

Massage & Organic Day Spa Services

Massage Therapies

The Wellness Therapeutic Massage

50 minutes, \$65/ 80 minutes, \$90

Enjoy the relaxation of a full body massage as well as the relief from your everyday aches and pains. This massage blends a variety of modalities to achieve maximum results in focused areas with all the benefits from a full body massage.

Hot Stone Massage

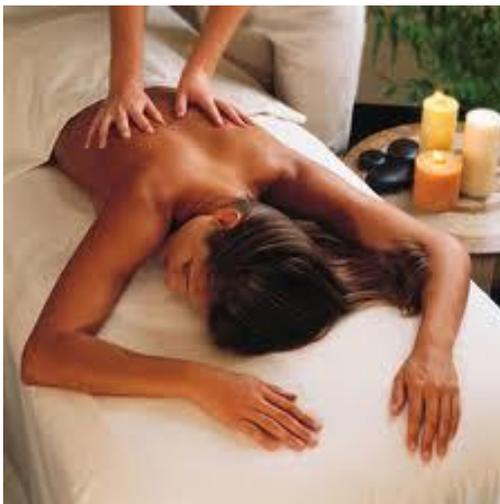
60 minutes, \$95/ 90 minutes, \$120

“Stone Therapy Massage” uses the application of heated stones and calming essential oils to achieve a deep penetrating massage. Hot stone massage brings about balance and harmony in conjunction with your body’s natural healing energies. It can be a relaxing, meditative treatment, as well as a detoxifying treatment.

Tired Tootsies

60 minutes, \$85

Wake up your tired feet with a boost of cell-stimulating, caffeine-rich organic green coffee and yerba mate, plus a sunburst of orange. This treatment begins with a steaming hot foot soak, followed by a green coffee yerba mate foot scrub and ends with a relaxing ylang ylang tea foot massage. It’s pure heaven!



The Signature Massage

60 minutes, \$75/ 90 minutes, \$100

Let our gifted therapists design a unique full body massage to suit your personal needs and preferences.

This massage combines a variety of eclectic techniques to achieve deep relaxation, healing and therapeutic results.

Gel heat packs and customized aromatherapy are offered to provide a sense of comfort and well-being.

Our most popular massage!

Bliss Aromatherapy Massage

50 minutes, \$70/ 80 minutes, \$90

Delight in the therapeutic benefit and pure bliss of an aromatherapy massage. Aromatherapy can be customized to lift mood, reduce stress, provide deep relaxation, create overall well-being, or used as part of a detox program. We use only organic essential oils.

Lavender Fields Forever Massage

90 minutes, \$120

Relax, breathe deep and feel alive again! This lavender treatment includes a hand and foot heat wrap, with lavender shea butter, along with warm body oil to de-stress, re-store and rejuvenate. Sink into warm lavender neck and body heat packs while you are drenched in warm lavender body oil for a deeply relaxing full body massage.

Deep Tissue

30 minutes, \$50/ 60 minutes, \$80

A therapeutic technique that relieves chronic tension and pain through slow, deep-targeted pressure and strokes. Focus is on specific problem areas that need extra attention.

Did you know?

One hour of Massage is equal to seven hours of sleep!

There is nothing better to reduce stress than a regular massage.



Massage & Organic Day Spa Services

World Massage Therapies

Reflexology

30 minutes, \$40/ 60 minutes, \$60

Reflexology is an Oriental healing technique that promotes balance, facilitates stress reduction and increases energy levels through the specific reflex of pressure points on the feet and ankles. Exfoliation of the feet and lower legs is followed by pressure point massage to the feet, producing balance, harmony and relief from tension and stress.

Seasonal Specialty Massages

Each month our gifted therapists create the perfect massage or body treatment to accompany the changes in weather and to emphasize the gifts and the healing power of the seasonal changes. From our Chocolate Covered Strawberry Caramel Massage to our Bahama Mama Escape, each month brings a new reason to celebrate and enjoy the benefits of massage all year long. See our monthly specials.

Bamboo Fusion Massage

60 minutes, \$80/ 90 minutes, \$100

This new and innovative style of massage therapy and body work is based on ancient principles. This massage gives you the deepest pressure possible to remove knots and tension. Unlike anything you have experienced. No discomfort and it will lift your spirits. Experience the ultimate in unified body and mind.

Table for Two Couple's Massage

60 minutes, \$160/ 90 minutes, \$180

With our new Couple's Massage, you can treat yourself and a loved one, friend, or family member to a luxurious treatment. Choose between a 60 minute full body massage, or a 90 minute treatment which includes an invigorating foot scrub, rich body butter, and a 60 minute full body massage!

