

# Massage Therapy

## Swedish Massage

Relaxing, smooth, long strokes with moderate pressure.  
30 min. ~~\$45~~/\$55 1 hr. ~~\$70~~/\$80 1.5 hr ~~\$95~~/\$105

## Deep Tissue Massage

Relieve tight sore muscles. Invigorating!  
30 min. ~~\$55~~/\$65 1 hr. ~~\$80~~/\$90 1.5 hr ~~\$105~~/\$115

## Combination Massage

Swedish & Deep Tissue; perfect for relieving tension.  
30 min. ~~\$55~~/\$65 1 hr. ~~\$80~~/\$90 1.5 hr ~~\$105~~/\$115

## Hot Stone Therapy Massage

Warm stones promote faster muscle relaxation.  
Deeply therapeutic and balancing.  
1.25 hr ~~\$95~~/\$105

## Sports Massage

Prepare muscles pre-workout or relieve muscles post work out. Energizing.  
30 min. ~~\$55~~/\$65

## Mother-To-Be Massage

Relieves discomfort. Peaceful/Nurturing  
1 hr. ~~\$70~~/\$75

## Foot Reflexology

30 min. ~~\$40~~/\$50  
1 hr ~~\$70~~/\$80

## Scalp Massage

15 min. ~~\$20~~/\$25

## Chair Massage

15 min. ~~\$30~~/\$40

## Massage for Two

Two Therapists, Two Guests, One Therapy Room.  
Massage & Duration Time of your choice x2

## Six-Pack 1 hour Massages:

Full Body Swedish ~~\$399~~/\$456  
Deep Tissue ~~\$456~~/\$513  
Hot Stone Therapy ~~\$541~~/\$598

## Twelve-Pack 1 hour Massages:

Full Body Swedish ~~\$773~~/\$883  
Deep Tissue ~~\$864~~/\$972  
Hot Stone Therapy ~~\$1026~~/\$1,134

## Facials By Eminence Natural Organics

We begin with an individual skin analysis, and then carefully customize an all-natural, organic facial treatment specifically for your skin type. Each 1 hr. Facial includes a light Hungarian massage as well as a luxurious Hand and Foot herbology treatment.

### Eminence Spa Facial

Our signature facial. Restores skins natural radiance. 1 hr. ~~\$75~~/\$85

### Blueberry Firming Facial

Detoxification / Anti-Aging / Clarifying 1 hr. ~~\$79~~/\$89

### Pumpkin Facial Peel

Reduce lines & wrinkles& boost collagen 1 hr ~~\$79~~/\$89

### Gentlemen's Facial

Deep Cleansing. Balancing. 1 hr ~~\$75~~/\$85

### Just-For-Teens Facial

Deep pore cleansing. Educational. 1 hr ~~\$60~~/\$70

### Line & Wrinkle Suppression

Diminishes fine lines & wrinkles 30 min. ~~\$50~~/\$60

### Get-A-Glow Mini-Facial

Refreshing / Cleansing. A quick glow for those on-the-go! 30 min. ~~\$50~~/\$60

## Body Treatments by Eminence

### Body Scrub & Polish

Entire body cleanse & exfoliation, light massage, & deep hydration treatment. Leaves skin polished & glowing. 1 hr ~~\$75~~/\$85

### Spa Body Wrap

Cleanse, exfoliate, massage & infuse the skin with moisture while swaddled in our body wrap. Intense skin hydration. 1.25 hr ~~\$85~~/\$95

### Purifying Back Treatment

1 hr ~~\$75~~/\$85

## Added Delights....

### Eyebrow or Eyelash Tint

Darken and define your eyebrows or lashes! 15 min. ~~\$15~~/\$20

### Eye Contour Treatment

Reduce Puffiness, Soothe, & Lighten 20 min. ~~\$15~~/\$20

### Lip Treatment

Exfoliate, Plump & Protect 20 min. ~~\$15~~/\$20

### Ear Candling

Ear wax removal. Soothing. 1 hr. ~~\$49~~/\$59

**YES!**

**~THE SPA IS OPEN TO THE PUBLIC~**

## Palos Health & Fitness Club

Members receive discounts on all services! (Indicated in RED)

## Nail Services

### Mani & Pedi Special

	<del>\$55</del> / <del>\$65</del>
Spa Manicure	<del>\$20</del> \$25
Spa Pedicure	<del>\$40</del> \$50
French Manicure	<del>\$25</del> \$30
French Pedicure	<del>\$45</del> \$55
Paraffin Wax Manicure	<del>\$27</del> \$33
Paraffin Wax Pedicure	<del>\$50</del> \$60
Nail Clipping Only	<del>\$10</del> \$12
Polish Change - Hands	<del>\$10</del> \$15
Polish Change - Toes	<del>\$15</del> \$20
Kids Manicure & Pedicure	<del>\$30</del> \$40

## Waxing Services

Brow Sculpting	<del>\$18</del> \$23
Brow Sculpt & Tint Package	<del>\$29</del> \$35
Lip	<del>\$10</del> \$15
Chin	<del>\$10</del> \$15
Bikini	<del>\$30</del> \$40
Bikini Extended	<del>\$40</del> \$50
Brazilian	<del>\$65+</del> \$75+
Underarms	<del>\$25</del> \$30
Chest	<del>\$35+</del> \$45+
Neck	<del>\$25</del> \$30
Neck & Back	<del>\$45+</del> \$55+
Arm and Hands	<del>\$35</del> \$45
Half Leg	<del>\$40+</del> \$50+
Full Leg	<del>\$55+</del> \$65+

## Spa Specialties

### Reiki Treatment

Balance the mind, body & spirit 1 hr. ~~\$70~~ \$80

### Himalayan Bowls

Deep relaxation & meditation 30 min. ~~\$55~~ \$65  
45 min. ~~\$70~~ \$80

*Welcome!*

*The Spa is devoted to promoting an overall healthy lifestyle through a variety of therapeutic services that encourage the renewal of mind, body & spirit.*

*Our treatments promote the physical and emotional balance that increases the body's ability to heal and repair itself.*

*A visit to The Spa is your time for personal well-being, health & harmony.*

*Close your eyes and allow your mind to be free. Breathe deeply and let the tension slip away with each breath.*

*This time is for you. . . .*

**The Spa**  
at Palos Health  
& Fitness Center

**MASSAGE FOR TWO**

*Two Guests, Two Therapists,  
One Couples Massage Room*

**GIFT CARDS**

*Available in the Dollar Denomination  
Of your choice*

**CANCELLATION**

**POLICY**

*Your appointment is time reserved exclusively for you. Please value our time as we value yours - be courteous, call at least 24 ahead if you need to cancel or reschedule your appointment. Keep in mind that "no-shows" and last minute cancellations leave our staff with empty appointment times that could be filled with other clients trying to schedule services.*

*For this reason, we charge 50% of the service fee for "no-shows" and last minute cancellations. Thank you for your consideration.*

*Pricing & Hours Subject to Change*

**15430 West Avenue at 153rd  
Orland Park, Illinois 60462**

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at Palos Health  
& Fitness Center

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Day & Evening Appointments Available  
Open 7 days a Week to better serve you!

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**(708) 226-0555**