## Massage & Bodywork

Each session is customized to your individual needs. Complimentary hot towels and aromatherapy are always included. Sessions range from 10-120 minutes. Types of Massage and Bodywork offered:

- Deep Tissue
- Prenatal
- Swedish

- Hot Stone
- Lymphatic
- Corp Chair
- Cupping
   Facial Cupping

### Facial Massages - 60 Minutes

<u>Eastern therapies facial massage</u> is a treatment in which pressure points on the face and neck are stimulated in order to release blockages in the flow of qi, or vital energy. Lotions or oils are not used on the face in acupressure techniques of facial massage.

<u>Western therapies, facial massage</u> uses light therapy combined with topical skincare products to create a radiant glow. Look younger, healthier, and more refreshed without the pain of injections or the recovery time of a chemical peel.

## **Facial Cupping**

The ancient practice of cupping uses suction cups directly on the skin. The suction promotes increased blood circulation, which may help relieve muscle tension, promote cell repair, and aid in other regeneration. When it comes to the face and jawline, the practice helps with sinus congestion and headaches while restoring fresh skin tissues, stimulating your skin and muscles.

#### **Foot Bliss Treatment**

Pamper those feet! Includes: a sea salt foot soak infused with essential oils, sugar scrub, mud masque, moisturizer and foot massage.

#### **Spa Day Treatments**

Choose a Spa Day with either a 60 or 90 minute massage. Includes: a Massage, Spa Facial, and Foot Bliss treatment with beverage and snack. 3 - 3.5 hours.

30/60/90/120 Minutes	50 / 100 / 150 / 200
10 / 20 Minute Corporate Chair Masso	age 20 / 40
Foot Bliss Treatment 45 Minutes	75
Spa Day with 60 / 90 Minute Massage	275 / 315

#### Add-Ons to Massage & Facial Treatments (each):

- Amethyst Bio-MatCBDIR SaunaIon Footba
  - CBDFoot TreatmentHalotherapy

20

- Hand Treatment Hot Stone
- LED Facial
- Peppermint Head Vibration
   Compression

# **Couples & Event Services**

Have an event coming up? Bridal, Birthday, GNO, just because! Plan your next event services with us! Customize the type(s) of and number of services you'd like. We can service from 2-10.

# Package Pricing & Memberships

For many, massage and other wellness services are not a discretionary activity, but a necessary component of overall health and wellness. To ease the financial burden, we offer memberships and package discounts. Most memberships require a minimum 12-month commitment and a one-time \$20 membership fee. Fees are paid monthly via debit or credit card.

Massage & Esthetic Packages: 3 Pk–5% off, 6 Pk–10% off, 9 Pk-15% off, 12 Pk–20% off

#### Memberships:

Massage – 39.95 (30 Min) 79.95 (60 Min) 129.95 (90 Min) Esthetics – 65.95 (Facials, Microderm, Dermaplaning) (Micro-Current available for an additional fee)

**Spa** – 75.95 (Your choice of one service/month. You have the flexibility to choose a different option each month. Choose from: IR Sauna Blanket, Massage (60 min, Additional \$10), Facial, Microderm, RLT (one month unlimited), Tanning (one month unlimited), or Sauna/Halotherapy/BioMat/Ion Footbath (4 visits/month).

Halotherapy / Full Spectrum Sauna – Three membership options are available based on the number of visits per month: 75 (4 visits) - 125 (8 visits) – 175 (12 visits)

**RLT** – Price based on membership length (1-12 months) 55.95 - 95.95

**Tanning** – Price based on membership length (1-12 months) Pink 19.95 - 59.95 / Green 29.95 - 69.95 Yellow 39.95 - 79.95

### <u>Halotherapy</u>

Session Length: 40 Minutes

Halotherapy is an alternative treatment that involves breathing medical-grade Himalayan salt dispensed in the air. It can treat a number of respiratory and skin conditions. It has also been used to treat depression and anxiety. See our Halotherapy brochure for more information.

Single Session (Child/Adult)		15 / 30
5/10 Sessions (Child/Adult)	65 / 10	00130 / 200
Add a person (max 3 people) (Child/A	dult)	7.50 / 15
Add-on Session with Massage or Facia	· ·	20
Membership options are also available	÷.	

### **UV Tanning**

Relax as your skin gets that "right off the beach glow" in one of our innovative tanning units. Further extend the life of your tan with our exclusive tanning aftercare products We offer three primary ways to relax and tan: memberships, visit packages (minute and session), and single visits. Each option has its own unique set of advantages, select the one that's best for you. We offer three levels of tanning, so you get the safest, best results.

#### **EQUIPMENT:**

Base Level (Pink) (20 Min/1 Facial) Mid-Level (Green) (15 Min/2 Facials Max Level (Yellow) (10 Min/3 Facials & Standup)

# Alexis Rose Esthetics

### Lash/Brow Services

Lash Tint (20 Minutes)

Brow Tint (20 Minutes)

Lash Lift (45 Minutes)

Lash Lift & Tint (60 Minutes)	75
Eyelash Extension Removal (30 Minutes)	30
<u>Waxing</u>	
Arms (Half) (30 Minutes)	40
Cheeks – Sides (20 Minutes)	12
Chin (15 Minutes)	12
Chin & Lip (30 Minutes)	20
Eye Brow (20 Minutes)	17
Lip (15 Minutes)	10
Stomach (30 Minutes)	15