12 Months of Spa

SAVE \$450

Book your own mini-vacation every month of the year! **SAVE \$450** when you purchase The 12 Months of Spa. It's like getting more than three, 90 minute Body Treatments... **FREE!!**

(For complete list of treatments call 717.558.8500 x 3)
Package price or New Monthly Plan option

Massage Therapies

Massage is your number one ally in reducing stress, creating a state of calm and healing your mind, body and spirit. The therapeutic benefits of massage range from reducing pain to building your immune system to creating a state of bliss. Massage also raises serotonin and releases oxytocin (your feel-good chemicals) while decreasing cortisol and adrenalin-the perfect combo for overall well-being.

Premier Bliss Massage Member Club

1 massage just \$59!

Or 2 massages for only \$115!

We've made it super easy to finally put yourself on your own calendar. Sign up now for our new Bliss Massage club. For just \$59 a month you can experience our premier relaxation massage every month: pure bliss! Even better: sign up for 2 bliss massages each month for only \$115!

All of our massage treatments use organic oils and organic skin care products and can be customized to meet your needs.

Massage & Organic Day Spa Services

Exfoliation & Hydration

Mother of Pearl Face Treatment

60 minutes, \$85

Enjoy the luxurious, age defying and healing power of pearls, diamonds and gemstones. This treatment begins with a facial cleanse and tone. Then a Mother of Pearl exfoliator hydrates and prepares the skin for a serum of crushed pearls to nourish and firm the skin, followed by a mask which revitalizes and regenerates the face through crushed diamond, hematite and smithsonite. **Your face will be revitalized and beautiful. You'll feel like a million bucks.**

Cappuccino Cocoa or Italian Tomato Leaf Mud Mask Face Treatment

30 minutes, \$50/ as Add-On 30 minutes, \$35

Detoxify and Replenish.

Sundae Best Chocolate Mask Treatment

30 minutes, \$50/ as Add-On 30 minutes, \$35

Age Defying and Revitalizing.

Body Detoxifying Treatments

Aqua Detox Treatment

\$200 for 6 treatments (single treatment price is \$40; follow-up treatment after introductory package is \$35)

The Aqua Detox foot-bath system is the fastest and most effective way to re-balance, re-energize, and detoxify the body. Research has shown that those receiving the treatment have had increased vitality, circulation, energy levels and a greater sense of well-being. **We recommend six treatments in the first month and a follow-up of one to two maintenance treatments per month thereafter.** The Aqua Detox package must be used within eight weeks of the original purchase date.

Turquoise Sage Detox Body Wrap 90 minutes, \$120

Indigenous healing herbs are combined with Eastern massage techniques to open the flow of energy in the body, releasing blocks of energy where pain and discomfort are built up. **This body wrap focuses on detoxifying the body using dry brush exfoliation to circulate blood and lymph flow.** An organic herbal poultice compression containing healing herbs is used to draw out toxins. A comforting massage is given with Turquoise and Sage body lotion, in combination with the essential oils of sage, lavender, chamomile, and green tea. While in a deeply relaxing cocoon wrap, enjoy a mini facial exfoliation and moisturizer for a perfect conclusion to this amazing treatment.

THIS IS THE ULTIMATE ORGANIC DETOX TREATMENT!

Gemstone Body Treatment

90 minutes, \$130

This extremely nourishing, rejuvenating therapy contains crushed gems like diamond, amethyst, sapphire and ruby, to feed your skin with essential trace elements such as magnesium, Iron, Zinc, Copper and Silica. As your experience begins, a specific semi-precious stone is applied to each chakra to rebalance the energy of the body. Next, you're exfoliated with a soft, mauve mousse that's concentrated with very fine particles of various gems. **Enjoy a massage with an anti-aging, precious stone, mineral-rich cream that calms the mind and defends the body against daily stress.** This treatment concludes with an Amethyst wand face massage. Your body will be soft, sparkling and glowing.

Vanilla Dream Body Wrap & Face Treatment

90 minutes, \$120

This amazing head-to-toe treatment begins with a delicious vanilla exfoliating dry brushing, followed by a warm vanilla oil massage. **Next, you will be drenched in a vanilla shea butter body wrap.** While you relax, this treatment is topped off with a creamy vanilla facial mask to delight your skin and senses.

Eucalyptus Herbal Relief Massage Treatment

90 minutes, \$120

Fall into the most peaceful state of deep relaxation with an all-natural approach to support relief from sinus pressure, headaches, migraines and respiratory conditions. **Warm eucalyptus heat packs hug your neck reducing inflammation and easing stress.** Soothing eucalyptus eye covers, ease away tension. Breathe in the scent of this healing herb as you receive a 75 minute therapeutic massage.

Massage & Organic Day Spa Services

Tropical Escapes

Tropical Fiji Massage

60 minutes, \$80/90 minutes, \$120

Pure Fiji's unique blend of cold pressed nut oils infused with tropical flowers will rejuvenate, replenish, hydrate and nourish your skin. Choose from pure virgin coconut oil fragrances including orange blossom, mango, star fruit, pineapple, white ginger lily, pure coconut and more. Your skin will feel like you are living in paradise.

