

## Massage Therapies

**Deep Tissue** 60 min. \$85 90 min. \$125

*Deeper pressure is used to focus on areas of pain and tension.*

**Therapeutic** 60 min. \$85 90 min. \$125  
*Specifically targets areas of discomfort.*

**Hot Stone** 60 min. \$85 90 min. \$125  
*Full Swedish with warm basalt stones.*

**Swedish Massage** 60 min. \$75 90 min. \$105  
*Full body with gentle kneading to relax, renew.*

**Maternity** 60 min. \$80 (w/doctor's note)  
*The benefits of a Swedish designed to comfort & relax the changing body.*

**Custom Express** 30 min. \$45

*Customize your massage with the following:*

**Hot Stone** +\$10

**Aromatherapy** +\$10

**Couples** *Any massage, separate rooms*

## Mind & Body

**Reiki** 60 min. \$70  
*Vibrational healing energy work. Feel centered and balanced.*

**Synergy** 90 min. \$135  
*60min. Swedish Massage plus 30 min. Reiki*

*Reiki is an energy therapy that provides, calm, soothing comfort through a noninvasive approach, that may help relieve stress, anxiety and physical pain, to improve overall well-being.*

### GLAC Members First Time Specials

If you're ready to schedule your FIRST Facial or Massage take advantage of these deals!

60 minute Swedish Massage \$59

60 minute Deep Tissue Massage \$69

60 minute European Facial \$59

## Facials

**European Facial** 60 min. \$75  
*Gentle yet effective cleansing, extractions & individualized treatment masks.*

**Deep Pore Facial** 60 min. \$75  
*Deeper cleansing, refine and clarify acne prone skin.*

**Skin Brightening** 60 min. \$95  
*Addresses dull, uneven skin tone with vitamin C and light chemical peel.*

**Gentleman's Facial** 60 min. \$75  
*Specifically designed to address the needs of a man's skin.*

**Anti-Aging Facial** 60 min. \$85  
*Results oriented using newest products in anti-aging as seen on Dr. Oz.*

**Teen Facial** 45 min. \$50  
*Deep pore cleansing, extraction and treatment followed by instruction on proper skin care.*

**Back Treatment** 60 min. \$75  
*Gentle yet effective cleansing, extractions & individualized treatment masks for your back.*

**Skin Care Analysis** 15 min. Complimentary  
*Let our certified, knowledgeable aestheticians analyze your skin care needs and assist in your at home skin care regime.*

**Peels Mandelic/Azelaic, Glycolic, Lactic or Salicylic** 30 min. \$50+  
*+Based on layers and potency*

## Nail Treatments

**European Pedicure** 60 min. \$50  
*Settle into our oversized, heated recliner with a warm herbal pack for neck and eyes while we pamper with a soothing foot soak, scrub and mask to eliminate cracked heels, nail grooming and polish.*

**Express Pedicure** 30 min. \$30  
*A scaled down version of our European pedicure.*

**Manicure** 45 min. \$22

**Shellac Nails** 45 min. \$42  
*Shellac provides a polish with the permanence of gels. Long lasting, zero dry time, mirror finish, off in minutes. Soak off charge.*

**Customize your nail treatment**  
**Paraffin Treatment** \$10

## Waxing Services

**Brow** \$17

**Lip** \$15

**Full Face** \$45

**Back** \$50+

**Bikini Line** \$45+

**Lower Leg** \$45

**Underarm** \$30

**Nose** \$10

*\*Additional waxing areas available by consultation.*

## Tinting

**Brow** \$25

**Lash** \$20