

MASSAGE SERVICES

A typical massage session lasts 50-80 minutes and may consist of one or more following modalities: **Soft Tissue Release, Rehabilitative, Sweedish, Trigger Point, Reflexology, Hot Stone, Pre Natal**

Sole Revival

Life can be hard on the feet, this treatment will revive your tired soles. Your feet are cocooned in warm moist towels, then buffed with a peppermint infused sea-salt, followed by a foot reflexology massage.

THAI YOGA MASSAGE

Combination of assisted yoga stretches, rhythmic compressions, gentle twisting and rocking, and energy work in a space of presence and meditation. Relieve muscular tension, release blockages, improve body flexibility, and stimulate the free flow of energy. Recipient wears comfortable clothing that allows free movement. Session takes place on a large futon like cushion on the floor.

EMILY FRASER 912-596-0190
MONDAY, WEDNESDAY & FRIDAY
BY APPOINTMENT ONLY

MASSAGE PRICING

| | |
|--------------------|----------|
| 25 Minute Sessions | \$45.00 |
| 35 Minute Sessions | \$68.00 |
| 50 Minute Sessions | \$75.00 |
| 80 Minute Sessions | \$105.00 |

Hot Stone & Rehabilitative Massage

| | |
|------------|----------|
| 50 minutes | \$90.00 |
| 80 minutes | \$115.00 |

Sole Revival

| | |
|------------|---------|
| 25 minutes | \$45.00 |
| 50 minutes | \$75.00 |

Thai Yoga Massage

| | |
|-------------|-------|
| 60 Minutes | \$95 |
| 90 Minutes | \$125 |
| 120 Minutes | \$175 |

MASSAGE THERAPISTS

SUSANNE RIDGEWAY 912.596.7450
MONDAY, TUESDAY, WEDNESDAY, THURSDAYS

ROBERT LAMAR 912-755-7144
FRIDAYS, SATURDAYS, SUNDAYS AND WEEKNIGHTS

leaf
LIFE EXTENSION AND FULFILLMENT

leaf
LIFE EXTENSION AND FULFILLMENT

Spa Services

AT OAKRIDGE FITNESS CENTER

FACIALS

HAIR REMOVAL

MASSAGE THERAPY

Gift Certificates are Available!



ESTHETICIAN

KATHY ADAMS
LICENSED ESTHETICIAN
912.220.8745

Her goal is to assess your skin care needs and deliver the best possible skin care regimen for you. Feel free to call Kathy at 912-220-8745 with any questions or to schedule a consultation.

SKIN CONSULTATIONS

Appointment \$50

HYDRAFACIALS

A serum-based resurfacing system that cleanses skin deeply, exfoliates dead skin cells, extracts impurities and hydrates.

Hydrfacial Rejuvenation \$150

FACIALS

Facials are specific to the needs of your skin conditions. Facials include, but are not limited to: cleansing, exfoliating, toning, mask and massage.

| | |
|-----------------------------|-------|
| Customized Facial starts at | \$85 |
| Deep Cleansing | \$95 |
| Back Facial | \$100 |

GLYCOLIC PEELS

Single Glycolic Peel \$65

Glycolic peels are designed to firm, hydrate and brighten skin tone using a glycolic enzyme peel.

Enzymatic Peel/Date Night Peel \$65

HAIR REMOVAL

| | |
|-------------------------|---------|
| Eyebrow Arch | \$20-25 |
| Eyebrow Clean-Up | \$15 |
| Side Burns | \$15 |
| Eyebrow Tint | \$25 |
| Eyelash Tint | \$25 |
| Full Face | \$35 |
| Lip | \$10 |
| Chin | \$13 |
| Arms - Half | \$23 |
| Arms - Full | \$38 |
| Underarm | \$20 |
| Legs - Half | \$40 |
| Legs - Full | \$60 |
| Bikini | \$35+ |
| Brazilian | \$65+ |
| Back - Half | \$45 |
| Back - Full | \$65 |
| Chest | \$30 |

Bikini and Brazilian waxing services now available with the Nufree waxing system.



**France
Laure**

France Laure Skin Wellness
Product Line Available.

