


FACE PLACE SPA



Spa

A collection of spa-related items including a brown glass bottle, star anise, lavender flowers, vanilla beans, and citrus slices.

SPA GUIDE

The Face Place Spa philosophy is based on concepts of harmony and balance. The body is meant to self-correct, but our harsh environment often blocks our innate ability to heal ourselves. From stress, to chemical toxins, to lack of sleep; recalibration is a necessary fact of life. At the Face Place Spa, we teach our clients to regain their natural balance through our relaxing treatments and at home self care. It goes without saying that our products are pure, natural, environmentally-friendly, and sourced with your good health in mind.

We believe in the power of intention. Every inch of our spa is a reflection of our mission statement: “Our passion is to inspire health, happiness and beauty through wholeness and balance.” We have painstakingly and lovingly created a space for you to inspire optimal wellness. Everyone that steps inside our doors quickly learns that health and beauty are inextricably linked. You may simply come in searching for a youthful elixir or the best makeup in town—but you’ll go home with far more than you expected.

Come in, get centered, and reset your mind and body to a perfectly harmonized pitch... leave feeling beautiful both inside and out.

Pomegranate Skin Rejuvenation Wrap

This 90 minute total body exfoliating and hydrating skin treatment nourishes the skin with the natural anti oxidants and skin rejuvenation properties of pomegranate and cranberry enhanced products. A light and silky hydrating lotion is applied before the ultra moisturizing shea butter is massaged into the skin to seal in the moisture in this luxurious aromatherapy treatment. You will feel smoother, softer and deeply moisturized. Our harsh mid-western weather makes this a truly appreciated treatment! SS \$35/MT \$70

Shirodhara Scalp Massage

Diminish fatigue and promote overall balance with this Ayurvedic warm oil treatment. You are cocooned in linens while you experience the luxury of heated paraffin wrapped feet. We begin by saturating your hair with a unique light blend of coconut, peach and sunflower oils in a soothing stream of gently heated oil over the forehead and throughout the scalp. To induce further relaxation you will receive a 30 minute signature scalp massage. The final massage cleanses your hair and you leave with shine and natural radiance. This a deeply rejuvenating one hour treatment. SS \$35/ \$70

Peppermint Mocha Wrap


This wrap is a decadent escape from the doldrums. Indulge in this 90-minute body lush hydrating treatment that is rich in texture and enticing in scent. It includes ground cocoa and peppermint for ultra stimulating exfoliation followed by a cocoa shea butter wrap. This spa service is designed to revive tired skin for the ultimate pick-me-up. SS \$35/MT \$70

Ultimate Pedicure Journey

A total body experience; soft lights, gentle music and a massage chair set the mood for your individualized pedicure. Restore dry, tired feet to their natural smoothness by relaxing in a thermal aromatherapy oil bath. Rough skin is exfoliated away with a creamy salt scrub, revealing healthy skin that we massage with a vitamin rich hydrating balm. Your feet will emerge soft and rested. Select your favorite polish from over one hundred vegan nail lacquers. You choose soothing mango or refreshing lemon aromatherapy. \$30

A close-up photograph of a person's face tilted back, receiving a facial treatment. A hand holds a dark wooden bowl from which a stream of water is being poured onto the person's forehead. The background is a soft, warm, out-of-focus orange glow. A semi-transparent white rectangular box is centered over the water stream, containing the text "SIGNATURE TREATMENTS".

SIGNATURE
TREATMENTS



MESSAGE

Relaxation Massage

The classic. Relax and unwind. This Swedish-style full body massage invites you to completely let go. The rhythmic strokes employ light to medium pressure to relieve tired muscles and encourage relaxation. Using traditional movements, your therapist combines kneading and long muscle strokes based on what your body needs most. This is the best massage for those new to massage therapy. For those seeking a more intensive treatment, please consider our Deep Tissue Massage. SS \$30/MT \$50

Deep Tissue Massage

Restore your body to peak perfection. This maximum pressure massage gets to the depths of your kinks, releasing chronic muscle pain and tension throughout your torso so you can breathe again. Your body will thank you. SS \$30/MT \$50

Warm Fiji Shell Massage

A profoundly calming experience... our full body relaxation massage is combined with strokes from heated Fiji shells promoting inner peace through warmth and gentle muscle movement. If you enjoy Relaxation massage you'll love Warm Shell massage. SS \$35/MT \$55

Aromatherapy Massage

Experience the soothing benefits of massage combined with your choice of the therapeutic properties of essential oil. Your therapist will help you choose pure oils to provide a blend especially for you. Aromatherapy can be added to any massage for an additional \$5.

