

### **relaxation swedish massage**

De-Stress your body and let your tension melt away with this classic massage. Long, warming strokes will ease the mind, improve circulation, and create an overall sense of well-being.

Member/ Guest: \$46/\$50 (30 min)   \$72/\$80 (60 min)   \$100/\$110 (90 min)

### **deep tissue sport and fitness massage**

Our signature massage targets muscular tension due to prolonged stress or sports injury. This deep tissue massage penetrates tense muscle fibers, increasing flexibility and restoring them to their natural function.

Member/ Guest: \$50/\$55 (30 min)   \$76/\$86 (60 min)   \$105/\$120 (90 min)

### **hot stone massage**

Indulge in pure luxury as perfectly smooth polished basalt stones are heated, penetrating into muscles while melting away tension. The temperature and pressure of the strokes simultaneously relax and stimulate your muscles and improve circulation.

Member/ Guest: \$100/\$115 (60 min)

### **mommy-to-be massage**

This massage is custom-designed to address the specific needs of pregnant women after their first trimester. Gentle massage techniques help alleviate discomforts associated with pregnancy leaving mom and baby in a complete state of bliss.

Member/ Guest: \$72/\$85 (60 min)

### **neck and shoulder massage**

Leave without a care in the world by adding a focused massage on the most requested area of stress, pain and repetitive motion.

Member/ Guest: \$20/\$25

### **scalp treatment**

Clear your mind while stimulating and nourishing peppermint balm is gently massaged into your hair and scalp. Melt away, as your therapist gently massages the tension out of your neck and shoulders while your head is cocooned in a hot towel. The peppermint infused steam inhalation treatment will leave your hair silky smooth, your scalp conditioned and your mind totally refreshed.

Member/ Guest: \$12/\$15

### **aromatherapy**

Choose an aromatic essential oil of your choice to enhance the therapeutic benefits of your massage. The sense of smell is a powerful aid in invoking feelings of relaxation, stress reduction and happiness.

Member/ Guest: \$5/\$8

## body therapy

### *cellulite buster massage*

Our therapists use concentrated pressure designed to stimulate circulation to release the fat from areas where it is trapped, allowing it to flow out and be purged from the system. The body is reshaped; skin quality and texture are improved. This massage helps break up cellulite, improves circulation, skin texture and tone.

Member/ Guest: \$55/\$60 (30 min)

### *firming anti-aging treatment*

A vitamin cocktail for your skin. This body treatment offers a delightful hour of nurturing along with intensive body care. Benefits include protection against premature aging, and softer and smoother skin.

Member/ Guest: \$75/\$85 (60 min)

### *scen tao treatment*

This 90 minute holistic massage is based on an Asian philosophy of wellness and incorporates a shi tao treatment, hot stones, and shiatsu massage. The main components of Scen Tao products are their anti-stress formulation made from the essence of plants such as green tea, ginkgo and ginseng. This aromatic treatment will give you the inner calm you're looking for.

Member/ Guest: \$130/\$140 (90 min)

## european facials

### *perfect combination treatment*

This treatment is highly effective in reducing oil production and balancing the natural activity of the skin. The appearance of large pores will be reduced and the face will have a firm and supple texture without visible shine.

Member/ Guest: \$75/\$80 (60 min)

### *advanced biogen treatment*

Primarily suggested for normal to dry skin in need of regeneration. This treatment helps protect the skin from premature aging particularly where skin is tired, pale, and damaged. With this facial you will see age-defying results.

Member/ Guest: \$75/\$80 (60 min)

### *gentleman's facial*

Specifically designed for the gentleman's complexion, this facial features relaxing massage movement accompanied by calming, aromatherapy infused hot towels. This deep-cleansing facial treats ingrown hairs, razor burn and sensitivity to shaving. The face is cleansed and exfoliated leaving the skin refreshed and nourished.

