

# Menu

OF SERVICES



*A Luxurious Med Spa & Massage Center  
in Downtown Enid*



Massage & Well Being

*Available from 9 am to 8 pm, 7 days per week with an appointment.*

102 West Randolph Avenue ~ Enid, Oklahoma 73701 ~ 580.233.4300



MASSAGE MENU

Classic Swedish Massage \$65

Full body relaxation massage featuring organic massage oils and balms. Treatment includes neck, arms and upper back as well as lower back, legs and feet.

Deep Tissue Massage \$75

Targets the deep tissue structure of the fascia and muscles releasing tension and chronic knots. Slower, deeper strokes are used and concentration is on the areas of stressed muscles and painful areas of toxin build up.

Therapeutic Massage\* (15 min. segments) \$30

Injury or pain specific massage aimed at pain relief, lengthening of shortened tissue or adhesions, reduction of edema, and increased mobility. Includes Myofascial release, trigger point therapy, Graston and/or active release techniques.

Therapeutic Stretching\* (15 min. segments) \$30

Assisted stretching designed to improve mobility and decrease pain. Concentrate on one area or the entire body. Sport or job specific stretching is available.

- Add to another massage for only \$20!

Pregnancy Massage \$65

Relaxes tense muscles, eases sore spots, improves circulation and mobility, and just makes you feel good. Tailored specifically to the needs of pregnant women and their changing bodies, performed by therapists who are trained in prenatal massage and adjust their techniques accordingly.

- Add a Yummy Tummy tummy mask for stretch marks and skin tightening, plus a cupcake for \$25!

- Add Beautiful Baby Acupuncture Points for \$15!

Tradition has it that the "beautiful baby point", should be needled at the end of the third and sixth months to ensure a happy, healthy, and of course, gorgeous baby!

Aromatouch Session (30 minutes) \$45

Eight essential oils applied along energy meridians to help balance sympathetic and parasympathetic nervous systems of the body. Ease stress, support your immune system, decrease inflammation and improve balance while luxuriating in pure aromatherapy.

-Add 15 minutes of Aromatouch to another massage for only \$30!

.....\*This massage may qualify for submission to your insurance .....

Lomi-Lomi (90 minutes) \$100

This Hawaiian massage works gently yet deeply into the muscles with continuous, flowing strokes, totally nurturing the body and, enabling the recipient to relax, give in and simply be.

ADD ONS

Hot Stones \$10

Hot stones are placed in a formation directly on the body as well as used as a massage tool. The hot stones have a sedative effect that can relieve chronic pain, reduce stress and promote deep relaxation.

Aromatherapy \$10

Inhaling the appropriate fragrance can reduce stress, lift a depression, hasten a good night's sleep, soothe your soul, or give you more energy. Adding aromatherapy to your session can be as simple as choosing a fragrance that appeals to you or as complex as a customization for your particular needs.

Acupuncture Master Points \$20

Treat every meridian in your body with the traditional master points. Release tension, restore energy and vitality, increase energy and improve your body's ability to heal. The Master Points acupuncture session can be done alone or immediately following a massage.

Hot Oil Scalp Massage \$25

Moisturizes and revitalizes your scalp, prevents the occurrence of dandruff and enhances hair growth.

Kinesio Taping \$25

Be taped for your specific injury or weakness and learn how to continue taping yourself at home. Perfect for minor injuries, sport specific protection/performance enhancement, long distance running, or pain reduction. You will be sent home with the remainder of your roll of tape.

Stress Reduction Session \$20

Mind Fit Technology is designed to train your brain to recover from stress. Twenty minutes gives the stress reducing results of a 4 hour nap! Use neuro-linguistic programming to reduce stress, enhance focus, improve sports performance or lose weight.

Home Therapy Protocols \$25

Learn to take care of your problem spots at home with self-massage or self-stretching techniques

such as foam roller, physio balls, trigger point with balls, reflexology or acupuncture points, and or yoga stretches. Active instruction is given along with written home instructions. All home massage tools are also available.

THERAPEUTIC MODALITIES

Anti-Inflammatory Injection \$375

"The closest thing to a magic bullet for immediate pain relief." A dual steroid injection protocol that relieves inflammation all over your body.

Ultrasound \$30

This treatment encourages faster healing, decreased swelling and pain relief. Very effective for injuries, swelling and arthritic joints. It is also great for heel spurs and plantar fascitis.

Decompression Traction \$30

Release the pressure that causes radiating pain down your arms or legs, reverse a disc bulge without surgery, or simply undo the effects of gravity. This is great for herniated or bulging discs as well as for runners or other athletes that put themselves thru high impact activity.

Sauna \$5

Far infrared deep heating sauna with low EMF waves produces a deep detoxifying sweat. Infrared heat is a gentle, soothing and therapeutic heat that promotes relaxation and improved sleep, lowers blood pressure and increases circulation.

