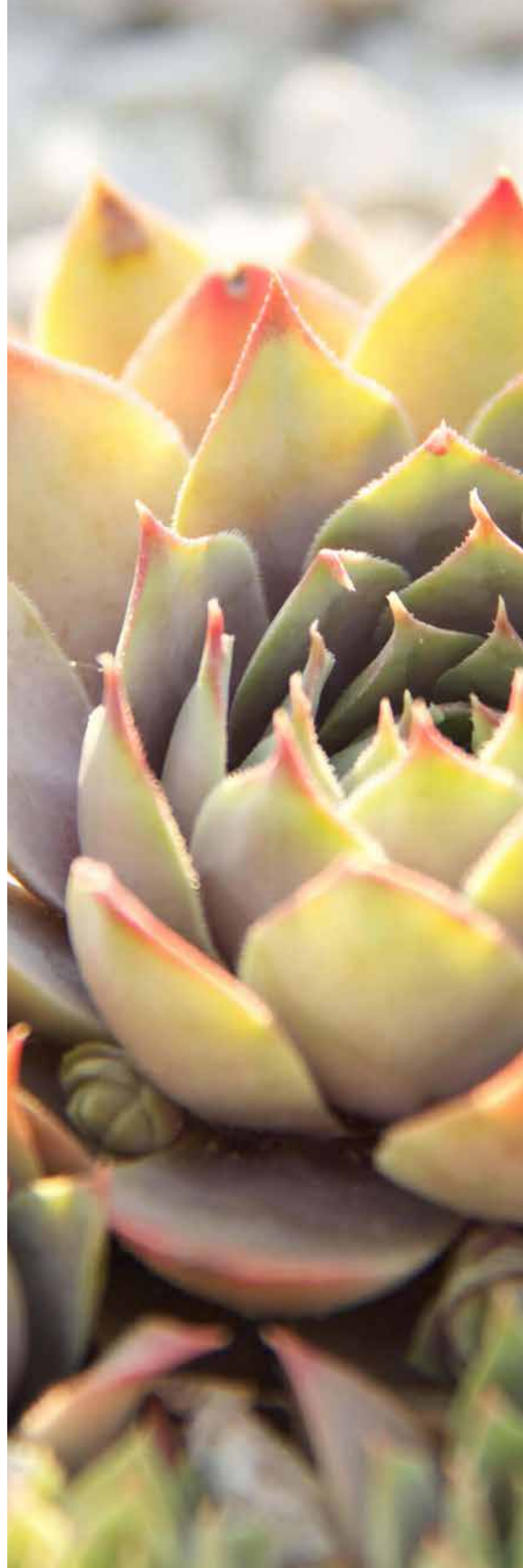
We offer a variety of different peeling solutions for various skin concerns including; acne, aging, sun damage, hyperpigmentation, and rosacea or redness to produce skin clarity, even skin tone, and improve texture. The best results come from a series of peels.

Package of three 50 minute peels / \$250

SKIN CARE



EMINENCE ORGANIC SKIN CARE uses sustainable farming and green practices to create a natural and effective professional skin care line. Eminence organic ingredients are cold pressed and blended together at room temperature (without severe heating) and without any hydrogenation process to keep the high nutritional content and potency of the natural ingredients intact. Eminence skin care facials can greatly assist in firming, calming , reducing signs of aging, hyperpigmentation and hydrating skin.



EMINENCE CUSTOM FACIAL

Tailored for your individual skincare concerns to target hyperpigmentation, dehydration, fine lines, wrinkles and other signs of aging. 50 min / \$95

BRIGHT SKIN FACIAL

This brightening facial addresses uneven pigmentation and improves skin clarity while leaving skin soft and luminous. 50 min / \$95

ARCTIC BERRY PEEL

Safe and effective for all skin conditions, it deeply exfoliates, refines and evens out skin tone by reducing the appearance of inflammation and redness. A blend of botanical stem cells, polypeptides, and antioxidant-rich plants correct the visible signs of aging. Essential vitamins, minerals, and Omega-3 fatty acids replenish the skin's moisture and restore the youthful glow of healthy skin. 50 min / \$105

OM4 ORGANIC GENTLEMAN'S FACIAL

Specifically formulated for men, this skin nourishing treatment revitalizes skin stressed by daily shaving and sun exposure, improving the overall appearance and condition with deep cleansing and moisturizing. 50 min / \$90

Add on

OM4 Herbal Antifungal Foot Scrub and Massage \$20

Other Treatments

SEASONAL PEELS 50 min / \$90

EMINENCE PEEL PACKAGE

We offer a variety of different peeling solutions for various skin conditions including; acne, aging sun damage, hyperpigmentation, and rosacea or redness to produce skin clarity, even skin tone, and improve texture. The best results come from a series of peels. Package of 3, 50 min each / \$250

