

# Integrated Medical Spa Treasure Cay Abaco

Open Monday ~ Saturday, 9am ~ 5pm.

Appointments preferred, Walk-ins welcomed. Telephone: (242)365-8186

## Facial Treatments

The five elements facial	50 mins	95.00
The Beauty facial	50 mins	80.00
Ageless Beauty facial	50 mins	135.00
Executive back facial	30 mins	60.00
	75 mins	110.00

<u>Enhancements</u>	Eye Awakening	20 mins	30.00
	Scalp massage	10 mins	20.00



## Massages

Tensegrity	50 mins	100.00
Sports	50 mins	110.00
Stimulating	50 mins	120.00
Customized express	30 mins	50.00
	50 mins	95.00

## Waxing

Lips	12.00
Eyebrows	20.00
Chest / Back	50.00
Jaw line/Sideburns	15.00
Bikini	40.00
Brazilian	60.00
Under arm	25.00
Half arm	30.00
Full arm	50.00
Half leg	50.00
Lower leg	50.00



## Nail Services

Manicure	30 mins	30.00	Polish change	20 mins	15.00
Pedicure	45 mins	45.00	Mani/Pedi	1hr	75.00

## Enhancement

Soothing foot treatment	25 mins	30.00
Soothing foot treatment with pedicure	50 mins	85.00

## Body Wraps

Full body	1hr	145.00
Abdominal	30 min	80.00
Legs	30 min	55.00
Arms	30 min	45.00



## Specialties

Infrared sauna	25min	30.00
Hydrotherapy	60min	80.00
	30min	40.00

WORLD LEADER IN ESSENTIAL OILS,  
NATURAL & HERBIC SKINCARE!

offering high grade Swiss products for face, body, hair, scalp, & bath

## MEN'S TREATMENTS

### Enhancements

#### Back Therapy \$60 (30 min.)

Soothing blends of warm oils combined with massage are used to relieve tension and stress. Leaving you feeling more vital and centered.

#### Eye Awakening \$30 (20 min.)

A cleansing, revitalizing add on to sooth tired stressed eye.

#### Scalp Massage \$20 (10 min.)

Relaxing the scalp enhancing your beauty and well being.

#### Chakra (Hormonal) Balancing \$50 - \$95

(25 min. - 50 min.)

Our motto is "Beauty is Health Made Visible" Balancing the energetic centers with a selection of gentle lights enhances your beauty by harmonizing your state of well being. Is **applied during the facial treatment with no extra time.**

#### 5 Elements \$70 - \$150 (55 min. - 90 min.)

Personalized to your energetic condition, A deep pore cleansing combined with a mild exfoliation brings life back to the skin, creams rich in vitamin c, antioxidants & essential oils are used to treat and replenish your complexion, with visibly satisfying results.

#### Vitality (Osmosis) \$150 (90 min.)

A special line of products that is based on the principle of osmosis, the concentration of "active ingredients" in the products "creates a movement of fluids" between products and skin to acquire needed nutrients, hydration and tone to depleted cells by drawing water up and from the skin deeper layers, plumping fine lines and bringing your skin back to life.

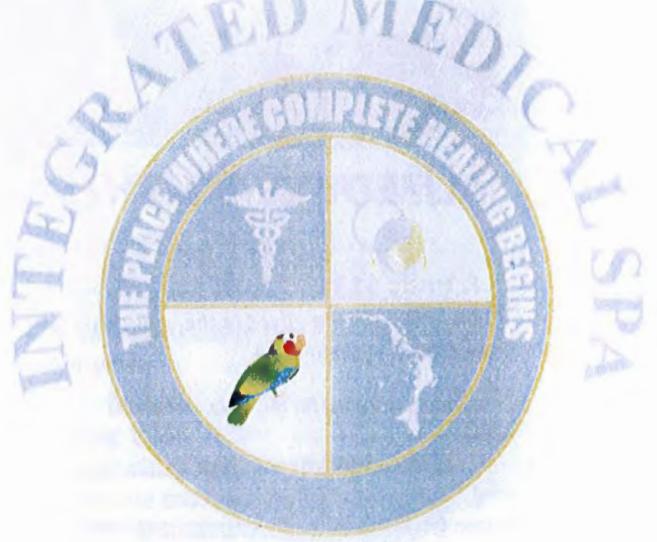
#### Executive Back Facial \$60 - \$110 (30 min. - 75 min.)