Member/ Guest: \$75/\$80 (60 min)



## anti-aging facials

### **anti-wrinkle mimical control treatment**

This natural solution to Botox helps to reduce lines and wrinkles by minimizing expression lines. The Italian Curry Plant stimulates the natural endorphins to the skin giving it a relaxed appearance. This firming treatment improves facial contours while restoring the skin to a smoother and more youthful looking complexion.

Member/ Guest: \$95/\$100 (90 min)

### **oxygen energizing treatment**

This effervescent energizing treatment is for the tired and sluggish complexion. Latest scientific research enhances this special treatment using encapsulated pure oxygen while eliminating toxins thus energizing the skin enabling it to breathe again. Stress and fatigue will vanish while restoring a fresh, vitalized and radiant appearance.

Member/ Guest: \$95/\$100 (90 min)

### **the rose quartz treatment**

The loving heart stone of the rose quartz transfers a healing energy, therefore stimulating the skin's vital functions. This treatment promotes cell regeneration and prevents light induced aging improving the natural moisture supply to the skin.

Member/ Guest: \$95/\$100 (90 min)

## facial accompaniments

### **algae lift-off mask**

This calming refreshing cooling treatment drenches skin with moisture, reducing fine lines while fighting environmental aging.

Member/ Guest: \$20/\$25

### **collagen mask**

A very calming and soothing mask to help strengthen the skin's elasticity while minimizing fine lines. Intensely moisturizes giving the skin an immediate smooth velvety appearance.

Member/ Guest: \$20/\$25

### **ampoule crash treatment**

Improves the complexion significantly. In an instant skin becomes thoroughly re-hydrated and the epidermal layers are plumped up for refreshed and youthful looking skin.

Member/ Guest: \$20/\$25

### **firming algae eye treatment**

Designed for the vulnerable eye area this cooling soothing treatment will reduce puffiness and minimize fine lines and wrinkles giving the eyes a firmer more supple tone. You will see a dramatic difference in eye contour and feel ready for the day ahead.

Member/ Guest: \$15/\$18

## nail services

### **mini manicure**

This express manicure is great if you are pressed for time. This manicure includes basic nail care, filing and buffing. Your nails will be polished to perfection.

Member/ Guest: \$22/\$24

### **luxury manicure**

This luxurious manicure includes nail filing, cuticle care and hand exfoliation using enriching scrubs, followed by a massage with a high intensity hand cream. This manicure is topped off with an application of your favorite polish.

Member/ Guest: \$26/\$28

### **spa paraffin manicure**

You will be amazed by how our rich hydrating paraffin masque can benefit your hands and soothe your joints! This treatment starts with our Luxury Manicure and continues with vitamin enriched warm paraffin wrapped in heated gloves, leaving hands velvety soft and nourished.

Member/ Guest: \$38/\$42

### **gentleman's manicure**

Your hands will be soaked to soften the skin. A soothing hand treatment will then be applied and left to nourish and moisturize. Nails will then be trimmed, filed and buffed.

Member/ Guest: \$22/\$25

**French Polish on any Manicure add \$5   Polish Change/ Manicure \$12**

### **mini pedicure**

This refresher pedicure is perfect for those on the go. After soaking in our luxury foot bath your toes are filed and treated with basic nail care. You will leave with your toes polished to perfection.

Member/ Guest: \$28/\$30

### **luxury pedicure**

A luxurious pedicure begins with a soothing foot soak followed by a gentle exfoliation with enriching scrubs. Your nails are shaped and cuticles are conditioned. Removal of calloused skin, a long relaxing foot massage and your favorite choice of polish finishes this luxury pedicure.

Member/ Guest: \$44/\$47

### **spa paraffin pedicure**

Indulge and soften extra dry and callused skin. Your feet are exfoliated with an aromatic and enriching polish, hydrated and then massaged with invigorating botanical extracts. Warm paraffin adds extra moisture leaving them velvety soft and nourished. Choose your favorite color of polish and your feet will be in bliss.

Member/ Guest: \$49/\$54

### **gentleman's pedicure**

An aromatic foot soak is followed by a scrub and hydrating foot treatment. Dead skin will be exfoliated and the nails trimmed, filed and buffed. Tired feet will be massaged and left revived and refreshed.

