

# Body Care

## *Aroma Therapy Scalp Massage*

Invigorate and renew, organic jojoba and peppermint oil or chocolate are applied to the scalp and hair for their rejuvenating and protective qualities.

## *Paraffin Wax for Hands or Feet*

Infused with an antioxidant vitamin enriched formula. Paraffin penetrates deeply and delivers fast relief from arthritis, joint stiffness, sports injuries, muscle spasms and inflammation and is superior in moisturizing.

We are happy to combine services and to customize your treatments.

# Massage Therapy

Therapeutic Massage

Deep Tissue/Neuromuscular Massage

Aromatherapy Massage

Relaxing Massage

Mini-Massage

Reflexology

Craniosacral Therapy

Reiki

Hot Stone Massage

Thai Massage

# Skincare

Brow or Lash Tint

European Facial

Aromatherapy Facial

Lymphatic Drainage Facial

European Facial w/Glycolic Exfoliation

Medium depth peels

Glycolic or Bet-Ex Exfoliation Only

Deep Cleansing Back Treatment

Mini-Facial

LED Photo Treatment

Microcurrent Treatment

Dermabrasion

IPL

Radio Frequency

Micro Needle R.F

Derma Sound Hyro Facial

# Waxing Services

Brows, Upper Lip or Chin

Lower Legs

Thighs

Bikini

Arms

Under Arms

Back/Chest

# Body Care

Aroma Therapy Scalp Massage

Paraffin Wax Hands

Paraffin Wax Feet

combo

Pricing on all services available upon request.  
[www.olympicdaspa.us](http://www.olympicdaspa.us)

## *Customized services and bundling*

We can customize any service for your needs. Please let us know if you would like to add on or change a treatment so that we can be prepared for you and schedule appropriately.

When scheduling a series of treatments we have special reductions in prices for pre payment. We also offer reductions in pricing for bundling of some services.

Please give 24 hours notice if you need to cancel to avoid being charged for the time.

# Olympic Day Spa

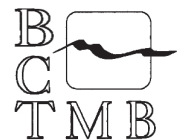


**Bunny Cornwall**  
Licensed Master Aesthetician  
Board Certified Massage Therapist

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# Body Treatments

## Therapeutic Massage

Treating injuries with massage therapy can improve joint motion, reduce pain, restore mobility of muscle, reduce swelling, relaxes the client and improves circulation.

## Deep Tissue/Neuromuscular Massage

Deep pressure emphasis on relieving muscle spasms, breaking apart scar tissue, reducing pain and increasing motion.

## Aromatherapy

Increase the benefits of your massage's therapeutic value with the topical application of essential oils.

## Relaxing Massage

This massage is suited for most clients needs as it promotes deep relaxation and stress release.

## Mini-Massage

This treatment is a concentrated massage of the back, neck and shoulders. A wonderful service if one carries tension in the neck and back.

## Reflexology

Reflexology is the application of appropriate pressure to specific points and areas on the feet, hands, ears and face. These reflex points correspond to different body organs and systems.

## Craniosacral Therapy

CST is a gentle technique used by itself or in conjunction with other massage modalities. CST is a method of examination and treatment that assists the body in its own natural self-correcting efforts.

## Reiki

Reiki is the name given to a simple yet profound system of healing for body and mind, which was developed by Dr. Mikao Usui who lived in Japan during the nineteenth century. Reiki works on cause rather than the effect of disease. Use alone or in combination with other healing modalities.

## Hot Stone Massage

Using a stones weight and temperature marries an old world ancient custom with a new world compression method, resulting in an increase of circulation, increased respiration, increased metabolism, a decrease in muscle spasms and a deep sense of relaxation.

## Thai Massage

Performed on a mat or on the table. It Incorporates Hatha yoga and acupressure, releases stress, stimulates internal organs, calms the nervous system, increases flexibility and restores movement.

