







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 & BODYWORK

SIGNATURE MASSAGE

Tailored for therapeutic benefits this massage will increase circulation, soothe tired muscles, and promote overall wellness.

60-minute\$7	5
75 minute\$9	1
90-minute\$10	5

AROMATHERAPY MASSAGE

Quiet your mind, nourish your skin, and release tension with this therapeutic experience. Pure essential oils are custom blended to promote relaxation, find balance, and reduce inflammation.

6o-minute	.\$82
90-minute	\$115

HIMALAYAN SALT STONE MASSAGE

This soothing session includes the use of warmed Himalayan Salt Stones to ease muscle tension and stiffness, as well as reduces inflammation, stress, anxiety, and chronic pain, providing an overall sense of wellness.

6o-minute\$	87
75-minute\$10	06

DEEP TISSUE

Designed to relieve pain and muscle tension throughout the body, this type of massage is slow and steady reaching the deepest layer of muscles.

75-minute	•••••	\$99

REFLEXOLOGY

Reflexology is an ancient therapy applying pressure to reflex points in order to promote healing throughout the body.

45-minute\$60)
75-minute*\$9	1
*Massage & Reflexology Combo)

HYDRATING BODYWRAP

A hydrating combination of body butter and essential oils is smoothed onto the body, allowing you to relax in a warm cocoon while enjoying a gentle face and scalp massage.

60-minute.....\$82



SKIN CARE

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	\$ 46
60-minute	\$ 75

MICRODERMABRASION

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

60-minute.....\$99

GLYCOLIC

Glycolic acid penetrates deeply into the skin to improve the appearance of acne, uneven skin, ingrown hairs, and the effect of aging. This treatment is best for sun damaged skin. *Includes Spa Facial. Not recommended for sensitive skin and rosacea.*

60-minute.....\$99

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. *Includes Spa Facial*. *Not recommended for acne*.

60-minute\$99



DEEP CLEANSING BACK TREATMENT

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

6o-minute\$80

VITAMIN C (add-on treatment)+\$26
Leaving skin glowing, this add-on treatment helps
to even out skin tone, diminish fine lines, and
reduce redness and irritation. This antioxidant
treatment is great for all skin types, especially sun

ExtractionsStarting at \$11
WaxingStarting at \$11
Lash or Brow TintingStarting at \$22

AIRBRUSH TANNING

damaged and mature skin.

Full Body Tanning\$39

NAIL SERVICES

SIGNATURE MANICURE\$23 Nail shaping, warm soak, cuticle care, hand massage, and polish. Gel polish\$38 Basic manicure (no polish)\$18
SPA MANICURE\$30 Nail shaping, warm soak, cuticle care, an exfoliation and massage from hand to elbow, heated towel, and polish. Gel polish\$45
Relax in our massaging pedicure chair with a heated neck pillow while your feet get pampered. Enjoy a warm foot soak, nail trim, foot scrub, cuticle care, massage, and polish. Gel polish
SPA PEDICURE\$50 Rest and recline in our massaging pedicure chair with heated neck pillow while you enjoy a soothing foot soak, nail trim, cuticle care, lower leg and foot exfoliating scrub, and hydrating mask with heated towels. Finish off with a relaxing massage and polish
Cut Only\$11 Cut and Polish\$20 Polish Change (lacquer only)\$11 Remove Gel Polish\$11 Hand Paraffin Dip\$11







PACKAGES

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 or pedicure.

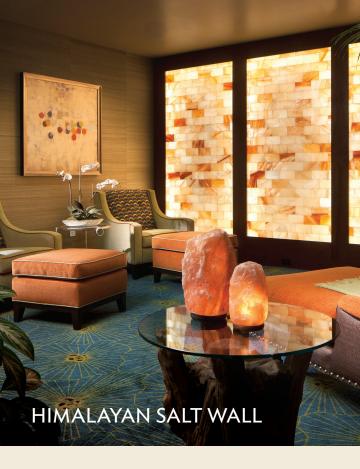
Manicure	\$163
Pedicure	\$179
Gel Polish	+\$15

HALF DAY ESCAPE

The ultimate in relaxation starts with a one hour Himalayan Salt 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 manicure and pedicure to brighten your mood, fingers and toes.

Full	Package	\$210
Gel	Polish	+\$15





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.

ARRIVING FOR APPOINTMENTS

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





Cultural Center–Vitality Level 900 Willow Valley Lakes Drive Willow Street, PA 17584 717.464.6873

WillowValleyCommunities.org Giftcards: ShopWillowValley.org