

# Menu of Services

## Personalized Spa Facials

Whether your complexion is oily, dry, sensitive, reactive, mature or any combination of conditions; simply select the amount of time you can set aside for treatment and I will tailor a facial to your skin type & concerns.

### 35 minutes ~ \$ 49

This express spa facial includes: cleansing, exfoliation, a skin-specific mask and a petite face & hand massage. *\$10.00 off when booked with an initial skin consultation or BOTOX and/or dermal filler injection.*

ALL 50 and 75 minute spa facials include:

- Skin specific cleansing and exfoliation
- Relaxing facial, hand and arm massage
- Extractions (if needed)
- Soothing mini eye treatment & lip elixir
- Targeted mask on the face neck & décolleté

### 50 minutes ~ \$65

*give your finer features the attention they deserve with 50 minutes of customized complexion care*

### 75 minutes ~ \$ 85

this beyond-basic facial is enhanced with:

- an eye contour massage & anti-aging eye mask
- anti-aging treatment for the hands
- an upgraded, bi-phasic or collagen mask

50 and 75 minute spa facials can also be performed for the back and shoulders.

### Facial Treatment Enhancements:

when added to any medspa treatment / ala carte

- **Brow shaping** ~ \$12 / \$15
- **Anti-aging eye treatment** ~ \$12 / \$20
- **Makeup artistry**  
price varies ~ inquire for details

### Aromatherapy ~ \$12

Add the delightful ambiance of customized aromatherapy to enhance any spa facial.

## MedSpa Facial Treatments

### Mini Facial Peel 35 minutes ~ \$49

A skin-specific peel is selected for gentle refinement of the skin, lessening of wrinkles and discoloration, and improvement of texture.

### Intensive Chemical Peels 50 minutes ~ \$75 - \$150 (priced at time of consultation)

These potent peels are customized and may be paired with microdermabrasion and/or targeted treatment serums based on: past peel results, goals of treatment and your specific skin type.

### Microdermabrasion 35 minutes ~ \$49

Safe and crystal-free refinement of the skin is achieved with this very gentle polishing treatment. *(Microdermabrasion can also be combined with a spa facial for an additional charge of \$35.00.)*

*Please let us know if you are receiving treatment for the first time so that extra time can be set aside for a thorough analysis of your skin.*

## Laser Treatments for Face and Body

### Laser Genesis for Rejuvenated Skin

*This non-invasive laser gently and effectively treats fine-line wrinkles, excessive redness and helps diminish large pores, uneven skin texture, and scars without excessive skin irritation.*

*Full Face ~ \$275      Face & Neck ~ \$350  
Face, Neck and Décolleté ~ \$450*

*Fees for the following laser treatments are priced at the time of consultation depending on the size of the area to be treated, and the extent of sun-damage or hair growth. The following are a few examples of the fees for some of the most popular areas we treat. Most treatments are recommended in a series. Please consult your skin care specialist for a personalized treatment plan and pricing.*

### Solar Genesis for Sun and Age Spots

*Solar Genesis is a pulsed light system that is exceptionally effective at treating pigmented skin at a comfortable energy level. Superior results are visible in just one or two treatments.*

*Back of hands ~ \$100      Lower arms ~ \$200  
Face or upper chest ~ \$150 / Both areas ~ \$275*

### Coolglide Laser Hair Removal

*Via a pulse of energy, the hair follicle is heated, while the skin is cooled making treatment treatments are typically needed to achieve permanent results.*

*upper lip ~ \$50      lower arms ~ \$150  
chin ~ \$75      lower legs ~ \$200  
½ face ~ \$150      bikini ~ \$75-\$150*

## Spa Body Care

### Seasonal Body Scrubs 35 minutes ~ \$49

enzymatic and granular scrubs are selected for the season and paired with aromatherapy and buttery body cream for the softest skin ever

### Urban Renewal Wrap 50 minutes ~\$59

this aromatic wrap follows dry brush exfoliation to provide extraordinary cellular renewal, deeply moisturized skin

### Skin Renewal Duet 75 minutes ~ \$79

combine the **seasonal scrub** treatment with the urban **renewal wrap** for 75 minutes of body silkening bliss

## Massage

### Foot Reflexology

Energetic rebalancing of the entire body is achieved via reflex points on the feet.

35 minutes ~ \$40      50 minutes ~ \$55

### Reflexology Plus

Add an exfoliation and warm or cool mask to complete the reflexology experience along with a hand and arm massage

50 minutes ~ \$55      75 minutes ~ \$75

## Massage (continued)

### Therapeutic Massage

Simply select the amount of time you can set aside for treatment and I will tailor the massage to your concerns...

35 minutes ~ \$40      50 minutes ~ \$55  
75 minutes ~ \$80

### Manual Lymphatic Drainage Massage\*

This specific technique is highly recommended following all surgical procedures, to assist with healing & rapidly decrease swelling & bruising.

20 minutes ~ \$25      35 minutes ~ \$ 40  
50 minutes ~ \$55

### Anti-Cellulite Massage\*

*The stimulating effects of this targeted massage and lypolitic serums, help drain congestion, improving lymphatic flow and reshaping the tissues around the hips and thighs.*

*35 minutes ~ \$50*

*\* Best results achieved when received in a series.*

*10% Discount offered on series of 3 treatments.*

*Prices effective as of 9/25/09 and subject to change.*

**All MedSpa Treatments are rendered by  
Skin Care Specialist, Paula Provenzano.**

*Ms. Provenzano has established a reputation as one of the spa industry's most gifted technicians and educators. She has been featured on television and in numerous national publications for her industry expertise. Ms. Provenzano is the Skin Care Expert for FOX Morning News and a regular contributor of features on health and beauty topics for Cincy Chic Magazine ([www.cincychic.com](http://www.cincychic.com)). As a master aesthetician, Paula has catered to a number of celebrity clients and, as an industry consultant, she has created treatments and menus for luxury spas throughout the US and the Caribbean.*

*For more information go to Paula's website:*

**[www.essentiallyspa.com](http://www.essentiallyspa.com)**

**A Woman's Touch**

3005 Dixie Highway, Suite 240  
Edgewood KY 41017

For more information, articles and current specials go to Paula Provenzano's website: [www.essentiallyspa.com](http://www.essentiallyspa.com).

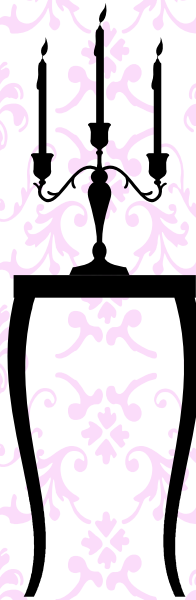


*An invitation...  
to relax, renew  
& rediscover a  
personalized*

*MedSpa  
experience*

*@ Woman's Touch*

*Plastic  
Surgery  
Center &  
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