35

25

50

35

95

125

# Skin Care Treatments Celluma LED Treatment (30 Minutes)

Express Dermaplane (45 Minutes)	65
Spa Dermaplane (75 Minutes)	100
MiLux LED Treatment (30 Minutes)	30
Microdermabrasion – Single/6 Pack (40 Minutes)	75/360
Facials –	
Anti-Aging Rejuvenate Facial (85 Minutes)	100
Back Facial (35 Minutes)	60
Back Facial (Acne) (45 Minutes)	75
Balance/Refine Facial (90 Minutes)	95
Express Facial (25 Minutes)	35
Express Microcurrent Facial (45 Minutes)	70
Oxygenating Facial (35 Minutes)	75
PCA Enzyme Micro Peel Treatment (40 Minutes)	85
Quench Facial (60 Minutes)	75
Recover (Acne) Facial (80 Minutes)	95
Signature Facial (50 Minutes)	60
Soothe Facial (70 Minutes)	80
Spa Facial (60 Minutes)	75

#### **Skin Care Products**

Ultrasound Facial (75 Minutes)

Ultimate Microcurrent Facial (100 Minutes)

We offer solutions for those who desire a natural approach to beauty and wellness. Product brands offered include: Arbonne, Dermalogica, PCA Skincare, Bella Lash, BWL (Body With Light), and Gill Creek Farm Spa custom-blended essential oil products.

# **Infrared Treatments**

We offer a variety of infrared treatments through our Full Spectrum Sauna, Red Light Skin Renewal Therapy Bed, Bio-Mat, and Bodyshaping Sauna Blanket.

#### Top Reasons to Use Infrared Treatments

- Arthritis
- Calms Nervous System
- Carpal Tunnel / Fibromyalgia Improve Skin Problems
- Cardio Conditionina
- Improve Immune System
- Reduce Cellulite
- Reduce Inflammation
- Stress Relief

- Increase Flexibility/ROM
- Increase Circulation
- Detoxifying Effects
- Promote Sound Sleep
- Pain Relief & Relaxation
- Sciatica / Scoliosis
- Weight Loss

# Full Spectrum Infrared Sauna

Session Lenath: 45 Minutes

A full-spectrum infrared sauna offers treatments at near. middle, and far levels to promote topical healing, pain relief, improve circulation, relax muscles, and detox.

Sessions: 1 / 5 / 10 30/130/200 Add a person (max 3 people) / Add-on Service 15 / 20 Membership options are also available.

### Red Light Skin Renewal Therapy

Session Lenath: 20 Minutes

Discovered by NASA, red light therapy is characterized by the use of infrared light, which possesses strong wavelengths that penetrate deeply into the skin. Red light encourages cells to naturally stimulate the production of collagen and elastin, reduce fine lines and wrinkles, improve skin tone and diminish sun/age spots, promote healing, and improve overall appearance. Also effectively used as pain therapy.

Single Session / 12 Sessions 18 / 95 Unlimited: Price based on membership length (1-12) months) 55.95 - 95.95

#### **Amethyst Bio-Mat**

The BioMat uses far infrared and negative ion technology. including a concentrated layer of superconducting pure amethyst to convey healing rays deeply into the body.

Single Session / 5 Session Package 30 Min - 20 / 80 45 Min - 30 / 120 60 Min - 40 / 160

#### **Bodyshaping Sauna Blanket**

Session Lenath: 60 Minutes

Melt away fat while burning inches. This treatment reduces fat and inflammation, and promotes healthy skin while removing toxins. Also an excellent treatment for pain management.

Sessions: 1 / 5 / 10 49.95 / 199.95 / 299.95

## **Vibration Therapy**

Session Lenath: 10-30 Minutes

\$1 Per Minute

Produces extreme rapid muscle contractions with little effort to help tone the body and relieve tense muscles. Features 99 levels to adjust workout intensity with a convenient remote control and includes resistance bands to activate the upper body. Pivotal or triangular oscillating vibration prevents head vibration and dizziness, making it superior to lineal vibration. Platform assists in increasing hip bone density and muscle strenath if used consistently.

### **Compression Therapy**

Session Lenath: 30 Minutes

The lymphatic system is responsible for filtering out old and damaged cells, pathogens, cancerous cells, and more. But it requires a little extra work on our end to ensure it functions properly. Unlike the circulatory system, the lymphatic system is pumpless. And its upward movement is dependent on the movement and contraction of our muscles and joints. The sensation is similar to a relaxing massage and promotes a natural feeling of relaxation and wellness, perfect after workouts, facial treatments, or other body treatments. Additionally, it reduces the appearance of cellulite.

Single Session / 5 Sessions

30 / 125

#### Ion Footbath Therapy

Session Length: 30 Minutes

The health benefits of negative ions are well known, and their unique properties are what makes an ionic foot bath detax so effective. A detax foot spa revitalizes and cleanses you with all-natural mechanisms. Available as a stand-alone or add-on treatment.

Single Session / 5 Sessions / 10 Sessions 35 / 115 / 200 Add Foot Massage (10 Minutes) 15 Add-on with other service 20

#### **Retail Products**

We offer products for people, pets and homes. We are happy to custom-make a product for your needs. Our retail products include:

- Custom-blended organic essential oil products (lotions, body butters, sugar scrubs, soaps, bath gels, body and linen sprays, massage oils, beard oils, lip
- CBD Hemp oils, balms, capsules, ael caps, aummies, soaps, bath bombs and bath salts
- Indoor tanning lotions, essential oil diffusers, oils, inhalers, rollerballs, a variety of skin care and eyelash

Looking for something we don't currently offer? Let us know!



# Service Menu

130 N. Main Street Oregon, WI 53575 608-835-2544 www.Soleil-Spa.Net

Schedule your services on-line at your convenience through Schedulicity.com or find a direct link on our website and Facebook page.

#### **Hours of Operation**

Monday – Thursday 9am - 7pm Friday 9am - 6pm Saturday – Sunday 9am - 1pm

Walk-ins welcome for Tanning and Red Light Therapy. All other services require appointments. Prices, services and hours subject to change without notice.