

# RENEW AT MOUNTAIN VIEW SKIN SPA

## TREATMENT MENU

### FACE TREATMENTS

#### The Essential 1-hr \$20

The ultimate customizable facial treatment. Consists of a relaxing experience tailored to your current skin needs.

#### The Gentlemen's Facial 1-hr \$20

A tailored skincare treatment designed to address the unique needs of men's skin.

#### The Advanced 1-hr 15 mins \$30

The Essential with a specific treatment skin focus. Dermalogica PRO results-oriented serums and masques-relaxation with skin care results.

#### HydraGlow 1-hr 15 mins \$30

Reveal radiant, refreshed skin with this advanced treatment that combines diamond-tip exfoliation and layered wet/dry technology. Gently resurfaces, smooths texture, and targets concerns such as dryness, congestion, and dullness, with no downtime required.

#### The Skin Renew 45-mins \$30

A customized exfoliating treatment using professional chemical exfoliation solutions to target concerns such as hyperpigmentation, fine lines, uneven skin texture, and tone. A consultation with your student esthetician is required before treatment.

#### Lift + Tone Microcurrent Facial 1-hr 30 mins \$35

Turn back the clock with our Lift + Tone Facial, featuring advanced Bio-Therapeutic Microcurrent technology. This non-invasive treatment utilizes low-level electrical currents to stimulate facial muscles, improve circulation, and promote collagen and elastin production. The result is a visibly firmer, more sculpted appearance with improved skin tone and reduced fine lines. Combined with a customized facial protocol, this treatment leaves your skin looking lifted, energized, and radiant—no downtime required. For optimal results, we recommend a series of 6 treatments.

#### LED Therapy 20-mins \$15

Boost your facial results with this non-invasive professional LED light therapy. This treatment delivers targeted wavelengths to address concerns such as acne, redness, fine lines, and uneven tone, promoting your skin's natural healing and radiance. Perfect as an add-on to any facial treatment for amplified results.

### BODY TREATMENTS

#### Back Renewal Treatment 1-hr \$20

Give your back the attention it deserves with this deeply relaxing and restorative treatment. Designed to address your skin's unique needs, this service includes a

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## TREATMENT MENU

thorough cleanse, exfoliation, and a specialized treatment mask. To complete the experience, enjoy a soothing back and foot massage that melts away tension, leaving you feeling refreshed from head to toe.

### **Body Buff 1-hr \$25**

Reveal radiant, smooth skin with this invigorating full-body exfoliation treatment. This gentle process sloughs away dead skin cells, stimulates healthy cell renewal, and enhances hydration for a soft, luminous glow. Perfect before a special event or as a seasonal skin refresh, you'll leave feeling polished, renewed, and deeply nourished.

### **Glow & Nourish Wrap 1-hr \$25**

Experience total skin renewal with our Glow & Nourish Body Wrap, a deeply restorative full-body treatment that exfoliates, hydrates, and rejuvenates. Begin with a dry exfoliation using textured gloves to gently remove dead skin cells, stimulate circulation, and support lymphatic flow. Once the skin is prepped and refreshed, a rich, nourishing body butter mask is applied and gently worked into the skin using soothing, intentional touch. This mask deeply hydrates and softens, leaving your skin velvety-smooth and glowing from head to toe.

### **Firmi-Sea Body Wrap 1-hr 15 mins \$25**

Revitalize and firm your skin with the Firmi-Sea Body Wrap, a detoxifying and mineral-rich treatment featuring a potent blend of seaweed and botanical extracts. This luxurious wrap helps improve skin tone and texture while promoting inch loss and reducing the appearance of cellulite. The treatment begins with a gentle exfoliation to prepare the skin, followed by the application of the Firmi-Sea mask. As you're wrapped in a warm cocoon, the active ingredients work to tighten, nourish, and rebalance your skin. For best results, we recommend a series of 6 treatments.

### **Body & Sole Treatment 1-hr \$25**

Unwind with this grounding mind-body ritual. Begin with a personalized aromatherapy journey, followed by a relaxing massage of the neck, scalp, and face, targeting pressure points. A soothing massage of the hands, arms, feet, and legs—enhanced with warm foot towels—completes this deeply calming experience.

# RENEW AT MOUNTAIN VIEW SKIN SPA

## TREATMENT MENU

### **Sole Treatment 1-hr \$25**

Treat your feet—and your entire body—to the healing benefits of Reflexology Foot Therapy. This holistic treatment targets pressure points in the feet that correspond to organs and systems throughout the body, helping to alleviate tension, enhance circulation, and restore balance. Gentle, targeted touch promotes relaxation while supporting the body's natural healing processes.

### **Shirodhara 1-hr \$25**

This ancient Ayurvedic therapy uses a gentle stream of warm herbal oil over the forehead and scalp to calm the mind and nervous system. Paired with a soothing massage of the scalp, neck, and shoulders, Shirodhara promotes deep relaxation, mental clarity, and emotional balance.

#### **\*Post-Treatment Shower & Hair Care\***

Your treatment includes access to a shower to shampoo your hair afterward; however, please note that your hair will not be completely free of oil after just one wash. The treatment involves warm herbal oil poured over the forehead and scalp, saturating the hair for deep nourishment.

For optimal results, many opt to leave the oil in for several hours or even overnight. If you do wish to remove it right away, we recommend applying shampoo *directly to dry hair* before rinsing—this helps break down the oil more effectively. At home, multiple washes may be necessary to cleanse the hair thoroughly. Be mindful that the shower floor may become slippery due to residual oil.

# RENEW AT MOUNTAIN VIEW SKIN SPA

## TREATMENT MENU

### HAIR REMOVAL

- For your safety, please inform us of your current health status and any medications you are taking.
- Facial waxing must occur before your Essential or Advanced Facial if scheduled on the same day and cannot be administered within 24 hours of a HydraGlow treatment.
- Facial waxing cannot be administered to clients who are using Retin-A, skin-thinning products with AHAs, BHAs, retinols, Accutane, oral steroids, or certain antibiotics.
- Body hair must be at least  $\frac{1}{8}$  inch in length for waxing.
- Body waxing cannot be administered within 24 hours of a full-body spa treatment.

Brow Shaping Wax \$10

Half Leg \$15

Brow Shaping Tweeze \$10

Full Arm \$15

Brow Maintenance \$8

Half Arm \$10

Lip, Chin, or Cheek 20 \$5 each

Underarm \$10

Bikini Wax \$20

Whole Back \$25

Full Leg \$25

Upper or Lower Back \$15

Chest \$20

### TINTING

Lash Tint \$12

Brow Tint \$10

Lash & Brow Tint \$20