STONE CROP REVITALIZING BACK FACIAL

Polish your skin with the hydrating qualities of sugar and the invigorating benefits of salt. This resurfacing exfoliant is infused with healing stone crop and antioxidant-rich lemon peel to brighten and smooth while you revitalize. Gentle extractions included. Extend the hydrating, brightening and healing benefits of the Stone Crop Restorative Body Mask which contains powerful detoxifying actives as well as a cool aloe infusion for healing. 50 min / \$80

SKIN CARE



Microcurrent

Known as a non-invasive facelift, microcurrent facials introduce a low-grade electrical current delivered through a small machine onto the face muscles. The muscles contract and are meant to be trained – just like a gym workout – to lift and sculpt the face. Microcurrent is used to lift the eyebrows, define cheekbones, tighten and firm skin, and stimulate collagen growth. This non-invasive, gentle treatment produces effective and impressive results. The treatment improves facial muscle tone, reduces puffiness, increases cellular activity and tightens pores. The overall result is healthier, younger looking skin.

MICROCURRENT FACE LIFT

Microcurrent technology delivers low- frequency electrical currents, retraining the muscles that gives your face a tightening lift. Like a mini facelift! Helps reverse fine lines, wrinkles and sagging by increasing collagen and elastin productivity. The skin is stronger, resilient, and has a youthful appearance. Includes all areas of face and neck. It is the workout that every skin needs.

50 min / \$125

Microcurrent package pricing to help you meet your goals

- Package of four 50 minute treatments \$400 (Savings of \$100)
- Package of six 50 minute treatments \$600 (Savings of \$150)

MICROCURRENT MINI TREATMENTS

- **Eye Lift** – reduce under eye puffiness and wrinkles while lifting the brow with microcurrent 25 min / \$30
- **Neck and Jaw Lift** 25 min / \$30
- **Tighten and Tone Cheek and Chin Line** 25 min / \$30

Red Carpet Treatment

This luxurious facial treats the skin with oxygen and A, C, E, complex. Microcurrent for lifting and tightening and a hydrating mask is applied while under the LED red light to brighten and increase collagen production. You will see results. 80 min / \$175

Special packaging for the Red Carpet Treatment

- Package of four 80 minute treatments \$600 (a savings of \$100)
- Package of six 80 minute treatments \$900 (a savings of \$150)

DERMAPLANING

Great for exfoliating the epidermis and ridding the skin of fine hair (peach fuzz). Hair often causes a buildup of dirt and oils in the follicles, so removing the hair gives the skin a healthy glow. Ideal for the client, who would like a deep exfoliation without the chemical peels. The result is a more refined, smooth, "glowing" appearance. Makeup will go on smoother and more evenly. 50 min / \$115 | 80 min with LED / \$140

Add Ons

OXYGEN INFUSION

Oxygen infusion is a specialized skin therapy treatment designed to replenish the levels of hydration in your skin while plumping and smoothing. Skin is renewed, rejuvenated, replenished with essential vitamins, minerals and immunity peptides and amino acids. Beautiful skin starts with oxygen. This treatment promotes collagen production, helps detox the skin, speeds cell turnover with no side effects.

Add on to any Facial \$25

LED LIGHT THERAPY

The skin uses LED light as a source of energy to fuel repair and rejuvenate the skin cells. Red LED light increases natural hydration levels, reduces redness and inflammation, minimizes the appearance of pores, regulates oil production, improves circulation, increases collagen and accelerates skin repair. Blue LED light boasts antibacterial properties for the treatment of acne, eczema and psoriasis.

Add on to any Facial \$25

MASSAGE

Massages are great for de-stressing both mentally and physically, detoxifying impurities in the body, maintaining healthy joint function and an overall better performance in sport-related activities, as well as combating recurring pain from past injuries. They can also aid in sleeping better, relaxing the mind and improving the body's circulation.

They're a necessity in today's busy lifestyle, and not just an indulgence. Experience the skilled hands of our professional and well-trained massage therapists with your choice of either a male or female therapist.