We are fundamentally dedicated to helping your body heal itself using holistic principles. We believe that feeding your skin from the inside while nourishing from the outside is the profound way to fortify and replenish you for the long-term. We exclusively use products for our facials, chosen for their purity, natural origin, and absence of irritating synthetics. Md Formulations®, the “sister” skincare line to bareMinerals® is used in all of our facials. We can also provide ongoing education for your individualized skin-care regimen, rather than simply giving you a one-time treatment. This way, the youthful glow you’ll have upon leaving our spa will stay with you until you visit us again.

Antioxidant Anti-wrinkle Facial

This antioxidant-rich facial provides skin with immediate rejuvenation, deep hydration and concentrated age prevention. Nourishing botanicals, a synergistic blend of proven antioxidants and gentle yet effective anti-agers work to replenish and restore skin. Your skin will feel smoother, softer, more supple and look thoroughly renewed. Ideal for sensitive and dry skin types who want a gentle way to reduce the look of fine lines and wrinkles. LE \$55

Clearing Facial

This purifying facial features the Alpha/Beta Peel with extra focus on refining blemish-prone skin without over-drying. Healing botanicals along with blemish-fighting Salicylic Acid and Vitamin A rapidly work to manage

oily areas, unclog pores and resolve over-active skin. Gentle anti-agers also work to smooth fine lines and wrinkles and improve overall texture. Ideal for adults who suffer from blemishes and breakouts and have dry, combination or oily skin. LE \$55

European Facial

This is a thorough, deep cleansing facial designed to improve the look of the pores, minimize breakouts, soften the skin and leave you looking radiant and glowing. Our facial includes a detoxifying steam, gentle cleansing, light face and neck massage, extractions and individualized treatment masks for your skin type. Our estheticians can assist you in selecting at-home products for keeping your skin looking its best between facials. You will leave our spa feeling exceptionally clean and refreshed. LE \$55

Facial Waxing

Skin will look and stay silky for weeks at a time with waxing delivered by our professional and educated licensed estheticians.

