

MANICURES AND PEDICURES

Spa Manicure* <i>Our spa manicure includes basic nail care, hand/arm exfoliation and a hand massage, finishing with a nail color of your choice.</i>	30 minutes	\$25
Petite Pedicure* <i>Basic nail and cuticle care with a nail color of your choice applied.</i>	30 minutes	\$35
Spa Pedicure* <i>Enjoy basic nail care, foot exfoliation, mask and foot massage using the footlogix pediceuticals line which eliminates bacteria, softens and removes even the worst of calluses and cracked heels.</i>	60 minutes	\$55
Hot Stone Pedicure* <i>An extension of our Spa Pedicure that further enhances the relaxation by massaging the leg and foot with hot basalt stones. Finishing with a nail color of your choice.</i>	75 minutes	\$65
Paraffin Hand Dip	10 minutes	\$10
Paraffin Foot Dip	10 minutes	\$10

*add french tip for an additional \$5

WAXING

Eye brows	\$15	Chest	\$45
Upper lip	\$10	Full legs	\$50
Chin	\$15	Knees down	\$35
Arms	\$25	Bikini	\$35
Under arm	\$15	Brazilian	\$55
Back	\$45		

*Waxing prices are subject to increase due to hair density and skin surface waxed. Tweezing is a form of hair removal and will also be charged accordingly.

SPA POLICIES

Appointments

When scheduling you will be asked to secure your appointment with a credit card number. We recommend you arrive a minimum of 10 minutes prior to scheduled appointment time. If you arrive late, your treatment time may be reduced, however, the charge for the service will remain the same.

Cancellations

24 hour cancellation is required for all single spa services. 48 hour cancellation is required for all scheduled package appointments. 72 hour cancellation for all spa parties and bridal packages. No call, no show, or same day cancel may result in payment for scheduled spa services. Return check fee will be \$30.

HOURS OF OPERATION

Monday thru Friday 9am to 7pm | Saturday 9am to 5pm



THE UNIQUENESS OF TIME FOR ME IS TRULY A JOY AND HEARTWARMING EXPERIENCE.

-AMY CROFT



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WWW.TIMEFORMEDAYSPA.COM



TRULY EXPERIENCE A "TIME FOR ME" BY EMBRACING A FEELING OF COMFORT AND RELAXATION IN A TRANQUIL ATMOSPHERE.



MASSAGE

Customized Therapeutic Massage	30 minutes	\$50
<i>Enhance your massage experience with a customized massage that alleviates tension and stress, while stimulating circulation that promotes relaxation and detoxification. This includes hot towels on feet, hot stones on back, and a touch of aromatherapy.</i>	60 minutes	\$70
	90 minutes	\$100

Upper Body Hot Stone Massage	45 minutes	\$65
Full Body Hot Stone Massage	75 minutes	\$105

An ancient massage practice that uses heated basalt stones to comfort and relax your mind and body. The warmth of the stones relaxes the muscles to relieve tension without using deep pressure. Hot Stone massage improves circulation and calms the nervous system. Great for easing back pain, poor circulation, arthritic pain, daily stress, tension, and anxiety.

Deep Tissue Massage	30 minutes	\$60
<i>A "must have" massage for chronic pain or limited mobility. Deep pressure or friction is used to reduce inflammation, and restore normal movement. Consider this massage if you experience chronic pain, limited mobility, or have muscle tension or spasms.</i>	60 minutes	\$80
	90 minutes	\$110

Sports Massage	30 minutes	\$55
<i>Massage for the athlete that helps to renew sore muscles and aids in flushing waste products out of the tissue. Great for injury prevention and enhancing athletic performance. A variety of techniques are used.</i>	60 minutes	\$75
	90 minutes	\$105

Couples Massage	30 minutes	\$100
<i>Share a side by side relaxing massage with that special person. This is a great way to introduce a partner to massage who has never had one before.</i>	60 minutes	\$140

Pregnancy Massage	30 minutes	\$50
<i>Relieves achy joints and back, reduces swelling of feet, and promotes detoxification.</i>	60 minutes	\$70

Tension Relief Scalp Massage	30 minutes	\$45
<i>Relax with a scalp, neck, and facial massage to release stress in the body and create balance. A variety of techniques and pressures are used.</i>		

Chair Massage	per minute	\$1
<i>20 minute maximum</i>		

Upgrade your massage:	one upgrade	\$5
	two upgrades	\$10
	three upgrades	\$12

- Stone Face Massage
- Scrub to either Hands or Feet
- Chocolate Buttercream Lotion
- Aromatherapy
- Sinus Soother (*hot towels with peppermint placed on face*)
- Hot Towels

