



## WELCOME TO THE SPA AT THE MARSH...

*Whether you are seeking a single spa service, a relaxing day away or starting a program to change your life, we are happy to accommodate you. Our professional, full-service spa is part of a comprehensive wellness facility featuring a medically-based fitness center, lap swimming and warm water therapy pools, group exercise and Pilates studios, an award-winning restaurant and several unique meditative spaces.*

### FACIALS & ULTRASONIC

*Our view of skin care bonds together a customized approach to natural beauty and wellness. Focusing on three essential elements, we combine a highly-qualified and expert skin care team with treatments that address all your skin's needs, as well as personal home treatments to optimize the results.*

#### Customized Facial (50 minutes) \$105

Designed to meet the current needs of your skin, our customized approach helps you maintain a healthy, youthful and clear complexion. Thorough cleansing and exfoliation, followed by the application of serums and a treatment mask, and a relaxing facial massage will help you alleviate stress and provide a sense of wellbeing.

#### The Marsh Ultimate Facial (75 minutes) \$155

The Ultimate Facial is a comprehensive 75-minute concentrated treatment with added layers of serums and masks to achieve a specific response to a precise issue, including: diminishing fine lines and wrinkles, optimizing the skin's resistance to daily stress, as well as restoring radiance, hydration and youthfulness.

#### New! Secrets Facial (80 minutes) \$225

The "secret" to youthful skin incorporates the best botanical active ingredients with cutting-edge scientific advances for exceptional results. This facial uses an exclusive cream formulated with rose stem cells and precious porcelain flower oil to help regenerate the skin's youth and natural beauty. It is our most luxurious and efficacious treatment with additional layers of ultra-concentrated creams to ensure dramatic and long-lasting results.

#### Gentlemen's Facial (50 minutes) \$105

Customized for your unique lifestyle, such as shaving habits, time spent outdoors, and health concerns, we cleanse, exfoliate and apply creams to protect your skin from the elements and to ensure healthier skin. A barber towel wrap and mask leave you refreshed.

#### Ultrasonic Facial (60 minutes) \$175 Package of six (10% discount) \$945

Your skin will look fresher, firmer and healthier in just one treatment! This cutting edge technology uses low frequency sound waves to combat aging skin, reduce wrinkles, lighten hyperpigmentation, manage rosacea and even clear acne!

**Waxing Services** Waxing services may be added on to any facial appointment. See below for waxing services and prices:

<b>Waxing</b>	<b>Tinting</b>	<b>Brow Shaping</b>
Eyebrow \$24 Lip \$22 Underarm \$30 Arm \$54	Bikini \$42 Partial Leg \$46 Full Leg \$78 Back \$70	Brow \$25 Lash \$28 Brow & Lash \$45



### MASSAGE & BODYWORK

*Our approach to massage begins with professional, highly-trained bodyworkers who focus on each client's individual needs for a customized, restorative and beneficial experience. These services have been proven to relieve stress, pain and muscle stiffness, and help manage anxiety and depression. They are also an excellent complement to standard medical treatments and for preventing or treating sports-related injuries.*

#### Choose from the following types of massage:

50 minutes \$100 • 75 minutes \$130

**Relaxing:** Relieve stress and tension throughout the body using a variety of techniques, such as Swedish, Shiatsu (you may remain clothed), Esalen and Marsh Stone Therapy.

**Therapeutic:** Designed to address specific concerns, our therapeutic modalities include Craniosacral, Lymphatic Drainage, Myofascial release, Neuromuscular, Pregnancy, Sports Massage and Trigger Point Therapy.

**Specialty:** Unique experiences, such as Zen Shiatsu (you may remain clothed) and Reflexology are also available.

**Aquatic Bodywork/Watsu:** Experienced in our 94-degree Therapy Pool, this floating water massage uses stretching, acupressure points and massage techniques to address your therapeutic needs.

