

MASSAGE TREATMENTS

CUSTOM MASSAGE (*Swedish, Sports or Deep Tissue*)

Single session: \$100/60 minutes, \$130/90 minutes

Series of 3: \$270/60 minutes, \$351/90 minutes

Series of 6: \$510/60 minutes, \$663/90 minutes

SWEDISH: Incorporates long strokes, kneading and friction on the superficial layers of the muscles, in combination with active and passive movements of the joints.

SPORTS: Focuses on muscle systems relating to a particular sport to assist training, prevent injury and aid in healing.

DEEP TISSUE: Slow strokes and deep finger pressure release chronic patterns of tension in contracted areas of the body.

LOMI-LOMI *\$100/60 minutes, \$130/90 minutes*

A unique style of massage derived from ancient Polynesians and master healers of Hawaii. This soothing massage is given in fluid, rhythmic motion using the forearms as well as the hands for ultimate relaxation. Some people have described this as feeling like gentle waves moving over the body.

LYMPHATIC THERAPY *\$100/60 minutes, \$130/90 minutes*

A form of very light, circular massage that encourages lymph flow in the body. It's particularly good for detoxification, edema, pre- and post-plastic surgery and post-liposuction. It can also help with cellulite treatments, scar tissue, spider veins, redness and acne.

PRENATAL *\$100/60 minutes, \$130/90 minutes*

Revel in relaxation before or after motherhood with this nourishing and customized massage. Your therapist uses various positioning techniques and modalities to give you the best results possible. (*Not performed in the first trimester*)

NEUROMUSCULAR THERAPY *\$110/60 minutes, \$140/90 minutes*

A style of bodywork focusing on stimulating and releasing areas of tension due to physical, mental and/or emotional stress. Focused pressure is applied through various techniques to alleviate pain and tension.

REFLEXOLOGY *\$50/30 minutes, \$95/60 minutes*

Reflexology is an in-depth science that aims to harmonize your entire body by focusing on applying pressure to the specific nerve zones in your feet.

HOT STONE ADD ON *\$25*

Smooth, hot stones warm your muscles, increasing circulation, relaxation, blood flow and the transport of toxins from the area.

CHAIR MASSAGE *\$15-25*

PNF STRETCHING *\$15-25*

MEMBERSHIP

The Spa at Tri-City is open to the public. You don't have to be a member to enjoy our offerings. As an added benefit, Tri-City members receive 10% off all treatments and products. For more information, please speak with a Membership Representative.

APPOINTMENT GUIDELINES

Please contact our spa desk at (760) 931-3126 to schedule your appointment. Please arrive at least 20 minutes prior to your scheduled appointment to complete our check-in process. Enjoy the jacuzzi, dry sauna and a shower to rinse off stress prior to your appointment.

CANCELLATION POLICY

The services you select are reserved exclusively for you. To cancel your appointment, please call the spa desk at least 24 hours before your appointment to avoid being billed for 100% of the service fee. We don't accept cancellations by email.

INCLUDED WITH YOUR TREATMENT

Enjoy a complimentary same-day pass to the Wellness Center. Also, child care is available to all spa guests for a small fee on the day of their appointment. Time limit is determined by child's age. You must make a reservation with Kidz in Motion to guarantee space. Reservations are to be made at least 24 hours in advance by contacting (760) 931-3133.

YOUTH POLICY

Children 13–17 years old may receive treatments at our spa. A parent or guardian over the age of 25 years old must be present for the duration of the treatment.