Coconut Hair and Scalp Treatment

30 minutes, \$40/ as Add-On 30 minutes, \$35

Enjoy a head, neck and scalp massage with the added benefit of warm coconut oil. Release stress and improve scalp circulation while deeply conditioning your hair.

Pure Fiji Paradise Spa Rituals

The unique Pure Fiji spa rituals reflect the beauty, ancient spirit and Island traditions of Fiji where beauty is felt, individual traditions are respected and spirit is honored. The exotic treatments of Pure Fiji are designed to utilize the islands' natural resources, embracing the gifts of nature and the uniqueness of Island Life, celebrating the youth and beauty that lives within us and the call to embrace the sun, the ocean and the healing and restorative power of nature.

Choose from Paradise Pedicure Rituals, Coconut Scalp and Hair Treatments, Sugar Glow Massages and Tropical Body Wraps.

Tropical Sugar Glow Massage/ Body Wrap

90 minutes, \$130

Restore your skin to a healthy glow with this unique exfoliating and hydrating treatment using coconut and natural cane sugar.

Warm Coconut Milk and Honey are drizzled over your skin and mixed with our Pure Fiji Coconut Sugar Scrub to create a uniquely nourishing body exfoliation experience, followed by a full body massage using the organic and crafted oils of the islands of Fiji. Choose from cold pressed coconut oil, mango, pineapple or star fruit. Finally, your skin will be draped in Island Body Butter. As you deeply relax, this ritual will hydrate, nourish, firm and strengthen the skin.

Paradise Foot Rituals

30 minutes, \$45/as Add-On 30 minutes, \$35

This Island foot treatment begins with a Coconut Milk and Honey foot soak, followed by an exfoliating pure coconut sugar scrub. Next your skin will be drenched in tropical body lotion or body butter. Your feet will be nourished, hydrated and revitalized. These feet are definitely meant for walking... on the beach or anywhere...

Bahama Mama

90 minutes, \$120

Your Island retreat begins with a Clementine sparkling soak that envelops skin in anti-oxidant rich grape seed or agave nectar oil. You'll be whipped into softness with a pineapple coconut sugar foot and leg scrub revealing glowing, quenched skin. A mango melon Shea butter massage will top off your glorious getaway.

Caribbean Island Massage and Foot Treatment 90 minutes, \$120

Step into paradise with a coconut milk and honey foot soak and coconut sugar foot scrub followed by exotic body lotion and Shea butter. Your tropical island vacation continues with our full body Signature Massage using heated gel packs and luxurious customized island essential oils such as coconut, mango, orange or pineapple massage oils. Be enveloped in the fragrant notes of the tropics as you escape to Paradise!

Massage & Organic Day Spa Services

Spa Packages

The Signature Package 60 minutes, \$375/ 90 minutes, \$500

Enjoy all the benefits of our Signature Massage at a special discounted rate. Purchase five Signature Massages and get the sixth massage free, as our gift to you. The Signature Package must be used within four months of the original purchase date.

The Bamboo Fusion Package 60 minutes, \$425/ 90 minutes, \$540

Unlike anything you have ever experienced. Now available in a 60 minute or 90 minute package! For the 60 minute Package, Purchase 5 and get the 6th FREE! (Cost is \$425, normally \$85 each) And For the 90 minutes Package, \$540 for 6 massages (\$90 each!, Normally \$100). The Bamboo Package must be used within four months of the original purchase date.

*Add the following services to your treatment and receive a discounted rate

30 minute Reflexology treatment (a \$40 value): \$25

30 minute Aqua Detox treatment (a \$40 value): \$30

30 minute Pure Fiji Foot Ritual (a \$45 value): \$35

15 minute Dry Brush w/ Take Home Brush: \$23.00

Take Home custom blend of pure essential oils: \$15

Important Guest Information:

ARRIVAL & CHECK IN- New Clients should arrive 15 minutes prior to their scheduled time to allow sufficient time to complete client profile information. Repeat Clients should arrive 5-10 minutes early to relax and prepare for your service.

CANCELLATION POLICY- Because your services are reserved for you, we ask that you give a minimum of 24 hours' notice for all cancellations. Any notice given at less than 24 hours will be charged at 50%.

Appointments cannot be guaranteed for late arrivals- to be fair to all our guests and massage therapists, late arrivals may not receive a full service and will be charged for the full service. Arriving early will allow you to enjoy every minutes of your experience!

Our Referral Program

We'd like to thank you for choosing The Family Wellness Center to meet all your therapeutic massage and day spa needs. For each new client you refer to our center, you will receive \$10 off your next service. Refer two new clients, receive \$20; refer three new clients, receive \$30, and so on! You will be given your thank-you certificate after your referral has received his or her first massage or day spa treatment. We look forward to serving you and your loved ones for many years to come!

**Gift Certificates
Available**

For Information on what to expect on your first massage, or to schedule, give us a call
(717)558-8500 x 3



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