

Essential Massages

Swedish Massage

Enjoy the feeling your body will have, free of all tension, and reconnected with its natural harmony. Our full-body treatment soothes the muscles, relieves tension, improves circulation and hastens the elimination of wastes to create a total state of relaxation.

25 Minutes: \$35
 55 Minutes: \$50
 85 Minutes: \$70

Deep Tissue Massage

This deep massage technique involves kneading of the muscles to bring about realignment of the body to relieve chronic tension.

25 Minutes: \$35
 55 Minutes: \$50
 85 Minutes: \$70

Prenatal Massage

A massage custom-designed to address the special needs of pregnant women after their first trimester. Particular care is taken to monitor contraindications, leaving mom and baby in a total state of bliss.

25 Minutes: \$35
 55 Minutes: \$50

Soothing Stone Massage

Smooth, basalt stones are heated and then lubricated with essential oils. The therapeutic effect of these heated stones help penetrate deeper into your muscle tissue inducing deep relaxation without overheating. The stones are merely an extension of the therapist's hands and each treatment is customized according to whether you prefer a gentle relaxing massage or a deeper therapeutic massage.

55 Minutes: \$60
 85 Minutes: \$80

Myofascial Trigger Point Therapy

Myofascial trigger point therapy is used to relieve muscular pain and dysfunction through applied pressure to trigger points of referred pain and through stretching and exercises. This is especially beneficial for fibromyalgia.

55 Minutes: \$45

Reflexology

This reflex massage targets the thousands of nerve endings found in the soles of your feet. Reflexology has been scientifically proven to unblock nerve impulses, promote relaxation, improve circulation and balance the organs, glands, and other regions of the body.

30 Minutes: \$30

Couple's Massage

Now is the time to do something special together! Schedule a couples' massage at Health Essentials. Share a massage with your spouse, significant other, best friend, etc., and enjoy the experience of a lifetime. Special treats included.

Approx 1 hour \$100

Essential Skin Care

Basic Facial

Cleanse, facial massage, tone, moisturize: \$35

Customized One Hour Facial

Cleanse, exfoliate, extractions, facial massage, mask, tone and moisturize: \$50

Flaxx-C Anti-Aging Facial Treatment

Introducing the newest Bioelements mask used to *firm, lift, tighten* and *smooth*. This mask is an extraordinary anti-aging mask. This mask compresses the skin tissues very tightly; the deep compression creates a biological response to the skin. This process stimulates microcirculation and adds vitality to dull lifeless skin. \$60

Acne Clearing Treatment

An absolute must if you're breakout-prone, have clogged pores or blackheads. You'll receive a personal skin assessment followed by deep pore cleansing, exfoliation and a medicated Amino Mask® that contains enzymes, antioxidants, antiseptic and anti-inflammatory ingredients.

Make this effective treatment a part of your continuing fight against acne. \$60

Microdermabrasion

Are you concerned with the signs of aging, acne, fine lines and wrinkles or scarring? Now there is an easy, effective way to repair past skin damage. *SkinBorn Microdermabrasion Treatments* removes dead, flaky skin cells and stimulates the production of fresh, young skin cells and collagen. Microdermabrasion is the ultimate advancement in non-invasive, non-surgical treatments to reduce the signs of aging skin.

Call for further questions and pricing.

Lactic-Plus Peel (Chemical Peel)

This advanced, ultimate-strength peel contains organic lactic acid, enhanced by pumpkin fruit enzymes and stimulating pomegranate to provide a powerful surface peeling of dulling skin cells. This peel will dramatically improve dull, lifeless and rough-textured skin, and can be customized to meet the level of exfoliation that your skin needs with amazing results, and no down-time. Your skin will feel smooth and retexturized, with a brighter, more even overall tone.

\$65 each Series of 6 \$325 (6th session free)

Waxing

Eyebrows.....\$10
 Upper Lip....\$8
 Chin.....\$8&up
 Underarms...\$20
 Arms.....\$25 half \$30 full
 Legs.....\$30 half \$35 full
 Bikini.....\$30&up
 Back.....\$35&up
 Hands & Feet \$8&up

Tinting

Eyelashes \$15
 Eyebrows \$12
 Both \$25

Essential Nails

Spa Manicure: 45 Minutes \$15
 With Paraffin 1 Hour \$20
 Spa Pedicure 1 1/2 Hour \$35
 With Paraffin Treatment
 Spa Hand and foot Treatment \$50
 Soak & Clip 30 Minutes \$20
 With Polish 45 Minutes \$25

Paraffin Dip (hands or feet) \$8
 Polish Change \$8
 Kid's Manicure 20 Minutes \$10
 Kids Pedicure 30 Minutes \$15
 Prescription Nails \$25

Prescription Nails are healthier for you and your nails than any acrylic or fiberglass nails. There are NO harmful odors or harsh filing on nails. There is no re-basing, just soak nails off every 2-3 weeks and start a new set!!

Essential Therapies

Acupuncture

A natural healing art which uses the body's own ability to maintain health as well as treating many other medical conditions including, but not limited to pain management. Needles are inserted into pressure points in the body to access its energy system and enable innate healing processes.