# Skin Care

## European Facial

Includes deep pore cleansing, steaming, skin analysis, extraction, facial massage and a mask for your specific skin type.

## Aromatherapy Facial

Uses the same procedure as European Facial, utilizing essential oils to promote balance, detoxification and to relieve stress.

## Lymphatic Drainage Facial

(the body's waste removal system)

During a European Facial, massage is performed by applying light pressure to specific points on the face where the body's energy flow is blocked. This procedure will lessen facial puffiness, increase blood flow and oxygenation.

## Glycolic/Bet-ex Exfoliation or Enzyme Mask

Excellent for wrinkles, facial hyperpigmentation, age spots and acne prone skin. Accelerates the removal of the dead layer of skin resulting in an enhancement of the skin's appearance. Your skin will be softer, smoother, more uniform and with renewed clarity. Treatment is individualized to client needs.

## Mini-Facial

A deep cleansing followed by a relaxing massage, refreshing toner and moisturizer.

## LED Photo Treatment

Enhance cellular metabolism, promote collagen production and increase circulation. Great for reduction of pore size, reduction of acne break outs, reduction of inflammation and redness from rosacea, brightening and lightening of hyperpigmentation. For best results 6-10 treatments are recommended with monthly maintenance.

## Microcurrent Treatment

Designed to re-educate facial muscles, stimulating them to return to a more youthful tone. Microcurrent targets fine lines, wrinkles, dark circles and sagging skin, improves elasticity and boosts circulation. For best results 10 treatments are recommended with follow up monthly maintenance.

## Dermabrasion

Is perfect for all skin types and is specifically designed for dull skin, age management, fine lines and wrinkles, mild to moderate blemishes, and hyperpigmentation.

## IPL

Intense Pulsed Light photo facial treats sun damaged skin, brown spots, freckles, rosacea, redness from acne scars, evens skin tone, reduces wrinkles and pore size. Permanent hair reduction seen after 6-10 treatments over several months for best results. Bundling packages available.

## Radio Frequency

is FDA approved to tighten loose or sagging skin on the face, eyes, tummy, arms and legs, without any incision or recovery time. Reduction of stretch marks, circumferential reduction, and body contouring. Now you can treat problem areas by tightening and firming loose, wrinkled or dimpled skin anywhere on the body, as well as change the shape and contours of your body without surgery. Radio frequency shrinks fat cells and stimulates collagen production, resulting in loss inches.

## Micro Needle Radio Frequency Resurfacing

Utilizing Micro Needle technology and focused Radio Frequency which both ablate and heat the skin. Resulting in fresh smooth, radiant skin. Reducing wrinkles, pores and scars. Minimal down time. Combine with Sonophoresis for best results.

## DermaSound Hydro Facial

This state of the art ultrasonic skin treatment system improves all skin conditions including wrinkles, acne, rosacea and pigmentation issues. It incorporates water with low frequency sound waves for a "HydroBration".

## Micro Needling

Micro needling is a minimally invasive, low downtime and cost effective way to treat scars, wrinkles and pigmentation. It has been shown to stimulate new collagen and elastin. A series of 4 to 6 treatments is recommended.

## Nano Glow Infusion

Nano glow infuses active ingredients into the skin increasing hydration for a smoother skin texture with no downtime. Micro channels are created in the skin to allow for effective absorption of serums, increasing circulation, collagen production and cell turnover. A series of 4 to 6 treatment is recommended.

## Skin Classic

The skin classic treatment is an award-winning laser alternative treatment for common skin-irregularities such as visible capillaries, cherry angiomas, keratosis, skin tags, hyper pigmentation and sebaceous hyperplasia.

## PRX-T33

The PRX-T33 features a unique combination of TCA and hydrogen peroxide to stimulate the dermis while minimizing aggressive exfoliation. It promotes the stimulation of fibroblasts and growth factors without causing inflammation or damage to the skin. The rejuvenating results of this treatment can be felt immediately. Four treatments are recommended.