HEALTHY LIFESTYLE

Signature Massage

A deep tissue massage that includes trigger point therapy, hot stone placement, aromatherapy and stretching techniques. All modalities are combined for a common purpose in improving mobility, flexibility, and relaxation. 50 min / \$115 | 80 min / \$150

SWEDISH MASSAGE

The “traditional” modality of modern massage. The Swedish massage has one main focus: relaxation. The soft, long, flowing movement promotes relaxation, increases lymphatic and blood circulation and eases tired muscles. 50 min / \$80 | 80 min / \$115

DEEP TISSUE MASSAGE

Utilizes firm kneading and deep pressure to relieve tightness, knots and stress. Proper pressure is applied to layers of muscles, tendons and other tissues deep under the skin to help relieve chronic patterns of pain and tension. 50 min / \$95 | 80 min / \$135

CUPPING

Cupping is an alternative therapy that uses suction cups to stimulate your skin and muscles. It can be done on your face or body. The suction promotes increased blood circulation, which may help relieve muscle tension, promote cell repair, and aid in other regeneration.

50 min / \$95 **Add on to other service** \$25

25-MINUTE TENSION RELIEVER

Muscles easily become tense specifically in the back, shoulder and neck area. This massage option provides a cost-effective and time efficient way for relieving chronic tension and an opportunity to receive regular massage to aid in overall health and wellness. 25 min / \$55

REFLEXOLOGY & FOOT SCRUB

Embark on a journey towards relaxation and health. It begins with a hot towel wrap and foot scrub, followed by the stimulation of pressure points on the hands and feet. This treatment encourages increased energy by releasing blockages. 50 min / \$85

REFLEXOLOGY (Feet Only) 25 min / \$45

MASSAGE

Specialty Massage Treatments

THAI MASSAGE

This ancient healing system will revitalize and rejuvenate your body and mind. You remain clothed (wear loose pants and tops) while your massage therapist uses a unique combination of stretching, compression, finger pressure, and guided yoga poses to loosen tight muscles, stimulate circulation, relieve joint pain and stiffness, and balance your energy. You will leave feeling relaxed and invigorated. 25 min / \$45 | 50 min / \$90

MANUAL LYMPHATIC DRAINAGE

Light and gentle massage strokes that activates, stimulates, and cleanses your lymphatic system. Helps alleviate fluid build-up and inflammation. A wonderful body detoxifying treatment.

50 min / \$115

REIKI ENERGY THERAPY

Reiki is a form of complementary therapy that guides energy throughout the body to promote the recipient's self-healing abilities. Regular Reiki treatments promotes the consistent and unlocked flow of energy throughout the body to decrease pain, ease muscle tension, speed healing and improve sleep.

30 min / \$50 | 60 min / \$90

Add On

**AROMATHERAPY
ESSENTIAL OIL**

\$10

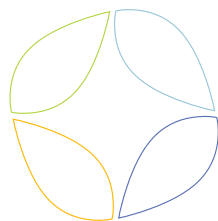
- **Eucalyptus** for respiratory congestion
- **Peppermint** for headache
- **Lavender** for relaxation
- **Orange** for a bright uplifting feeling



Your skincare professional not only performs exclusive treatments to help you achieve your best skin ever, but can also recommend the perfect at-home regimen targeted to your specific skin care concerns.

Daily use of the right professional skin care products for your skin is what is going to give you the appearance you desire with long lasting results that will enhance your skin's vitality.

With our Eminence and Image Skin Care lines, you have a one stop skin care shop in your very own Healthy Lifestyle Spa.



Rent Out the Spa

Birthday Party, Wedding in The V, or just getting together with friends. We have a full menu of spa treatments, add yoga or meditation, food can be served.

Please contact Karen Mikus 561-495-2806.

KNOW BEFORE YOU GO

Our goal is to create a relaxing and comforting experience for all our members. Here are a few things we would like you to know:

ARRIVAL TIME

Please arrive 15 to 20 minutes prior to your treatments to allow ample time to register at the spa reception desk, slip into a robe, and relax in our tranquil quiet room. Enjoy fruit infused water or tea.

CANCELLATION POLICY

As a courtesy to other members and staff, please notify us of any cancellations or change of appointments within 12 hours or full service fee will be applied.

JEWELRY

Please leave your jewelry at home. We are not responsible for any missing items.

SILENCE IS GOLDEN

A low voice and quiet tones are appreciated to preserve the tranquil nature of our spa. Please leave your cell phones off prior to your treatment.

AGE REQUIREMENT

Must be 16 years of age or older. Spa guests 16-17 years of age are permitted in the spa only when receiving spa treatments. Spa guests 16-17 years of age must have permission from parent or guardian and a consent form submitted.

GRATUITY

Gratuity is incorporated into the price of all spa treatments, however additional gratuities may be offered to spa professionals in a sealed envelope at the member's discretion. Envelopes available at Spa Reception Desk.

HOURS OF OPERATION

9:00am - 6:00pm
Monday through Saturday

CONTACT US

561-860-8711
spa@gleneagles.cc



Your Wellness
Sanctuary

HEALTHY *Lifestyle* CENTER
AT GLENEAGLES COUNTRY CLUB