Suna Light Canopy \$30

Anti-aging and skin purification under red and blue and infrared light therapy- the most effective wavelengths for healing the epidermis and dermis layers of skin. The light stimulates collagen production to reduce wrinkles and improve overall skin tone. See incredible results in acne reduction, wound healing and reduction of neuropathy. Suna also causes your fat cells to release the lipids within them allowing your body to release stored fat, speeding weight loss. Immediate reductions in both inches and weight are commonly seen.

SPECIALTY TREATMENTS

Exfoliating Hand Therapy (30 minutes) \$40

Sea salt exfoliating hand and elbow treatment combined with hot oil hand massage. This is followed by a deep heating hot paraffin hand bath regimen.

Foot Reflexology and Leg Massage \$40

A cleansing foot bath is followed by an exfoliating foot scrub. Foot and leg massage with foot reflexology points is then expertly performed. The treatment ends with a hot paraffin foot bath regimen. Leave with your feet and legs rejuvenated!

M'Lis Body Wraps \$75

Whole body exfoliation is followed by an application of a blend of pure and natural herbal contour creams. Gently and safely rids the body of trapped wastes. After this cream is applied, the therapist wraps your body with a surgical, clear material and you will be put into a spa bed and/or sauna where you will be able to relax or sleep for 45 minutes. Enjoy some downtime as you lose multiple inches and decrease cellulite while making your skin smooth and soft!

-Add a Suna light Capsule session for just \$35 more! (Save \$15)

PACKAGES

Massage of the Month

Enjoy a different invigorating or relaxing massage every month! Join our ongoing subscription to monthly massage and body treatments or purchase a quarter or even a year's worth of massage for your loved one!

One Quarter (3 Massages)	\$180
Half a Year (6 massages)	\$330
Full Year (12 massages)	\$600

Detox Bundle \$265

M'Lis supplements and detox diet plan combined with three Suna light therapy sessions, unlimited sauna sessions and one body wrap.

Detox Supplements only \$120

Weight Loss Booster \$375

Combine a personalized weight loss plan with a body wrap, 10 Suna light therapy sessions, unlimited sauna treatments and downtown gym access for a month.

- Continue your gym and sauna access for only \$15/month!
- Personalized motivation, diet plans and accountability continues for only \$50/month.
- Continued unlimited Suna sessions only \$100/month

(Continued on Back Page)



**Single weight loss booster session \$50**

Lose two to four pounds and several inches in a single Suna light session with power plate exercise, and a sauna sweat session!

*-Add a M'Lis Body wrap for just \$60 more! (Save \$15.00)*

**LASER AESTHETICS & SKIN TREATMENTS**

*Skin rejuvenation with cosmetic lasers can be one of your greatest tools in the battle against aging!*

**Laser Hair Removal \$50/zone**  
Gentle Painless Permanent hair removal.**Pixel Perfect™ \$350**  
Laser Resurfacing of skin to remove fine lines, wrinkles and scars. This treatment can also shrink the appearance of pores and smooth out acne scars, giving you the soft and flawless skin of years gone by.**AFT "Photo-Facial" \$250**  
Removes pigmentation spots on skin from brown spots to red splotching. Helps with rosacea, age spots and broken capillaries. Evens out skin tone.**Premium Facial Bundle \$500**  
*Save \$100 by doing both Photo-Facial and Pixel Perfect™ together!***Signature Facial \$60**  
Customized skin care just for you. This is our signature one hour facial designed to pamper your skin with exactly the right formulas for your skin type. Exfoliate, deep clean, moisturize and regenerate.**Acne Specific Facial \$65**  
Specialized skin care for acne problems. Reduce breakouts, remove blackheads and improve blemishes. Includes skin care solutions education so that you can continue the correct regimen at home.**Microderm Abrasion \$20**  
Deep penetrating exfoliation to reduce fine lines and improve the overall texture of your skin.**Organic Facial (60 minutes) \$75**  
Totally organic products made to truly nourish and pamper your skin. Session includes deep cleaning and multiple masks for truly luxurious skin care.**Acupressure Facial \$95**  
Add acupressure points to your organic facial to improve skin tension and improve the youthful look of your face.**Accent Your Body \$249**  
Skin tightening, cellulite reducing, fat burning! The comfortable way to tone and tighten skin. Accent Your Body provides controlled heat therapy to fight wrinkles and reshape any bulges or sagging skin on your face or body.**Accent Package Deal \$399**  
*Save \$348 by purchasing three treatment sessions!***Sea Salt Full Body Scrubs \$50**  
Genuine Dead Sea salt detoxifies, polishes, and massages skin to bring out your softest most touchable skin. After exfoliation, moisturizing oils nourish and hydrate thirsty skin.**Permanent Make-Up by Erin**

<b>Eyeliner</b> . . . . .	<b>\$400</b>
<b>Eyebrows</b> . . . . .	<b>\$400</b>
<b>Lip Color</b> . . . . .	<b>\$475</b>

*Gift Certificates Available!*



*Available from 9 am to 8 pm, 7 days per week with an appointment.*

102 West Randolph Avenue ~ Enid, Oklahoma 73701 ~ 580.233.4300