

## Wellness In The Woods Day Spa Menu

TO SCHEDULE YOUR SERVICE call or text Mary-Ellen Christina @ 860-449-2954 I will return your call as soon as I can.

### FACIALS

*The first thing people see when they look at us is our face! Everyone's face tells a story. Men, facials are not just for women anymore. More and more men realize the benefit of having regular facials. As we get older our skin needs more tending to. Blackheads and clogged pores just don't happen to teens. Besides, a facial can be the perfect alternative to a massage. Some people do not like to be touched as in a full body massage. We get that. Our facials are therapeutic as they are very relaxing. You're on vacation, try something new and give yourself the gift of relaxation.*

*On the Go Facial ~ 30 min ~ \$35.00*

*When time is of the essence this facial will give your skin the boost it needs. Cleansing, exfoliating, mask and moisturize. You will be on your way with glowing clean skin!*

*Wellness In The Woods European Facial ~1hr ~ \$60.00*

*Give your skin the love it needs! Powerful Hyaluronic acid, marine derived ingredients plus fruit base Alpha Hydroxy help restore moisture and soften lines, assist exfoliating the skin to a radiant glow while the Vitamin C brightens and tightens. You will see and feel the difference long after your service.*

*\*\*Each facial is designed for your individual skin type*

### MASSAGES

*Massages are a wonderful way to distress. Here at Wellness In The Woods we believe everyone on vacation should take time out from his or her hectic lives in order to really unwind and relax. So don't hesitate to add the little SPA.... into your AHHH*

30 Min Swedish massage	30 min	\$35.00	Seasonal Residents	\$35.00
Swedish Massage	60 min	\$60.00	Seasonal Residents	\$50.00
80 Min Swedish	80 min	\$80.00	Seasonal Residents	\$70.00
Deep Tissue	60 min	\$90.00	Seasonal Residents	\$80.00

**Waterless Pedicures** are a Thing of the FUTURE and here's why... wet pedicure and whirlpool tubs are quickly becoming a thing of the past. Internal piping is a breeding ground for bacteria and can easily spread nail fungus and other communicable diseases. Wellness In The Woods is proud to be one of the small numbers of conscientious spas that are abandoning these practices in favor of STEAMED TOWEL PEDICURES, a method that utilizes far less water, which is good for our environment.

*Get comfortable and allow your body to totally relax in our anti-gravity reclining chair. Your tired feet are warmed with steamed hot towels infused with essential oils to relax and invigorate your feet and calves. Warm lotion is massaged on your feet up to your knees with special attention to massaging your feet. We offer cuticle care, nail clipping if needed then file and buff nails to a natural shine. 60 min service. \$60.00*

*Cozy Toes.... a service dedicated to your feet. Warm infused towels are wrapped around your feet. Each foot is massaged and pampered as you relax in our comfortable anti-gravity reclining chairs. This service DOES NOT INCLUDE nail care, clipping or buffing. 30 min service \$35.00*