The  Spa

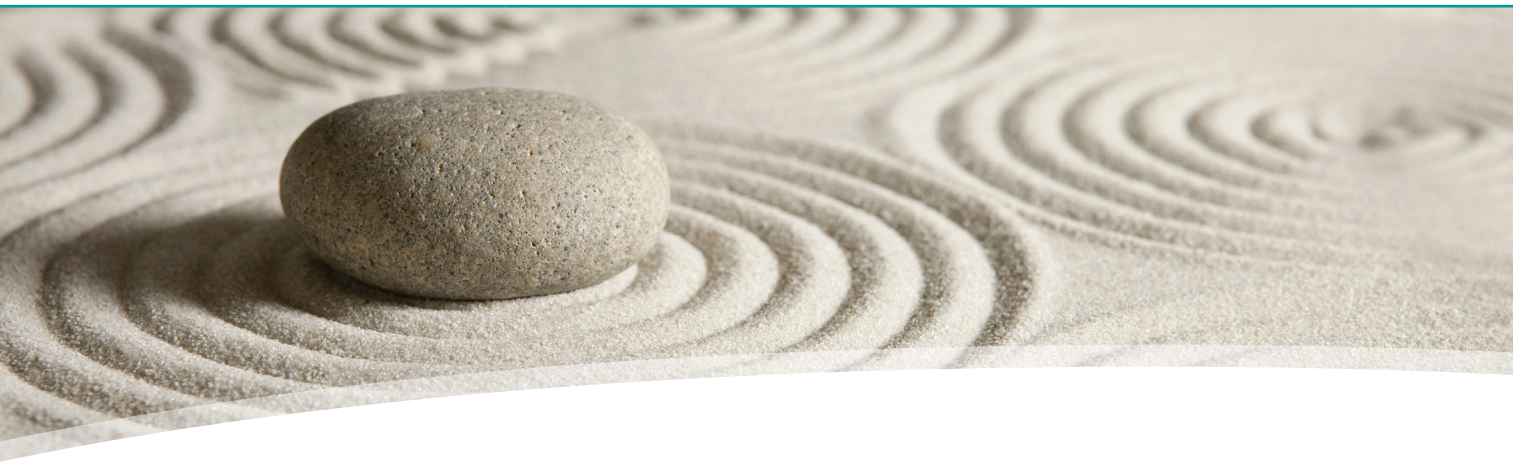
AT TRI-CITY

6250 El Camino Real, Carlsbad, CA 92009

(760) 931-3126 • www.tricitywellness.com

The  Spa

AT TRI-CITY



SKIN CARE TREATMENTS

Begin your experience by scheduling a complimentary skin analysis and detailed consultation. Our skin care experts help guide you towards the best treatment and products for your skin's needs.

Whatever skin condition you may have, we customize all our skin care treatments for your specific goals.

SKIN GLOW EXPRESS \$65/30 minutes
Need a glow while on the go? Try this refreshing express facial that exfoliates, rejuvenates and invigorates your skin in half the time without the skin stressors of extractions.

GLOW SIGNATURE FACIAL \$110/60 minutes
In this deluxe customized facial, careful attention is given to specific needs of your skin. Relax while your skin is cleansed, exfoliated, nourished and hydrated, leaving you feeling refreshed and vibrant.

CLEAR SKIN FACIAL \$110/60 minutes
Balance oily and acneic skin types, while reducing bacteria with this corrective skin facial. Ideal for teens and adults and is the ideal start towards a clearer complexion. This treatment includes extractions.

GLOW PERFECTION FACIAL \$145/90 minutes
The perfect solution for skins needing a multitude of ingredients to correct, hydrate and reverse the visible signs of aging and sun damage. More than just a facial, your skin will be recharged and invigorated. Hand, face, neck and shoulder massage is included with this treatment.

GENTLEMAN'S TREATMENT \$100/60 minutes
This manly treatment is sure to smooth, soften and hydrate even the most rugged of skins. Experience a thorough cleansing with steam, mild deep cleansing and an infusion of anti-oxidant ingredients to revitalize the skin instantly.

ADVANCED SKIN CARE TREATMENTS

Utilize the latest technology and quality professional products to help you achieve beautiful skin in a short time and with longer lasting results.

All our advanced skin care treatments are proven safe and effective.

ADVANCED ANTI-AGING FACIAL \$120/60 minutes
Get your skin fit with this multi-level treatment which step by step protects and rejuvenates while leaving your skin instantly firm and bright. Potent antioxidants reduce deterioration of the dermal layer while peptides stimulate the development of new collagen and elastin to lift, firm, and diminish the appearance of fine lines and wrinkles.

CUSTOM CORRECTIVE PEELS \$75-\$200
Achieve your skin goals with a specific method of exfoliation chosen to address acne, sun damage, dehydration or overall skin dullness for a revitalized and radiant complexion.

FACIAL EXTRAS

EYE REJUVENATION	\$25
INTENSE HAND REJUVENATION	\$25
ADDITIONAL EXTRACTIONS	\$25
BROW TWEEZING	\$20

WAXING

Remove unwanted hair for touchable, soft and smooth skin. Prices starting at:

HALF ARM	\$25
FULL ARM	\$45
HALF BACK	\$30
FULL BACK	\$55
BIKINI LINE	\$35
BIKINI FULL	\$55
BRAZILIAN	\$75
BROW DESIGN	\$25
BROW MAINTENANCE	\$20
CHIN	\$15
FULL FACE <i>(does not include brows or forehead)</i>	\$40
LOWER LEG	\$35
UPPER LEG	\$45
FULL LEG	\$65
LIP	\$15
UNDERARM	\$25
CHEST	\$40
TUMMY TRAIL	\$20
NOSE	\$15
EAR	\$10-\$15

Look as good as you feel