

DAY·SPA

at Willow Valley



WILLOW
VALLEY
COMMUNITIES



WELCOME

The Day Spa at Willow Valley is the perfect addition to any day. Whether to soothe, calm, invigorate, or renew, you'll be pampered in just the way you deserve, and in just the way you choose.

Create your own regimen for personal well-being and beauty with our luxurious array of professional services, all performed by our attentive and welcoming staff.

The Day Spa is part of the comprehensive *mind-body-spirit* approach to wellness that permeates every day and every facet of life at Willow Valley Communities.

*"I believe in manicures.
I believe in primping at
leisure and wearing lipstick.
I believe in pink. I believe
happy girls are the prettiest
girls. I believe that tomorrow
is another day... and I believe
in miracles."*

Audrey Hepburn

MASSAGE THERAPIES

SIGNATURE MASSAGE

Using gentle strokes, this massage will increase circulation, soothe tired muscles, and induce an overall sense of relaxation.

30-minute session	\$42
60-minute session	\$68
90-minute session	\$100

AROMATHERAPY MASSAGE

Quiet your mind, nourish your skin, and release tension with this deeply relaxing treatment. Select from the finest quality aromatherapy oils to relax, increase energy, reduce stress, or find balance.

30-minute session	\$50
60-minute session	\$75
90-minute session	\$105

HOT STONE MASSAGE

Hot, smooth stones are placed on specific points of the body to warm and loosen tight muscles and balance energy centers in the body. This treatment eases muscle tension and stiffness, as well as reduces stress, anxiety, and chronic pain, providing an overall sense of wellness.

60-minute session	\$79
90-minute session	\$112

DEEP TISSUE

Designed to relieve pain and muscle tension throughout the body, this type of massage reaches the deepest layer of muscles, tendons, and fascia (the connective tissue surrounding the joints).

60-minute session	\$75
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THAI MASSAGE

A series of passive stretches, muscle compression, and rocking designed to increase flexibility and relieve tension. Wear stretch-type or loose-fitting clothing for the best experience.

60-minute session\$70

LOMI LOMI

Lomi Lomi is a Hawaiian massage that provides rhythmic waves of massage with forearm strokes. Draping during this massage is minimal, so guests who are more modest may prefer a traditional massage.

60-minute session\$80

90-minute session\$110

REFLEXOLOGY

Pressure is focused and usually directed at the feet and hands based on the premise that there are zones and reflexes on different parts of the body that correspond to and are relative to all parts, glands, and organs.

30-minute session.....\$40

REIKI

A healing technique that encourages relaxation to balance and restore energy, reduce stress and strengthens the body’s ability to heal itself.

30-minute session.....\$30

60-minute session\$50

SKIN CARE

SKIN ANALYSIS

A skin analysis provides a clear picture of the current state of your skin, allowing us to identify the proper treatment plan.

SPA FACIAL

A multi-step treatment that cleanses, exfoliates, and nourishes the skin, promoting a clear, well-hydrated complexion. This is one of the best ways to take care of your skin.

30-minute session	\$42
60-minute session	\$68

MICRODERMABRASION

A spray of special crystals are applied to the skin's outer layer to remove dead skin cells. This resurfacing improves skin texture, reduces the number of breakouts, diminishes the appearance of scars, evens skin tone, refines pores, renews elasticity, and promotes a healthy glow.

60-minute session	\$90
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GLYCOLIC

Glycolic acid penetrates deeply into the skin to improve the appearance of acne, uneven skin, ingrown hairs, and aging skin. This treatment is best for sun damaged skin.

Not recommended for sensitive skin and rosacea

30-minute session	\$42
60-minute session*	\$90

**Includes Spa Facial*

LACTIC PEEL

Lactic acid works on the surface of the skin to improve the appearance of fine lines and wrinkles while promoting hydrated, smoother skin. This treatment is best for dehydrated skin.

Not recommended for acne.

30-minute session.....\$42

60-minute session* \$90

**Includes Spa Facial*

VITAMIN Cadd on treatment +\$25

Helps to even out skin tone, diminish fine lines, and reduce redness and irritation, leaving skin glowing. This antioxidant treatment is great for all skin types, especially sun damaged and mature skins.

DEEP CLEANSING BACK TREATMENT

This comprehensive treatment includes a deep cleanse and exfoliation, extraction of impurities and imperfections from beneath the skin's surface, a purifying mask, and moisturizer to restore nutrients and hydrate the skin.

30-minute session.....\$40

Extractions Starting at \$10

Waxing Starting at \$10

Lash or Brow Tinting..... Starting at \$20



BODY TREATMENTS

SUGAR SCRUB

Sugar scrubs exfoliate your skin by removing the outer layer of dead skin cells. The treatment moisturizes and revitalizes dull, dry skin and increases circulation. Sugar scrubs gently invigorate the entire body, finishing with a hydrating body butter for a polished healthy glow.

