



Acupuncture Program

The Massage Spa Winter Park is a complete natural health practice utilizing the wisdom and efficacy of eastern medicine to renew health and well being. We focus on re-establishing and restoring balance, stability, and vitality to promote healing and relief of major conditions. By treating the body, mind, and spirit through Acupuncture, we believe that we can help patients reach optimal health in following areas:

- Pain management
- Low energy levels
- Sleep disorders
- Headaches/Migraines
- Back/Neck pain
- Depression
- Sports injuries
- Water retention
- Weight control
- Impotence
- Digestion
- Hormonal balance

\$70 Session • \$55 Package Price, minimum 3 sessions

Other Natural Alternative Treatments:

Fire Cupping

Glass or bamboo cups are heated to create a gentle suction and applied to areas of the body to promote blood circulation, relaxation, to relieve stress, and to alleviate musculoskeletal pain/tension.

Herbal Medicine

An active component of Chinese Medicine, herbs are essential for treating internal conditions and increasing clinical success for many common conditions.

Moxa-Therapy

Known as Moxibustion, this technique involves the burning of a compacted herb used for helping with a wide variety of conditions including aches and pains, colds and flu and even poor digestion. It facilitates healing, strengthens blood flow, and contributes to maintaining general health.



Spa Packages

Spa Retreat	\$299
60 Minute Relaxation Massage, 60 Minute Signature Facial, 45 Minute Thermal Body Wrap, Mini Face Lift, Lunch	
Spa Sampler	\$110
30 Minute Swedish Massage, 30 Minute Express Facial, 30 Minute Body Scrub	
Wellness	\$199
Acupuncture Treatment, Therapeutic Massage, Thermal Wrap, Fire Cupping	



Massages

Signature Massage 60 min \$85 • 90 min \$110

The most complete massage for relaxation. Pure pampering for your aching muscles, combined with swedish massage techniques, hot towels, aromatherapy oils and therapeutic stretches. A must try!

Tui Na Massage 60 min \$100 • 90 min \$130

Experience one of our most popular massages, a technique used in Traditional Chinese Medicine. Unique hand techniques combined with therapeutic and relaxing stretches improve energy (qi), overall health and blood flow throughout the body, achieving balance.

Deep Tissue Massage 30 min \$50 • 60 min \$90 • 90 min \$120

This technique targets the deepest layers of muscle and connective tissue. The massage therapist uses slower strokes and friction techniques across the grain of the muscle. Used for chronically tight or painful muscles, repetitive strain, postural problems, and recovery from injury.

Thai Massage 60 min \$100

Immerse in this therapeutic technique inspired by ancient yoga. Thai massage is performed on a floor mat where the therapist uses his or her hands, knees, legs and feet to move you into a sequence of postures. It's like yoga without doing any of the work. More energizing than other forms of massage, it reduces stress and improves flexibility and range of motion.

Ashiatsu Massage 30 min \$55 • 60 min \$100

Originated in the Far East, "Ashi" means foot and "atsu" means pressure. The therapist balances and uses bars that are securely attached to the ceiling to apply very deep yet relaxing pressure with their feet to the body. The broad surface area of the foot creates a unique experience for the muscles - a warm, soothing stretch without the discomfort that may accompany other deep treatments.

Sports Massage 60 min \$90

Invigorate your muscles with stretching and traction techniques to relieve pain and discomfort, while improving your range of motion. The focus is on preventing and treating injury and enhancing athletic performance.

Couples Massage 60 min \$180

Share the experience with your loved one or friend. Both of you will receive a massage at the same time and in the same room with two of our professional massage therapists. Essential oils are used to promote relaxation for a truly unique and relaxing experience. Surprise your loved one or friend on their birthday, anniversary or special occasion. A definite must have!

Mother-to-Be Massage 60 min \$90

Specifically tailored to the needs of the expecting mother during a time of rapid change. Relax tense muscles, improve mobility, calm your baby and increase blood flow.

Chair Massage 1 min \$1

Relax, revive & rejuvenate. A great way to energize your day with a fresh and relaxing touch. Perfect for a quick mini escape during your lunch break or for corporate events.



Weight Loss

We offer a wide range of effective treatments for Weight Loss, Cellulite Reduction, and Body Contouring, all which are non-invasive, involve no injections and no pills.

Vacuum Therapy \$90 per session • 60 min \$70 with Package Price (Min. 3 Sessions)

A non-invasive suction technique that is used around the world for reducing the appearance of cellulite. Vacuum Therapy is considered to be the best shaping alternative for the buttocks, thighs, knees, arms and stomach, lifting the cellulite away from the muscle to promote blood flow and stimulate lymphatic drainage. Combined with Galvanic Current or Cryotherapy, Vacuum Therapy is the best shaping alternative to improve body toning. To achieve long-lasting effects, the treatment should be performed in series.

Detox Thermal Body Therapy 45 to 60 min \$80

Eliminate body toxins and refresh with Seaweed, herbal oils, and heat as your body stimulates blood flow, increasing oxygen and detoxifying the body.

Sea Mud Body Wrap 65 min \$90

Mud soothes away aches and pains and completely relaxes you. Exfoliate and purify your whole body with enzymatic sea mud and calming botanicals to renew, revive, and deeply hydrate your skin.



Care for the Skin

Microdermabrasion \$125
Micro-Crystals gently exfoliate dead skin cells to even out skin tone and texture.

Non-Surgical Face Lift \$150
Nano technology and Galvanic Current dramatically tones, firms and lifts aging skin.

Anti-Aging Cosmetic Acupuncture \$50
Renews skin and reduces the appearance of fine lines and wrinkles naturally.

Whole Nine Yards Facial \$80
Signature facial customized exclusively to treat your specific skin care needs.

Acne Relief Treatment \$85
Purifying mixers, masks, and extractions clean, freshen and clear skin from acne and impurities.

Back Purifying Facial \$80
Detoxifying exfoliants and calming effleurage will leave your back rehydrated and your shoulders revitalized.

30/30 Express Facial \$40
30 minute mini facial to refresh, relax, and achieve a healthy skin glow.

Teen Clean Facial \$50
Gentle cleansing facial targeting teen skin care needs.

Eye Lash Extensions & Lash Perming

Full Lashes Application \$50
Eye Lash Perming/Curling \$50

Permanent Make-up Available Upon Request

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