

# The Spa

at Anderson HealthPlex



**MERCYHEALTH**

Anderson HealthPlex

# Nail Care Services

**Classic Mani/Pedi Combo** \$63

**Spa Mani/Pedi Combo** \$80

**Single Nail Repair** \$5

**Shellac or Dip Powder Removal** \$10

**Nail Trim and File – Hands** \$10

**Nail Trim and File – Feet** \$15

**Shellac or Gel Polish Add-On** \$15

**French Add-On** \$10

**French Fill-In** \$40

**Paraffin Hand Treatment** \$15

**Hand Massage** \$15

**Polish Change – Hands: \$13    Polish Change – Feet: \$20**  
Polish removal (if needed) followed by nail filing and polish.

**Classic Manicure: \$22**

This timeless service offers nail shaping, hot towel cuticle treatment and a hand massage —with your choice of polish or buffing.

**Spa Manicure: \$30**

Takes our Classic Manicure to the next level with the addition of a sea salt exfoliation scrub and moisturizing clay mask — the ultimate treatment in hydration.

**Full Set: \$50**

This artificial nail service provides instant length to your nails. Tips are applied to the free edge of your natural nails. Your choice of acrylic or gel is applied to the nails and finalized by shaping, filing, buffing and your choice of polish.

**Fill-In Acrylic or Gel: \$30**

A fill-in should be maintained every two to three weeks, depending on the condition and growth of your nails. This includes applying new acrylic or gel to the growth area, cutting down, shaping, filing, buffing and applying polish.

**Dip Powder Manicure Natural Nails: \$45**

Nail shaping, hot towel cuticle treatment and a hand massage – with your choice of OPI Powder Perfection Dip application color.

**Dip Powder Full Set: \$55**

Nail shaping, tip application, buffing, with your choice of OPI Powder Perfection Dip application color.

**Gel or Shellac Manicure: \$37**

A Classic Manicure and application of your choice of Gel or Shellac polish.

**Men's Manicure: \$20**

Nail cleansing, shaping, cuticle care, buffing, hand massage and optional finished polish clear coat.

**Detox Foot Soak: \$27**

A 15-minute foot soak in a blend of herbal extracts and magnesium sulfate followed by a 15-minute leg and foot massage.

**Classic Pedicure: \$48**

Indulge in a warm foot bath of therapeutic sea salts followed by nail shaping, cuticle detail, callus softening and a foot and leg massage. Finish with your choice of polish or buffing.

**Men's Pedicure: \$35**

Warm foot bath of therapeutic sea salts followed by nail shaping, cuticle grooming, buffing, callus treatment, and a foot and leg massage, hot towel wrap and optional finished polish clear coat.

**Spa Pedicure: \$59**

The addition of a sea salt scrub and moisturizing clay mask take hydration and relaxation of your pedicure experience to the next level.

## Massage Therapy Services

**The Spa Signature Massage**

Our licensed massage therapists will draw upon their knowledge of various massage techniques to customize a massage that addresses your individual needs.

**Deep Tissue Massage**

This intense technique eases pain and loosens tight muscles using deep strokes and firm pressure.

**Hot Stone Massage**

Hot, volcanic stones stimulate the circulation system and increase your metabolism by releasing tension and opening energy channels.

**Prenatal Massage**

This natural touch therapy relieves tension and alleviates pregnancy-related discomforts while creating positive energy for you and your baby.

**Medical Recovery Massage**

Massage therapy designed specifically for individuals recovering from surgery, a medical condition or suffering from chronic pain.

**Oncology Massage**

A client-specific, customized massage session designed to meet the unique and changing needs of someone in treatment for cancer or with a history of cancer treatment. A safe massage plan generally revolves around the short- and long-term side effects of chemotherapy, radiation and surgery.

**Reflexology**

Reflexology concentrates on applying pressure to certain points on the hands and feet that correspond with organs and tissues in the body.

**Myofascial Release Massage**

Restore symmetry and balance through a gentle, sustained pressure technique that increases range of motion and reduces pain.

**Craniosacral Therapy**

A gentle technique that focuses on the central nervous system and treats mental stress, nerve and back pain, migraines, TMJ syndrome, fibromyalgia and other chronic pain conditions.

**Therapeutic Massage**

30-minutes	\$51
60-minutes	\$73
90-minutes	\$107
Hot Stone (90 min.)	\$120
Chair Massage (15 min.)	\$20

*Ask about our multipack discounts.*

# Skin Care Services

## **Lash Lift with Tinting:** \$75

This salon treatment leaves your lashes lifted and curled without the need of a lash curler. We complete the service with a lash tinting treatment to make your lashes look more prominent. Treatment should last about six to eight weeks.

