



## Rock & Roll Marathon 2010 - Massage Monday Promotion

### \$75 ~ 60-minute Treatments

Choice of any of the following treatments:

- 1) **Sports Massage** – This massage is used to facilitate muscle recovery and to enhance performance geared towards work outs and physical exertion.
- 2) **Reflexology** – A centuries old massage based on ancient Chinese medicine to enhance overall general health. Pressure is applied to the foot and ankle areas to reduce fatigue and improve circulation and well being. A foot exfoliation will be included in a 60 minute treatment.
- 3) **Hydrating Facial** – This relaxing, stress-releasing facial is the perfect way to unwind and refresh. This is an intense hydration treatment for dry to very dehydrated skin. It helps the skin regain its moisture for softer, smoother and firmer skin.

### \$45 ~ 60-minute Manicure

**Spa Manicure with Paraffin:** Our classic manicure including a luxurious hand exfoliation and massage with an added Paraffin treatment.

### \$55 ~ 60-minute Pedicure

**Spa Pedicure with Paraffin:** Our classic pedicure including a luxurious foot and leg exfoliation and massage with an added Paraffin treatment.

