



## *A Time for You ~ Skin and Spirit*

4 Foster St | Wakefield MA 01880 | 781.279.0700 | [atimeforyouskinandspirit@yahoo.com](mailto:atimeforyouskinandspirit@yahoo.com)

### *Facial Treatments*

The skin will be approached according to its needs and timing of facial.

**90 minutes ~ \$105.00    60 minutes ~ \$85.00**  
**45 minutes ~ \$70.00    30 minutes ~ \$55.00**

- Cleanse and Tone
- Exfoliate (sloughing or peel)
- Extraction
- High Frequency Therapy
- Hand, lower leg/foot, and scalp massage included in 90 minute facial along with warm hand and booties
- Aromatherapy ~ Pure essential oils
- Facial massage ~ Promoting circulation, increasing blood flow and oxygen which increases collagen production, relieves tension revealing a natural healthy glow.
- Final moisturizing application or finishing mask (when applicable)

### *Facials*

#### **Aromatic Citrus (all skin types)**

Citrus oils and fruit enzymes help retexture skin impaired by signs of aging and UV rays. This treatment boosts collagen production and elasticity while helping to reduce fine lines, allowing your natural glow to shine!

#### **Pure Cranberry Enzyme (all skin types)**

The concentrated cranberry enzymes of this detoxifying treatment clear congested, dull skin. Anti-bacterial properties remove impurities and help balance the skin for a smooth complexion.

#### **Invigorating Pumpkin Peel**

Give tired, dehydrated skin a needed lift! Surround your senses with pumpkin pie's concentrated enzymes, rich in Vitamin A that will lift surface layers and reveal your hidden glowing skin!

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*Inquire about adding 15 minutes of one of our special programs before or after your wellness treatments (skin or massage) to use as an introduction or to support your own home practices, relaxation techniques, breathing practices, meditation, body work, or yoga poses. This extra time will help to deepen your sense of self-awareness.*



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### **Salicylic Peel (for acneic skin)**

This medical strength rapid exfoliator contains citrus oil that helps balance natural skin oils to lift the top layer of cells and reveal healthy skin, helping to improve texture and diminish fine lines, acne, and pigments from acne.

### **Definitions Signature Anti-Aging Treatment ~ \$110.00**

Giving the skin a boost with a Glycolic acid peel and allowing the botanical pharmaceutical products to help calm and soothe while revealing a beautiful glow! (I need to double check on this description).

### **Uniquely for the Man Facial**

Gentle enzymes combine with warm towels to remove surface cells helping lift and improve the clarity of a man's complexion.

### **Young Adult Facial (ages 10 ~ 19) ~\$50.00 (50 minutes)**

Custom gentle skin treatment with an education on the how, where and why's of the skin. Allowing our younger generation to understand the importance of self care and relaxation!

### **Acupressure Facial-Body Treatment ~ \$90.00**

Treating the acupoints (particular spots in the body) increasing the blood flow of the skin while helping to remove toxins. Creating oxygen flow and stimulating Collagen and elastin. Rejuvenating the skin and improving the overall health and wellbeing to the whole body from the inside out!

### **Wraps ~ \$100.00**

- Detoxification with herbs
- Exfoliation

### *Reiki Treatments* 75 minutes ~ \$75.00; 30 minutes ~ \$40.00

This a true spiritual discipline that encompasses the use of meditation, energy awareness, and self healing techniques to awaken wisdom and compassion for both self and others. This treatment will help to relax the physical and energetic body allowing the energy to shift and release; mind, body, and spirit!