A deep cleansing facial with an organic exfoliation and extractions if needed followed by a deep massage with a mask rich in essential oils to detoxify, balance energy and reduce stress, soothes sore muscles.

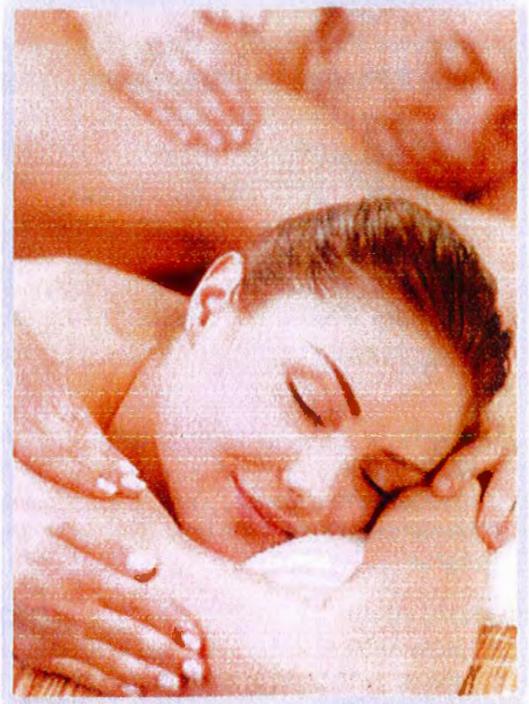
#### Organic Exfoliating Therapy \$70 - \$110

(45 min. - 60min.)

An organic experience of lotus seeds and bamboo pearls which are the exfoliating agents that purifies and cleanses the skin. Rich in shea butter, Jojoba and mimosa wax-skin with the prop-needed for a natural, healthy



## Spa Menu



**Tel: (242) 365-8186**

**Fax: (242) 365-8187**

**In Front of The Spinnaker Restaurant**

**Treasure Cay, Abaco**

**Email: imcabaco@gmail.com**



# FACIAL TREATMENTS

## The Five Elements Facial \$50 (25 min - 50 min)

*Personalized to your energetic skin condition, a deep cleansing & nourishing exfoliation brings life back to the skin, creams rich in vitamin c, antioxidants & essential oils are used to treat and restore your natural beauty, with visibly satisfying results.*

## Beauty \$80 (50 min.)

*To maintain a balanced complexion we treat your skin according to the seasonal changes, natural blends of essential oils and ceresal extracts are specially formulated according to each energetic season to keep you in harmony with nature.*

## Internal Beauty \$135 (50 min.)

*This facial applies ancient techniques (reflexology) combined with energetic blends of serums & color clays to restore and balance problem or stressed skin while harmonizing your state of well-being.*

## PhytOrganic \$90 (25 min. - 50 min.)

*A selected amount of certified organic products that are used with an Aura cleansing spray that sets the mood for this high quality organic experience that will leave your skin radiant, replenished and saturated with moisture, leaving your skin refined.*

## Vitalizing (Osmosis) \$90 (25 min. - 50 min.)

*A deep cleansing facial, combined with "active ingredients" in the products "creates a movement of fluids" the skin acquires needed nutrients, hydration and tone by drawing water from the skins deeper layers, plumping fine lines as it replenishes your skin.*

## Ageless Beauty \$135 (25 min. - 50 min.)

*The Ageless secret addresses the five major aesthetic actions mineralizing, wrinkle filling, hydrating, restructuring and immediate lifting and toning effect. An Anti age-defying breakthrough to achieve a younger, more radiant looking skin.*