## **Brow Lamination:** \$75

Lift and smooth unruly and thinning brows with this latest, needle-free alternative to microblading.

## **TruSculpt® Body Contour:** \$600-\$800

A non-invasive, radiofrequency treatment that delivers deep, uniform heating to tackle body concerns. TruSculpt® provides treatment for body sculpting including fat reduction as well as improvement in skin tone and appearance of cellulite. Two to four treatments are necessary to achieve optimal results. *A complimentary consultation is offered to help determine your treatment plan.*

## **Microcurrent:** \$70 single session, \$500 10-pack

Non-surgical facelift that stimulates facial muscles and skin to eradicate wrinkles, lift sagging skin, firm facial tissue and create glowing, younger-looking skin.

## **Clarifying Back Facial:** \$65

Deep cleanse, exfoliation, steam, extraction, masque, tone and moisturizer. A relaxing back massage and hot towels are included.

## **Enhanced Back Facial:** \$72

Sea salt glow exfoliator, seaweed detoxifier and hydrate (not recommended for pregnant clients). Paraffin treatment to relax and hydrate. A relaxing back massage and hot towels are included.

## **Customized Facial:** \$80

This highly personalized treatment includes skin analysis, cleansing, exfoliation and any other specialized techniques as needed.

## **Facial Mini:** \$58

Quick, yet personalized treatment will cleanse, exfoliate and revitalize your skin in just 30 minutes.

## **Facial Peel:** \$83

This technique is used to improve the appearance of skin on the face, neck or hands. A chemical solution exfoliates and peels the skin to improve age spots, fine lines, wrinkles, freckles and moderate skin discoloration.

## **HydraFacial® Signature:** \$150 single session, \$550 4-pack

This soothing treatment merges spa therapies with medical technology to cleanse, exfoliate, extract and hydrate the skin. An infusion of vital nutrients including antioxidants, peptides and hyaluronic acid result in clearer, more beautiful skin without discomfort or downtime.

## **HydraFacial® Platinum:** \$200 single session

All the benefits of the HydraFacial® plus an additional boost to fit your unique skin needs: BRIGHTALIVE® minimizes discoloration and brightens, growth factor minimizes the appearance of fine lines, DERMABUILDER® minimizes the signs of aging, and BRITENOL® minimizes dark spots.

## **Dermaplaning:** \$60 single session, \$200 4-pack

A skin treatment that uses an exfoliating blade to skim dead skin cells and hair from your face. It's also called microplaning or blading. Dermaplaning aims to make your skin's surface smooth, youthful and radiant.

## **Dermaplaning With Peel:** \$95

Dermaplaning your skin enhances the results of the chemical peel, allowing the chemicals to penetrate deeper into your skin. Chemical peels are great for improving the skin's tone and texture, discolorations, fine lines and for giving you a brighter, more radiant appearance with minimal downtime.

## **Microdermabrasion:** \$95

A minimally invasive procedure used to renew skin tone and texture. It can improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, melasma as well as other skin-related concerns and conditions.

*Employee discounts are not available on HydraFacial® services. Price varies based on location of TruSculpt® body contouring; two to four sessions are needed to see results — full pricing available upon consultation.*

# Body and Facial Waxing\*

## **Brow Tweezing** \$18

## **Brow, Lip, or Chin Wax** \$18

## **Brow/Lip/Chin Wax** \$45

## **Lash or Brow Tint** \$24

## **Full Arm Wax** \$44

## **Half Arm Wax** \$28

## **Full Back Wax** \$65

## **Full Leg Wax** \$65

## **Lower Back Wax** \$30

## **Half Leg Wax** \$44

## **Bikini Wax** \$36

## **Brazilian Wax** \$70

## **Brazilian Maintenance <4 weeks** \$60

*\*Avoid sun and tanning bed exposure prior to and immediately after waxing for 24 - 48 hours. Waxing cannot be performed on facial areas if using Retin-A, Accutane or any prescription acne medication. Hair needs to be ¼ inch long or about two weeks of growth for bikini and leg waxing.*

# *Relax. Refresh. Renew.*

Care for your mind, body and spirit

Let the welcoming warmth of The Spa at Anderson HealthPlex create a rejuvenating experience that supports your overall well-being.

Our attentive and experienced staff are here to meet your needs through a full range of massage, nail and skin services. We're here to care for you, inside and out.

Schedule an appointment today by calling 513-624-1871.

**MERCY HEALTH – ANDERSON HEALTHPLEX**

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[mercyhealthplex.com](https://mercyhealthplex.com)