



# Massage Therapy

## Relaxation Massage

In this session the client will experience a light, gentle touch with long strokes that improve blood and lymph circulation. A great session for reducing stress and prompting relaxation.

30 minutes	\$40
60 minutes	\$70
90 minutes	\$95

## Therapeutic Massage

The term “therapeutic” is an umbrella term that covers modalities such as “Deep Tissue, Pain Management, Neuromuscular & Sports Massage.” A customized approach is used and a client’s specific issues are addressed for which the therapist may use multiple massage modalities. The entire session may be focused on a targeted area(s) of the body to accomplish the desired outcome. A series of sessions may be required to alleviate the cause of symptoms.\*

30 minutes	\$50
60 minutes	\$80
90 minutes	\$110

\*Discounted packages are available

## Medical Massage

In this session, a whole-body clinical approach is used to address the origin of the client’s pain. A consultative interview approach between the client and the therapist is key to ascertain cause and effect of symptoms. Multiple massage modalities are incorporated in the session. Vibration and the use of the Dolphin Neurostim\*\* are available for treatment enhancement. Conditions that are treated include, but are not limited to:

- Back Pain
- Neck & Shoulder Pain
- Fibromyalgia
- Chronic Headaches
- Golfer & Tennis Elbow
- Sciatica
- Plantar Fasciitis
- Arthritis
- Neuropathy

**Medical Massage (cont.)** Normally a series of sessions are required to address and accomplish long-lasting pain relief.\*

60 minutes \$85

\*Discounted packages are available.

\*\*Dolphin Neurostim is a hand-held microcurrent point stimulation device similar to a TENS unit; specifically designed for temporary muscular pain relief.

**Massage with CBD** (cannabinoid, the non-psychoactive component found in a cannabis plant) Any massage using 800 mg of CBD topical. Benefits include muscle pain relief, increased relaxation and reduction of inflammation.

Add on to any massage: \$10

## Reflexology

Also known as zone therapy. Reflexology is an alternative practice. Eastern medicine has recognized charts of feet and hands which are believed to correspond with organs in the “zones” of the body that are treated through application of various degrees of pressure.

30 minutes	\$45
60 minutes	\$65

## Hot Stone Massage

In this session, warm basalt stones are placed on the nerve centers to relax and warm the muscles. The warm stones enhance the therapeutic release of muscle strain and tension. The therapist also uses the stones to massage with during the session.

90 minutes \$110



## Skin Renewal Therapies

### PB Signature Facial

Our Classic European facial is enhanced with a gentle, deep cleansing papaya and pineapple enzyme peel; safe for all skin types.

70 minutes \$70

### Radiant & Brightening Treatment Facial

For clients who wish to control development of further pigmentation due to UV damage, this treatment

(cont.) creates a smoother, firmer skin texture while deeply hydrating and lightening pigmentation.

60 Minutes \$100

### Lift & Firm Treatment Facial

A treatment designed for mature skin that needs a deep professional peel; exfoliates, lifts and firms the skin using the ultimate antioxidant, Coenzyme Q10, which signals peptides production and increases hydration.

60 Minutes \$100

### Facials with Peels

#### Beta

Clarifying treatment refines and resurfaces by exfoliating the top layers of the skin. It cleans pores and fades hyper pigmentation.

60 minutes \$125

#### Revitalizing

Reduces fine lines, wrinkles, and uneven texture with deep calming moisture. The lactic acidosis and peptides sweep away dead skin cells and brightens complexion without redness, sensitivity or dryness.

60 minutes \$115

#### Gly Peel

Rapidly exfoliates epidermal cells and instantly unclogs pores, smooths texture, clarifies complexion.

60 minutes \$105

#### Lactic Green Tea

Hydrates, soothes, brightens skin without drying.

60 minutes \$100

#### Vitamin A

Aggressively fades hyper pigmentation and increases cell turn over to renew the skin.

60 minutes \$110

All peels include a balancing, tightening, and brightening mask customized just for you. A consultation is done to help decide which peel/series meets your needs. A series of 3 peels is highly recommended.

### *Skin Renewal Therapies (cont.)*

#### **Ezzilift**

A tool designed to strengthen the muscles in the face. It stimulates collagen and elasticity by using intense micro currents. The procedure is pain free and has immediate results. It is best combined with a facial. Individual lifts should be done in a series of 3-6.

Individual	\$50
With facial	\$115
Series of 3	\$330

#### **LED Light Therapy**

Uses different colors of light to energize and stimulate the body's natural process. It firms and tones tired aging skin, increases elasticity, and captures a radiant glow. It can be combined with peels and Ezzilift for more dramatic result.

Individual	\$50
With facial	\$115
Series of 3	\$330



### *Waxing & Beauty Services*

<b>Arm, under</b>	\$20-40
<b>Bikini</b>	\$25-60
<b>Brows, chin or lip (each area)</b>	\$10-20
<b>Chest or Back (incl. shoulders)</b>	\$35-80
<b>Face, Full (includes cheeks)</b>	\$30-45
<b>Leg, Half to Full</b>	\$20-60
<b>Brow /Lash Tinting</b>	\$10



### *Nail Services*

Services are performed in a private treatment room using a sanitizing cleanser and warm towels; specially designed creams soften the skin to help smooth and exfoliate; followed by nail shaping, cuticle conditioning, massage, moisturizing of the skin and polish.

#### **PB Signature Manicure**

60 minutes	\$25
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#### **PB Signature Pedicure**

60 minutes	\$30
Gel polish	\$10

#### **PB Signature Mani-Pedi Combo**

90 minutes	\$45
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#### **Gel Manicure**

60 minutes	\$30
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#### **Gel Mani / Regular Pedi Combo**

135 minutes	\$50
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Gel polish on toes	\$10
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French	\$10
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Polish Change	\$10
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Paraffin Wax	\$10
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Repair	\$5
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Nail Art (each)	\$5
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Callus Removal	\$10
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\*All prices are subject to additional fees\*



### *Important Information*

- **Gift Certificates** are available in any denomination for spa services.
- **New clients** please arrive 5 minutes prior to your appointment to allow time to complete paperwork. **Arriving late** to an appointment could reduce your treatment time, but adjustments will not be made to the pricing.
- **Gratuity is not included in any service and is left to your discretion**; as a guideline, 15-20% gratuity is customary for exemplary service.
- Therapists are available during operating hours; however, appointment times vary.
- **Some skin and/or health conditions may exclude some individuals from certain services.**
- Appointments are reserved specifically for you. We **require cancellation notice from you 24 hours in advance**; this applies to rescheduling an appointment
- **Cancellation fees** of 50% of the service are enforced with less than 24 hours notice; all no-shows will be charged 100% of the scheduled fee.



Plantation Bay proudly uses Eve Taylor skin

care. All products are non-comedogenic, contain no mineral oils, SD alcohols, synthesized oils, parabens, artificial additives, nor are they animal tested.



THE *Spa*  
PLANTATION BAY

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