Per Session: \$65

Detoxifying Foot Bath

Detoxification which occurs through the bottom of the feet. An energized and balanced body will be able to detoxify at a higher rate, thereby protecting itself from further toxins, pollutants and viruses. A series of 10-15 sessions is recommended for a complete detoxification and balancing.

30 Minutes: \$20
 11 Footbaths \$180 (includes 2 free)

Ceragem Therapy

The Ceragem Master table combines massage, acupressure with heat, jade and far-infrared rays to relax the muscles around the back of the body, improving blood and QI circulation, increasing the recuperative and strengthening powers of the body, while helping to relieve back and neck pain.

45 Minutes: \$35
 Unlimited 30-day use: \$100

Ear Candling

Effective, safe and painless technique of removing wax, fungus and foreign matter from the ears and sinus canals. Can greatly improve hearing and other general ear problems.

Per Session: \$35

Hair Analysis

The hair reveals a biopsy type of reading of the nutrient reserves stored in the body. Hair is the second most metabolically active tissue

Essential Therapies Continued...

in the body next to bone marrow. The minerals tested are essential in all phases of the life process. Phosphorus, calcium, magnesium, sodium, potassium, iron, copper, manganese, zinc, chromium, selenium, aluminum, arsenic, lead, cadmium, mercury, lithium and nickel.

Per Sample: \$125

NAET Allergy Treatment

This therapy involves light acupressure applied along both sides of

the spinal column in an area where the energy flow of a meridian intersects with the nerve roots at acupressure points. It is considered a safe, effective, natural approach to detecting and eliminating all types of allergies..

Initial visit: \$75
Follow-up visits: \$45
NAET & Acupuncture: \$85

NET Neuro Emotional Therapy

Amy J. Twiss, a licensed therapist, uses NET (Neuro Emotional Technique) to normalize unresolved physical and/or behavioral patterns in the body. NET practitioners are trained to assist the body's healing process by identifying and balancing unresolved emotional influences using a mind-body approach.

Per 1-Hour Session: \$90

Live Blood Analysis

Using live blood and a darkfield microscope, nutritional deficiencies and potential health concerns may be detected by a simple finger poke.

Per Session: \$75

Raindrop Therapy

This relaxing treatment uses 9 therapeutic essential oils to open the spinal region to detoxify, remove viruses and relieve back pain. The oils are gently worked into the spinal region and the reflexology points in the feet. Hot packs are applied to the back to infuse the oils into the body. This induces complete relaxation and detoxification of your entire system, along with pain relief.

Per Session: \$50

Reiki

Reiki (ray-key) is a hands-on energy balancing treatment that works on several different levels. By balancing yourself physically, mentally, emotionally and spiritually, the body can heal itself faster and handling the day-to-day stresses in your life will become more manageable. Spiritually, you may find it easier to pray and meditate and to act on higher guidance. Per Session: \$50

Yoga

The poses and postures of yoga increases flexibility, while strengthening and toning your body, bringing mental and spiritual calmness to the mind and relieving stress. This class works on overall flexibility with special attention given to the back, hips, and shoulders. Individual instruction is available by appointment.

Approx 1 Hour twice a week \$20 per month

Essential Body Wraps

CryoThermic Body Treatment

Encourage your body's natural slimming process with this intensely active body treatment. You'll get a dual sensation of invigorating heat and revitalizing cooling energies as CryoThermic Body Gel activates your microcirculation. As you are wrapped, this intensive thermal process will immediately begin to target puffiness and swelling due to *water retention, tissue firmness, unwanted toxins, and sluggish microcirculation* from lack of exercise. This treatment results in a more

toned and revitalized body.

Approx 1 hour treatment \$65 or series of 6 \$325

Exfoliating Herbology

This relaxing treatment smoothes, exfoliates, and hydrates the skin with Chinese herbs, which feed the skin with nutrients. The client is wrapped up and put under infrared lamps. Enjoy this very relaxing treatment!

Approx 1 hour treatment \$60

Aromatherapy Body Wrap

This is the most relaxing body treatment. Oil and aromatherapy oils are massaged into the client and then they are wrapped up and put under infrared lamps. This softens and lubricates the skin.

Approx 1 Hour treatment \$50

Mud Therapy Body Treatment

Mud Therapy will detoxify and stimulate metabolism of the skin while smoothing, nourishing and revitalizing the body's skin. This treatment is a real boost for sluggish skin. \$65

Special Spa Packages

Health Essentials offers a wonderful treat for any occasion in the form of custom-designed spa packages. Spa packages are fun for a group, couples or even just for a special day to yourself. They are a great option for bridal showers, office holiday parties, anniversaries and birthdays or a day out with friends. You pick exactly the services that you want for the day, and we provide a special spa luncheon or refreshments to compliment the event.



A complete line of Natural Vitamin Supplements, Herbal and Body Products, Organic Foods, Coffees, Teas, Essential Oils, and many other items available at Health Essentials.

Health Essentials

*Natural
Wellness Center*



Empowering You Through Good Health

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Hours:
Monday-Friday ~ 8 a.m.-5:30 p.m.
Saturday ~ 9 a.m.—3 p.m.