- Facials include signature **hand, neck shoulder, facial and scalp massage.**

## Enhancements

### Back Treatment \$60 (45 min.)

*A deep cleanse to an area that is hard to get to, leaves it purified and hydrated.*

### Eye Awakening \$30 (20 min.)

*A cleansing, revitalizing add on to sooth tired stressed eyes.*

### Chakra (Hormonal) Balancing \$50 (45 min.)

*Is applied during the facial treatment with no extra time. Balancing the energetic centers with a selection of gentle lights enhances your beauty by harmonizing your state of wellbeing.*

# BODY TREATMENTS

## Organic Exfoliating Therapy \$65 (45 min.)

*An experience of pure lotus seed and bamboo pearls exfoliating as it purifies and cleanses the skin. Rich in shea butter, Jojoba and mimosa waxes, leaves your skin with the proper moisture needed for a natural, healthy glow.*

## Harmonizing \$100 (50 min.)

*The energy balancing violet cloy combines all 5 energies based on TCM. Acupressure and massage techniques heighten your state of being, eliminating stress and impurities while leaving your skin soft as silk as it purifies your mind, body & soul.*

## Essential Therapy \$95 (50 min.)

*Specific blends of serums and algae combined with deep massage is an effective way to stimulate and assist in the elimination of toxins.*

## Natural Therapy \$95 (50 min.)

*A harmonizing treatment based on the season keeps the body in balance, stimulating the fluids strengthens your immune system, eliminates impurities, reduces fluid retention as it mineralizes and nourishes the skin. Stay healthy following nature's natural cycle.*

## Reflex Zone Therapy \$100 (50 min.)

*Various parts of the body reflect imbalances, working on the reflex zones applying ancient techniques combined with high quality blends of algae, serums & clays leaves your skin luminous, adding more vitality to your state of being.*

## Enhancements

### Back Therapy \$60 (30 min.)

*Soothing blends of warm oils combined with massage are used to relieve tension and stress. Leaving you feeling more vital and centered.*

### Scalp Massage \$20

*(10 min.)*

*Relaxing the scalp enhancing your beauty and well being.*

### Also Available:

*Beachside Massages  
In-Room Massages  
House Calls*

# FULL SPECTRUM

Sweating is the body's natural way to heal and stay healthy. Full spectrum infrared sauna therapy is beneficial for natural healing and prevention because of its ability to penetrate human tissue resulting in a deep detoxifying sweat. It is known to assist with detoxification, weight loss, pain management, heart health and skin purification. Infrared can also provide relief from fibromyalgia, arthritis, and neck and back pain because it warms and relaxes joints and muscles. This is completely safe and healthy for all living things. It is the same heat used in hospitals to warm premature babies.

Infrared Spectrum consists of 3 wave lengths - near, mid, far. Each wavelength provides different health benefits.

## Near Infrared

- Cell Health/Immunity
- Wound Healing
- Skin Purification
- Pain Relief

## Mid Infrared

- Pain Relief
- Improved Circulation
- Weight Loss

## Far Infrared

- Weight Loss
- Detoxification
- Blood Pressure Reduction

5 Set Treatment - \$175

Single Session - \$40



# HYDROTHERAPY

Hydrotherapy is the use of water to revitalize, maintain, and restore health. Hydrotherapy treatments include saunas, steam baths, foot baths, sitz baths, and the application of cold and hot water compresses.

The high quality Tercera corner bathtub jets that circulate water all over your body providing you with an amazing bath experience. The two headrests are situated in front of the massage jets and deliver acupuncture-like pinpoint pain relief to your tired back muscles.

\$30 - 30 min.

Includes:

- 8.4" LCD TV
- Whirlpool Tub
- FM Radio
- Heater Pump
- Ozone Sterilization
- Underwater LED Lights
- Waterfall Inlet
- MP3/MP4 Player



# SPECIALIZED TREATMENTS

## 5 Element Treatments with Energetic drainage

### for Face & Body \$135 - Face & Body 90 min

Stimulating the 5 fluids enhances the effect of the treatment, giving superior results to the following conditions.