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### *Additional Add-On Services*

#### **Skin Enhancements**

- Modeling Masks ~ 20.00
- Collagen Veil ~ 25.00
- Collagen Eye Mask~ 13.00
- Cosmedix Lighten and Brighten Mask ~ 20.00
- Paraffin Finishing Masque ~18.00
- Eyeand Lip Revitalizer ~ 20.00
- Paraffin Gloves ~ 12.00
- Paraffin Slippers ~ 14.00
- Paraffin Slippers/Gloves together ~ 21.00
- Neck and Décolleté Peels and Masks ~ 75.00 \*With Facials 50.00
- Therapeutic Warm Stone Therapies ~ Feet 13.00, Body 15.00, ala cart 25.00

#### **Hair Removal**

- Brow ~ 18.00
- Brow with skin treatment ~ 18.00
- Brow and lip with skin treatment ~ 23.00
- Lip ~ 12.00; chin ~ 15 and up; full face ~ 40.00
- Back ~75.00 and up
- Arms ~ lower 25.00; upper arms 25.00 and up; full 45.00 and up
- Underarms ~ 25.00
- Fingers ~ 10.00; Toes ~ 10.00
- Additional patches ~ 3.00 and up
- Lower Leg ~ 50.00; upper leg ~ 50.00
- Full lower/upper leg 80.00
- Bikini line 30.00 and up
- Upper leg and Bikini line ~ 65.00 and up

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### *Powerful Treatments for Rapid Results:*

#### **Non-Invasive CosmedixPeels**

In addition to skin therapies, we also offer more corrective options for skin types requiring more treatment ~ whether your skin is stressed from internal concerns or from environmental pressures, Anti-aging, Hyperpigmentation, Hydration or Acne.

While these options are more intense than usual facial treatments, they are all natural, chirally correct (stimulating collagen production, quickening cell turnover from deep within supporting the skin's needs) and will support your skin revealing it's radiance, creating a healthy balance from the inside out!

#### **PREP PEELS ~ Today's Treatments**

All prep treatments can be enjoyed alone or used in conjunction with medi-peels. Each prep peel focuses on the individual's skin, unveiling your natural glow.

##### **Blueberry Smoothie ~ 85.00 ~ Series of 4 ~ 300.00**

Antioxidant exfoliating scrub, part lactic acid exfoliant, part manual scrub, this treatment exfoliates the skin to clear blemishes and reveal a youthful glow without irritation.

##### **Blueberry Jessner ~ 100 ~ Series of 4 ~ 360.00 ~ w/additional peel ~ 75.00**

Mixing Salicylic and lactic acids with blueberry antioxidants, this peel provides dramatic resurfacing, smoothing away the look of blemishes and lines for a flawlessly smooth complexion.

##### **Pomegranate Exfoliator ~ 85.00 ~ Series of 4 ~ 300.00**

Using some of nature's most powerful antioxidants, including pomegranate and red wine resveratrol, this gentle lactic acid treatment clarifies and corrects superficial skin concerns for a dewy, radiant finish.

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### **PEELS ~ Today's Treatments (can be a drop in when appropriate)**

#### **Benefit Treatment ~ 125.00 ~ Series of 4 ~ 460.00**

Therapeutic resurfacer, combining 10% encapsulated Vitamin A with powerful antioxidants like vitamin C to neutralize irritation, this treatment actively resurfaces as it repairs to combat multiple skin conditions.

#### **Purity Treatment ~ 125.00 ~ Series of 4 ~ 460.00**

With deep-penetrating alpha and beta hydroxyl acids, this detoxifying clarifying resurfacer epidermal treatment cuts through excess oil to decongest pores and clarify oily, blemish-prone skin.

### **PEELS ~ Tomorrow's Treatments (needs prep & post time at home)**

#### **Timeless ~ \$230.00 ~ Series of 4 ~ 880.00**

Age Defying Peel, featuring our highest concentrations of chirally correct ingredients, 20% of L - lactic acid, this medium-depth peel dramatically reduces signs of aging and pigmentation with proven results.

#### **Deep Sea Peel ~ Stimulating Herbal Peel ~ \$230.00 ~ Series of 4 ~ 880.00**

This acid-free herbal peel uses mineral-rich marine actives to penetrate from superficial to medium (dermal) depth to correct the look of acne and prematurely aged skin.

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