

*The Best of Both Worlds*

*A combination of the relaxing benefits of massage therapy and the rejuvenation of a facial treatment. Beginning with a soothing back massage, this spa service then seamlessly transitions to a classic facial including hand, arm, and neck massage, then concludes with an exfoliating sugar foot scrub. (Please refer to the Classic Facial Treatment description for more details.)*

90 minutes..... \$95.00



Natasha is a Licensed Massage Therapist and a graduate of Palmer Institute of Massage in Salem, Massachusetts. She is a member of the American Massage Therapy Association. Continuing education includes certification in Deep Tissue Therapy. Natasha is also certified through the Dermalogica Professional Skin Care Line in face mapping, basic skin treatments and advanced exfoliation workshop.



*For more information about Spa Therapies or to book an appointment please call:*

**(978) 534-8701**

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*87 North Main Street  
Leominster, MA 01453*

**www.FMMCOnline.com**



*Spa  
Therapy*

*at  
Family Medical &  
Maternity Care, P.C.*



## Skin Care Services

### Classic Facial Treatment\*

This treatment is 100% customized to your skin's needs. It begins with a deep cleansing, followed by a gentle exfoliation, extraction (if needed) and high frequency to reveal smooth, glowing skin. A face, neck and shoulder massage is certain to ease your mind, while an arm and hand massage with heated mitts will emphasize relaxation. A revitalizing mask followed by a nutrient rich moisturizer will hydrate, protect and help restore the natural balance of your skin.

60-75 Minutes.....\$65.00

### Age Defying Treatment\*

This is the ultimate skin therapy for prematurely aging, dry, and fatigued skin. This treatment includes a vitamin and lactic acid exfoliation with energizing massage techniques that release tension in the facial muscles. This also includes a specialized contour mask, as well as everything listed in the Classic Facial Treatment.

While under the therapeutic mask, your relaxation continues with a calming scalp massage. Your skin will be noticeably firmer, smoother and revived.

75-90 Minutes.....\$80.00

### Teen Facial Treatment\*

The Teen Treatment will focus on purifying the skin with deep cleansing, followed by exfoliation, extractions, high frequency and a Sulfur-based mask. This treatment is the ultimate in acne management because it targets current blemishes while helping to prevent future breakout activity.

45-60 Minutes.....\$40.00

### MicroZone® Treatments\*

Get on-the-spot skin solutions with MicroZone®. The treatment begins with an analysis of your skin followed by a zone-specific Treatment. MicroZone® treatments are the quick fix for troubled skin, and they're the ideal maintenance service between skin treatments.

Examples of MicroZone® treatments include:

~Flash Exfoliation ~Blackhead Relief ~Hand Repair ~Eye Revitalization

20-30 Minutes.....\$30.00

*\*The facial services will incorporate Dermalogica's professional product line which uses only the finest ingredients available. All of the products are non-comedogenic and contain no occlusive mineral oil or lanolin, no irritating artificial colors or fragrance, and no drying S.D. alcohol.*

## Waxing

Waxing Recommendations: Hair growth must be approximately 1/4 inch—2-3 weeks of growth. Please do not apply deodorant or lotion prior to being waxed. Waxing services cannot be performed on guests who are taking Retin-A, antibiotics, or Accutane due to the sensitivity these products can cause to the skin. Please wait 24 hours before sun bathing, as skin is more sensitive after waxing and may burn more easily.

Eyebrow.....\$10.00

Lip.....\$7.00

Chin.....\$8.00

Cheeks.....\$10.00

Underarms.....\$15.00

Full Legs (includes Bikini).....\$60.00

1/2 Legs (Top or Bottom).....\$35.00

Chest.....starting at \$40.00

Back.....starting at \$40.00

Arms.....\$30.00