**Wood** Lightens pigmentation, warming for the body, stimulates circulation (Vital Energy)

**Fire** Cooling for capillaries, rosacea, blotchy and sensitive skin, menopause (Red Blood)

**Earth** Detoxing, for acne, blemishes and enlarged pores, and cellulite (Lymph)

**Metal** Oxygenates, smooths fine lines, eliminates congestion (Veinous-blue blood)

**Water** Firming and hydrating for mature, sun damage skin water retention (Water)

### Natural Rejuvenating & Lifting \$150 (90 min.)

A stimulating exfoliation combined with lymph drainage and light therapy, the use of energetic products to regenerate, contour and hydrate the skin resulting in a more youthful, vibrant appearance. A home regime will be designed for your personal need.

### Pre & Post Op Treatments \$100 - \$135

#### Face: 60 min. - 90 min. Body: 60 min. - 90 min.

Lymph drainage is used to stimulate and eliminate excess fluids for face & body. This modality is recommended before any invasive procedure applied to the face or body. Stimulating the fluids and assisting in the elimination of toxins reduces the bruising and inflammation. The down time for your clients is decreased by 70. Consult with your technician.

### Mother to Be \$135 (90 min.)

Balance on all levels is needed during this period. We will stimulate vital energy, nurture your state of well being and rid yourself of impurities that may be preventing you from getting the most out of this special time.

### Nurturing Moms Vitality \$195 (120 min.)

Bouncing back takes a lot of time, we can assist by eliminating excess fluid retention, nurturing your skin, breasts and body with clean, organic, natural products, gentle stimulation of energetic drainage, light therapy and regenerating serums will harmonize your mind, body and spirit.

### Beautiful Breast & Abdominal Therapy \$135 (90 min.)

A specialized treatment that will nurture, regenerate and tone the delicate tissue restricted by undergarments. Retention of fluid and toxins are reduced as we firm and tone this protected, sensitive area leaving your skin supple and fresh with a renewed sense of well being.

# MASSAGES

### Relaxing Aroma Therapy \$80

A massage that calms the nervous system, relieves and soothes tensed tight muscles while bringing your body into a more harmonized state of being.

### Stimulation Massage \$95

Benefits those who enjoy more pressure, increasing circulation is applied on trigger points to relieve tension in the focused areas

### Customized Massage \$45 - \$100 (30 min. - 90 min.)

Each client addresses different needs, applying specific techniques combined with essential oil blends personalizes this experience.

### Specialty Body Work \$100 (1hr.)

**Tensegrity** Gentle hands on techniques combined with an energetic method to bring about deep releases and structural re-balancing

**Cranialsacral Therapy** combines simple and gentle physical techniques combined with bioenergetic techniques, to treat a wide range of imbalances,

**Energetic Massage** focuses on stimulating the body's natural flow of energy, light pressure and continuous movement along the body enhances the senses while revitalizing your state of being

**Sports Massage** is geared toward athletes of every kind, from world-class professionals to weekend joggers. Focusing on areas of the body that are overused and stressed from repetitive and often aggressive movements.

**Hot Stones Massage** used along with other massage techniques, hot stones can be quite soothing and relaxing as they transmit heat deep into the body.

**Reflexology** uses hand, thumb, and finger techniques to stimulate certain areas of the feet. These areas are believed to correspond to different parts of the body. The massage, then, is expected to promote health and well-being.

### Packages & Series \$550

#### 5 Element Treatments Series

Skin conditions develop over a period of time, it also takes time for skin to return to a balanced state. With the professional treatments combined with a home program we can work together bringing your skin and your state of well being back into harmony. Series of 5 treatments includes Cleanser, Serum, and Night Cream

#### Seasonal Packages \$400

Your skin is never the same all year round, follow the energetic flow of nature by treating your skin with products based on the 5 energetic seasons. This seasonal program provides you with the balance that is needed to feel and look your best all year long.