75-minute.....\$85

MUD WRAP

The wrap process begins with an exfoliating dry brush treatment to stimulate the lymphatic system and promote circulation and blood flow throughout the body. Moor mud body wrap detoxifies the body and helps to mobilize toxins stored in fat so they can be eliminated from the body naturally. You will be wrapped in a warm cocoon as the mud revitalizes and hydrates your skin, reducing joint pain and sore muscles.

75-minute.....\$91

HYDRATING BODY WRAP

A rich body butter combined with lavender therapeutic complex of 100% pure essential oils is smoothed onto the body. Relax in a warm cocoon while enjoying a gentle face and scalp massage.

60-minute.....\$80

SEAWEED WRAP

Eliminates toxins from the body. A thick seaweed paste is brushed over the entire body. Next, the body is wrapped in a thermal blanket while the scalp is massaged. Relaxed, renewed, and rejuvenated, you will step into the shower to rinse and moisturize using rich essential oil body butter.

75-minute.....\$85

NAILS SERVICES

MANICURE\$20

Includes a warm soak, nail shaping, cuticle care, hand massage, and polish.

SPA MANICURE\$27

Includes a warm soak, nail shaping, cuticle care, and hand and arm exfoliation scrub, followed by a hand and arm massage and polish.

OPI GELCOLOR MANICURE\$35

Includes nail shaping, cuticle care, and your choice of GelColor polish (*may last up to 2 weeks*)

MEN'S MANICURE\$15

PEDICURE\$35

Relax in our massaging pedicure chair with a heated neck pillow while your feet get pampered. Enjoy a warm foot soak, nail trimming, foot scrub, cuticle care, massage, and polish.

Spa Pedicure.....\$46

OPI GelColor Pedicure\$50

Men's Pedicure.....\$30

Cut Only\$10

Polish (lacquer) Change Only\$10

Cut and Polish\$18

Paraffin Dip\$10

AIRBRUSH TANNING

Partial Body TanningStarting at \$10

Full Body Tanning\$35

PACKAGES

EXPRESS

Pamper yourself with a 30 minute Signature Massage targeted to your specific needs, followed by a soothing manicure with paraffin dip treatment.

Approx. 75 minutes.....\$70

REVIVE YOUR VITALITY

Indulge yourself with this package designed to revive your vitality, featuring a one hour Signature Massage followed by a delightful one hour Spa Facial. Afterwards, continue to unwind in the Relaxation Room while you sip on a seasonal beverage before completing your visit with a manicure.

Approx. 3 hours \$150

HALF DAY ESCAPE

The ultimate in relaxation starts with a one hour Hot Stone Massage to ease the stress away. Then, be swept away for a refreshing one hour Spa Facial. Recharge in the Relaxation Room with a complimentary lunch from Vitality Café. The pampering doesn't end there; next, you are treated to a deluxe manicure and pedicure to brighten your mood, fingers and toes.

Approx. 4 hours \$200





HIMALAYAN SALT WALL

Himalayan salt benefits accrue from the fact that it contains all 84 natural minerals present in our body. However, the large number of minerals in Himalayan salt is not the only attribute that makes it so valuable; Himalayan salt adds negative ions to the environment, helping to neutralize the harmful effects of positive ions that are released by the gadgets of our modern world, such as televisions, refrigerators, computers, and air conditioners. Inhaling these positive ions can have harmful effects on our health. Himalayan salt lamps and salt walls make use of the negative ions that these crystals release into the air. The effects are felt quickly, resulting in feelings of relaxation and freedom from anxiety within minutes of exposure.

Enjoy the benefits of Himalayan salt in our Relaxation Room, open during regular Day Spa hours.

PLANNING YOUR VISIT

FOR YOUR COMFORT

Please advise our staff of any medical conditions and prescription medications you are taking, as some services may be withheld based on this information.

In keeping with our commitment to cleanliness, safety, and hygiene, we sterilize and sanitize equipment for all services and treatments.

CANCELLATION POLICY

Your spa appointment is reserved exclusively for you. As a courtesy to all of our clients, we kindly request 24-hours notice when canceling an appointment; otherwise, you will be charged for the service.

DIRECTIONS

The Day Spa at Willow Valley Communities is conveniently located on the lower level of the Cultural Center. Visit our website or call for directions.

HOURS BY APPOINTMENT

Monday – Friday | 8:00 a.m. – 4:00 p.m.

Saturday | 8:00 a.m. – 2:00 p.m.

Hours may vary; later appointments may be available upon request.

SCHEDULING APPOINTMENTS

Please arrive 15 minutes before your appointment to ensure that you receive your full service.



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COMMUNITIES

DAY·SPA
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Cultural Center–Vitality Level
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WillowValleyCommunities.org