Member/ Guest: \$35/\$42

**French Polish on any Pedicure add \$8   Polish Change/ Pedicure \$15**

## waxing services

	Member	Non-member
Eyebrow Sculpting	23	25
Eyebrow Maintenance	18	22
Lip	12	14
Chin	12	14
Face Side	12	14
Underarm	18	20
Half Arm	32	35
Full Arm	44	48
Bikini	28	30
Brazilian	47	50
Half Leg	35	38
Full Leg	65	70
Back	46	50
Half Back	23	25
Chest	33	35
Bikini/ Half Leg	60	65
Bikini/ Full Leg	90	98
Brazilian/ Half Leg	80	86
Brazilian/ Full Leg	110	118

## general information

### reserving appointments

Appointments are scheduled at the front desk or by calling 461-2300. Guests of the club must provide a credit or debit card when scheduling an appointment. We recommend you schedule your appointment at least 24 hours in advance.

### spa arrival

To begin your treatment relaxed and on time, we suggest you arrive a minimum 30 minutes prior to your appointment. This will allow for time to check in at our front desk where you will be provided with your robe, slippers and choice of herbal tea. Please enjoy the amenities of our locker room, including showers, dry sauna, eucalyptus infused steam room and whirlpool. If you prefer, you may simply relax and prepare for your treatment in our spa waiting room.

### what to expect

Your well-being is our primary concern. We suggest you disrobe to your level of comfort. Keep in mind that our therapists are trained to drape you discreetly and will protect your privacy at all times.

### gratuities

We staff the highest quality licensed technicians. Appreciation for services in the form of gratuities may be given directly to your therapist or added to your charge upon check out.

### cancellation policy

A 24-hour cancellation or rescheduling notice is required to avoid being charged in full for your treatment(s). No shows will also be charged the full service fee. Special requirements may apply for group bookings.

Minimum spa service total for non-members—\$80.

# Facial Rejuvenation

**Glycolic Treatment:** This alpha-hydroxy peel provides intense support for the skin's regenerative processes by removing dead skin flakes and impurities deep in the pores, which make skin look tired and dull. It also accelerates the regeneration of the skin. Age-related skin changes are corrected and wrinkles minimized. The skin regains its youthful glow and looks incredibly smooth.

*Member/ Guest: \$35/\$40*

*Package of 6: \$175/\$200*

**Special Precautions:**

Precautions: This Service cannot be performed on individuals whom are pregnant, or during breast feeding. Individuals using skin topical such as Retin A, Renova, Differin and or other peeling agents. Persons taking Accutane are not to have this service.

**Microdermabrasion:** Helps repair facial skin that takes a beating from the sun and aging. Like a fine sandblaster, we mix gentle abrasion with suction to remove dead outer layer of skin. As with other skin rejuvenation techniques, more than one treatment may be needed to reduce or remove fine wrinkles and unwanted pigmentation.

*Microderm only*

*Microderm with Facial*

*Member / Guest: \$105 / \$115    Member / Guest: \$125 / \$140*

*Package of 6: \$525 / \$575*

**Special Precautions:**

You should not to have this treatment if you have sun burn, rosacea, skin cancer, viral lesions; are being treated with topical agents such as Retin A, Renova, Differin and / or other peeling agents or if you are taking Accutane.

**Microcurrent:** A non-surgical face lift that improves muscle tone in the face and neck, lifts jowls and eyebrows, reduces fine lines and wrinkles, and improves facial circulation and product penetration. A microcurrent specialist gently delivers pain-free electrical stimulation. More than one treatment may be needed to achieve maximum results.

*Microcurrent only*

*Microcurrent with Facial*

*Member/ Guest: \$75/ \$85    Member/ Guest: \$115/ \$130*

*Package of 10: \$675/ \$765*

**Special Precautions:**

Individuals with conditions such as epilepsy, melanoma, broken capillaries, pregnancy and individuals with a pace maker or metal implants in face area are contraindicated for this service. All jewelry should be removed prior to service.