*Clients who are currently receiving treatments for Cancer are requested to bring a note from your doctor.*

*A 7.525% Hennepin County and State of Minnesota sales tax is applied to massage services unless you have a medical prescription from your doctor.*



# SPA at The Marsh

massage & bodywork

facials & ultrasonic

waxing services

manicures & pedicures

acupuncture

spa packages

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## NAIL CARE

*Not just a cosmetic beauty treatment, The Marsh's nail care services focus on safe and appropriate nail care for your overall health and wellness. Our nail technicians are Certified Master Pedicurists using medical-grade sanitization solutions and a sterilizing autoclave for all our manicures and pedicures.*

### MANICURES

#### **Spa Manicure** (40 minutes) \$45

Soft, smooth and rejuvenating for your hands, this manicure keeps your hands looking their best.

#### **Spa Gel Manicure** (55 minutes) \$55

A little "curing" goes a long way to keeping your nails looking fresh.

#### **Ultimate Marsh Manicure** (55 minutes) \$60

The ultimate indulgence for any occasion, enjoy the extra soaking time & refreshing mask to leave your nails looking their best and your hands feeling soft, smooth & silky.

#### **New! Mani-Pedi Duo** (95 minutes) \$120

This service combines our Spa Manicure and Pedicure with a luxurious and nourishing hand and foot treatment using 100% natural emollients and pure essential oils.

#### **Gel Overlay Nails** - full set \$85, fill \$60

**Gel Polish and French Available** – call for details



### PEDICURES

#### **Spa Pedicure** (50 minutes) \$65

Our most popular service includes special masks and a leg massage to soften, exfoliate and restore your feet.

#### **Ultimate Marsh Pedicure** (60 minutes) \$80

A calming paraffin wax treatment that soothes and moisturizes your skin is added to the Spa Pedicure.

#### **The Lotus Pedicure** (80 minutes) \$130

This restorative leg and foot ritual is both relaxing and rejuvenating for the mind and body! Fifteen minutes of reflexology-inspired foot massage and a detoxifying leg massage using special porcelain spoons and warmed Shea Butter – it is an experience you won't forget!

### **Specialized Pedicures**

#### **Pedicure Solutions**

#### **Initial** (90 minutes) \$105, **Follow-up appointments** (45 minutes & up) \$65 & up

Performed by a Certified Master Pedicurist, this service is designed for athletes and those people who have diabetes and problematic feet (discolored, thick, or ingrown toenails, bunions, corns, etc.). Initial appointment includes foot evaluation and foot care grooming.



### Acupuncture

#### *Initial Treatment \$105 / Follow-up Session \$90*

Traditional Chinese Acupuncture involves inserting thin needles at strategic points on your body to promote health and well-being.

It is a proven, effective treatment for symptomatic relief of a variety of conditions, including back pain, fibromyalgia, nausea, headaches and menstrual cramps.

#### *Intro Package of 3: 1 Intro + 2 Follow-up \$250*

#### *Intro Package of 5: 1 Intro + 4 Follow-up \$350*

#### *Follow-up Package of 5: \$325*

#### **Massage Acupuncture Combined (MAC)** (75 minutes) \$155

This therapeutic approach combines massage and acupuncture modalities for optimal results. Designed to be used synergistically to target stubborn pain and reduce the symptoms of stress, anxiety and depression.

### IMPORTANT INFORMATION

- **Reservations:** Credit cards are required to reserve all appointments, including those using gift cards. We accept Visa, Mastercard, Discover and American Express.
- **Cancellations and No Shows:** We have a 24-hour cancellation policy (48 hours for packages and multiple services). Insufficient notice to cancel or reschedule, and no shows, will be charged the full value of the service(s).
- **Smoking:** The Marsh is a smoke-free facility.
- **Cell Phones:** The Marsh is a cell phone free environment. Take time to relax and enjoy the peaceful surroundings!
- **Marsh Members** receive a 15% discount on all prices listed.
- **Prices:** All prices are subject to change without notice.



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