



# Holy Cross

## Dorothy Mangurian Comprehensive Women's Center

### MEDICAL SPA MENU OF SERVICES

#### Classic Manicure or Pedicure

Includes nail trim & shaping, buffing, cuticle grooming and polish.

#### Spa Manicure or Pedicure

Same as above with a conditioning lotion massage, invigorating scrub and polish.

#### Deluxe Manicure or Pedicure

Same as above with warm mittens / booties, customized mask or soothing paraffin and warm towel wrap.

#### Nail Services

Classic / Spa / Deluxe Manicure .....	\$15 / \$20 / \$30
Classic / Spa / Deluxe Pedicure .....	\$25 / \$30 / \$35
Classic / Spa / Deluxe Manicure & Pedicure Combo....	\$32 / \$45 / \$55
Gelish Manicure (Shellac) .....	\$30
Hand Massage and Polish Change .....	\$10

#### Hair Removal

	Waxing	Threading
Lip or Chin .....	\$ 7	.....\$9
Eye Brow Shaping .....	\$12 & up	.....\$18
Underarms.....	\$20 & up	.....N/A
Other.....	Prices Vary	.. Prices Vary

#### Permanent Hair Removal (Electrolysis)

15 / 30 / 60 Minute Sessions.....	\$40 / \$60 / \$100
3 / 8 / 12 Hour Packages.....	\$280 / \$720 / \$1,000

#### Facials (Full menu of customized treatments available)

Express Lunch Facial (25 minutes).....	\$40
Citrus Facial (50 minutes) .....	\$70
Classic European Facial (50 minutes) .....	\$70
Detox Deep Pore Cleansing Facial (50 minutes) .....	\$95
Deeply Hydrating Facial (50 minutes).....	\$70
Anti-aging Skin Brightening Facial (50 Minutes) .....	\$100
Intracutaneous Oxygen Rejuvenate Facial .....	\$150 / \$235
Men's Facial .....	\$65
Back Treatment (45 minutes).....	\$65

#### Other Aesthetic Services Available:

Microdermabrasion | Microcurrent  
LED | Chemical Peels | Oxygen Treatments  
Body Wraps and More



Open Monday through Friday, 10 am–6 pm | Saturdays, 10 am–3 pm  
Other times available by appointment.  
Appointments / Information - 954.229.8657  
Pricing Effective 7/1/15. Subject to change.

# MASSAGE / ACUPUNCTURE MENU OF SERVICES

## Acupuncture

Initial Evaluation and Treatment . . . . (90 min.) | \$140 (1st time clients)  
Acupuncture Treatment . . . . . (60 minute session) | \$83  
Acupuncture Treatment . . . . . (30 minute session) | \$52  
Acupuncture Facelift (90 min.) . . . . . \$150  
Acupuncture Facelift (10 90 min. sessions) . . . . . \$1,350  
Smoking Cessation (5 60 min. sessions) . . . . . \$320

## Therapeutic Treatment

Incorporates both Swedish & Deep touch. The therapist will evaluate the needs of each individual using both flowing strokes for relaxation and cross fiber techniques working the deeper layers for chronic problems.  
. . . . . (30, 60 & 90 minute sessions) | \$52, \$78, \$119

## Bamboo

Uses bamboo stalks of varying lengths and diameters to provide deep tissue work and a sense of deep relaxation.  
. . . . . (60 & 90 minute sessions) | \$78, \$119

## Cranial Sacral

A light touch approach that releases tensions deep in the body to relieve pain & dysfunction to improve whole-body health & performance. . . . . (60 minute session) | \$103

## Hawaiian Lomi Lomi Massage

Lomi Lomi Hawaiian massage combines many techniques to create a flowing rhythm that is soothing and satisfying.  
. . . . . (60 & 90 minute sessions) | \$78, \$114

## La Stone Therapy

Combination of heat and stones gives a deep tissue feeling without intense pressure, combined with manual massage.  
. . . . . (90 minute session with 54 stones) | \$129

## Manual Lymphatic Drainage

A slow, rhythmic, calming and relaxing technique designed to boost the immune system, relieve pain & increase the body's ability to remove excess fluids.  
. . . . . (60 minute spot body work, 90 minute full body) | \$73, \$98

## Pregnancy Massage

Prenatal massage can improve relaxation, mobility and overall well-being during pregnancy.. . . . (60 minutes) | \$73

## Reflexology

Relieve tension through the application of pressure to various points throughout the body to reduce pain and alleviate stress.  
. . . . . (30 minute session) | \$47