*under 18 years old must have parental consent

MASSAGES/TREATMENTS

Paraffin Bath Massage	75 minutes	\$100
<i>After your 60 minute massage, your whole body is covered with a warm detoxifying mud paraffin, melting away layers of tension and leaving your skin soft and hydrated.</i>		

Green Goddess Wrap	75 minutes	\$100
<i>Enjoy this all-natural treatment to nourish body and soul. A detoxifying sea salt scrub revitalizes dull, dry skin while a rich avocado masque deeply hydrates. A massage with lime-infused oils and hot stones eases away stress during and after the wrap.</i>		

Reflexology	40 minutes	\$65
<i>A series of deeply relaxing hand, thumb, and finger massage techniques applied to reflex points and areas in feet and hands. Reflexology can be used for common complaints, such as neck, back, hip, sciatic, and knee pain. Enhance your Reflexology session with a foot rejuvenation to complete the relaxation process.</i>		

Foot Rejuvenation	30 minutes	\$45
<i>Rejuvenating treatment that exfoliates and massages the lower leg and foot. A great treat for a person on their feet.</i>		

Hand-So-Soft Hand Treatment	\$25
<i>Don't let your hands give away your age. This 30 minute service will restore the moisture in your hands by exfoliation, and an application of a hydrating seaweed mask then dipping your hands in the paraffin wax. A great service for the person with dry and cracked hands.</i>	

Lip & Eye Treatment	\$25
<i>This service will stimulate circulation to help alleviate dark circles and puffiness around the eyes. Lip treatments will include exfoliation and hydration to help nourish dry and cracked lips.</i>	

Skin Analysis with a Wood's Lamp	\$15
<i>This will determine skin type and condition to ensure the appropriate facial and skin care products.</i>	

Make-up Application	\$35
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PACKAGES

Time for Me – approx. 5 hours	\$265
<i>90 minute customized therapeutic massage, deep cleansing and rejuvenating facial, spa manicure, spa pedicure, and paraffin hand dip.</i>	

Time to Relax – approx. 4.5 hours	\$250
<i>60 minute customized therapeutic massage with foot rejuvenation, renew and relax facial, spa pedicure, and spa manicure.</i>	

Time to Rest – approx. 3.5 hours	\$210
<i>60 minute customized therapeutic massage, renew and relax facial, spa pedicure, and hand-so-soft hand treatment.</i>	

packages must be used the same day in order to receive discount

Time and a Half – approx. 2 hours	\$140
<i>30 minute customized therapeutic massage, facial tease, petite pedicure, and hand paraffin dip.</i>	

Time for a Break – approx. 1.5 hours	\$140
<i>30 minute tension relief scalp massage, 30 minute customized therapeutic massage, and foot rejuvenation.</i>	

Time to Shine – approx. 1 hour	\$105
<i>Facial tease, eyebrow/lip wax, and makeup application.</i>	

Time for your Sole – approx. 1 hour	\$95
<i>30 minute foot reflexology followed by a petite pedicure.</i>	

FACIALS

Teen Facial	30 minutes	\$45
<i>Introduce your teen to a facial that includes cleansing, exfoliation, moisturizing as well as skin care tips to continue with at home. This service is recommended for ages 12 to 17 years old.</i>		

Facial Tease	30 minutes	\$50
<i>Cleanse, exfoliate and moisturize your skin to give you that quick pick-me-up. Extractions and massage are not included.</i>		

Renew and Relax Facial	60 minutes	\$70
<i>Feel refreshed and hydrated with this cleansing facial that exfoliates and nourishes the skin promoting a healthy glow. The service includes a face, shoulder, neck and arm massage, as well as extractions if needed. Can be customized for oily, dry or mature skin.</i>		

Deep Cleansing and Rejuvenating Facial	75 minutes	\$90
<i>Treat your skin to a deep cleansing facial. Your service will begin with a cleansing and exfoliation followed by an application of glycolic, lactic acid or enzyme peel, which will be picked according to your skin type. The service will continue with a hydrating mask and moisturizer. Extractions and face, arm, neck, and shoulder massage are included.</i>		

*under 18 years old must have parental consent

GRATUITIES NOT INCLUDED IN ANY SERVICES

GIFT CERTIFICATES AVAILABLE

GROUP PACKAGES AVAILABLE UPON REQUEST.

COUPLES CORNER

Time For You and Me	\$260
<i>60 minute customized therapeutic couples massage along with a foot rejuvenation followed by a lunch* for two.</i>	

Time For Us	\$170
<i>60 minute customized therapeutic couples massage followed by lunch* for two.</i>	

Time Together	\$160
<i>60 minute couples massage followed by a choice of champagne, sparkling juice or herbal tea complimented with chocolate or appetizer while sitting on the balcony over looking the fire.</i>	

*lunch prices are subject to change