[midtown.com](http://midtown.com)



*Massage Therapists*

**Hours:**

Wed: 3:00 pm-9:00 pm

Sat: 11:00 am-6:00 pm

Mon: 3:00 pm-9:00 pm

Tues: 10:00 am-3:00 pm

Wed: 10:00 am-3:00 pm

Sun: 8:30 am-6:00 pm

Mon: 10:00 am-3:00 pm

Tues: 3:00 pm-9:00 pm

Wed: 3:00 pm-9:00 pm

Thur: 10:00 am-3:00 pm

Fri: 8:30 am-6:00 pm

Thurs: 3:00 pm-9:00 pm

Sat: 1:30 pm- 6:00 pm

Mon: 3:00 pm-9:00 pm

Fri: 12:00 pm-6:00 pm

Sat: 8:30 am-1:30 pm

**Diane Garcia, Licensed Massage Therapist**

2005 Graduate of Onondaga School of Massage, Rochester, NY

**Additional Certifications:** Myofascial Release, Treating Low Back Pain & Dysfunction, Reiki I

**Modalities:** Trigger Point Therapy, Swedish, Deep Tissue, Hot Stone, Pregnancy, Scen Tao Treatment & Body Treatments offered by the Spa at Midtown

**Aimee Brodeur, Licensed Massage Therapist**

2002 Graduate of Onondaga School of Therapeutic Massage, Syracuse, NY

**Additional Certifications:** Pregnancy, Hawaiian Lomi Lomi Levels 1 – 3

**Modalities:** Swedish, Deep Tissue, Hot Stone, Pregnancy, Scen Tao Treatment & Body Treatments offered by the Spa at Midtown

**Kathleen Redmond, Licensed Massage Therapist**

2008 Graduate of Monroe Community College Massage Program, Rochester, NY

**Modalities:** Swedish, Deep Tissue, Pregnancy, Hot Stone, Scen Tao Treatment & Body Treatments offered by the Spa at Midtown

**Melissa Van Leuvan, Licensed Massage Therapist**

2008 Graduate of Monroe Community College Massage Program, Rochester, NY

**Modalities:** Swedish, Deep Tissue, Pregnancy, Hot Stone, Scen Tao Treatment & Body Treatments offered by the Spa at Midtown

**Brandi Cottrell, Licensed Massage Therapist**

2010 Graduate of Onondaga School of Massage, Rochester, NY

**Additional Certifications:** Reiki I

**Modalities:** Swedish, Deep Tissue, Hot Stone, Pregnancy



Spa Estheticians & Nail Technicians

**Hours:**

Mon: 9:00 am-3:00 pm

Tues: 3:00 pm-9:00 pm

Wed: 9:00 am-3:00 pm

Thur: 10:00 am-3:00 pm

Fri: 8:30 am-2:00 pm

Sun: 8:30 am-6:00 pm

Thur: 3:00 pm-9:00 pm

Fri: 2:00 pm-6:00 pm

Sat: 8:30 am-6:00 pm

**Jamie Pernaselli, Licensed Esthetician & Nail Technician**

2007 Graduate of Continental School of Beauty, Rochester, NY

**Additional Certifications:** Outer Peace Beyond the Basics Facials: September 2007, Caribbean Therapy Body: October 2007, Aromatherapy: November 2007, Facial Fundamentals: November 2007, Botanical Skin Resurfacing: January 2008, Caribbean Therapy Hand and Foot Treatments: February 2008, Green Science Facials, May 2008, Behind the Scenes: November 2008, Oxygen Botanical Facials: March 2008, CMI facial peels: March 2008, Certified Babor Esthetician

**Modalities:** Facials, Microdermabrasion, MicroCurrent, Waxing, Brazilian, Manicures & Pedicures, Gel Nails, Body Treatments offered by the Spa at Midtown

**Shanita Ray, Licensed Nail Technician**

2010 Graduate of Continental School of Beauty, Rochester, NY

**Additional Certifications:** Gelish Nails: 2010

**Modalities:** Manicures, Pedicures, Gel Nails