Chin or Upper lip from \$15

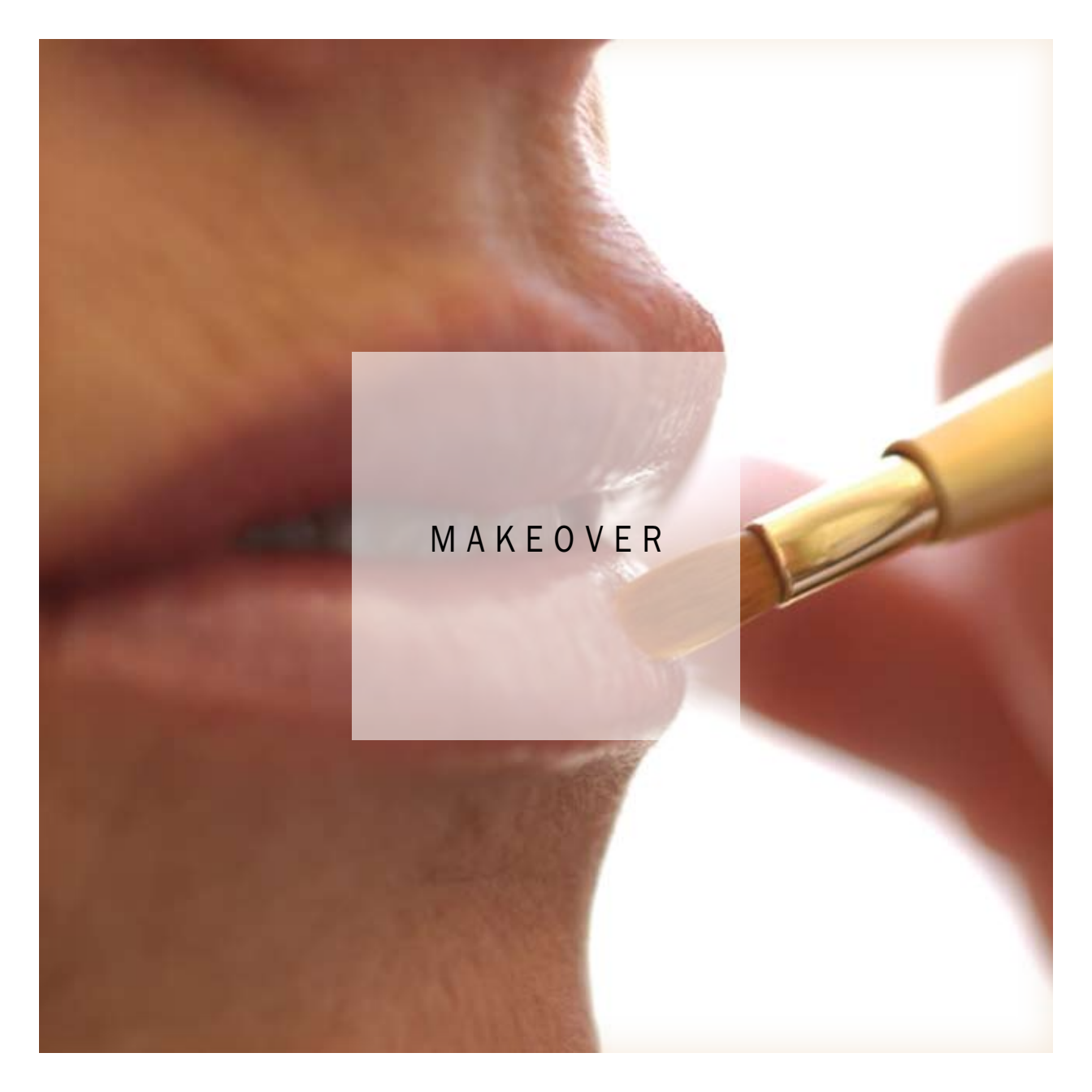
Eyebrow arch from \$18

Side Burns from \$17

Full face wax from \$55



FACIALS



MAKEOVER

Everyone wants to look their best all of the time. Sometimes achieving that goal requires a little professional help. That's where The Face Place Spa can help. The Face Place Spa provides a pleasant and professional atmosphere that caters to your individual needs. Care of the face emphasizing make up consultation, facial treatments, skin care products and dermatological referrals is our focus.

Our goal is to establish balance and promote beauty through natural means. We are proud to have been selected as the first in Lincoln and largest location in Nebraska offering **Bare Escentuals®** make up and **MD Formulations Skin Care®**.

All foundations, cheek and eye colors have been crushed to a silky, creamy powder form... but it's NOT a powder. These are 100% pure minerals that are free of preservatives, talc, oil, fragrance and other harmful chemicals. The formula provides impeccable coverage for every skin type and skin tone, and protects with a natural sunscreen.

These bareMinerals® foundations are just the beginning. Our makeup line also offers complete color cosmetics and treatments designed to enhance your natural beauty, such as lipsticks, lip liners, lip glosses, mascaras, skin preps, flawless application brushes and more.

We provide free make up makeovers and consultations with trained BE makeup artists to answer any questions you may have regarding mineral make up application. No appointment necessary. Ask about our free makeover parties.

Ginger Healer

This 90-minute restorative journey begins with our therapeutic Deep Tissue Massage. We will apply pure ginger rosemary oil, known for its remarkable healing effects, before wrapping you in warm linens which will encourage the oil to deeply penetrate the skin. While in the aroma wrap, you'll enjoy a facial acupressure point massage awakening balance within. SS \$60/ MT \$110

Total Wellness

Begin with the comfort of a warm aromatherapy relaxation massage followed by our highly rated Deep Tissue Massage. Continue this experience with added attention to the scalp with our signature Shirodara treatment. Complete the four-hour spa day with a quiet pampering pedicure for tired, aching feet for the ultimate in escape experiences. SS \$90/ MT \$130

Enchantment

Pamper yourself by starting with our Pomegranate and Cranberry Hydrating Treatment. Once your skin has been refreshed and revitalized experience the calming warmth of our Fiji shell massage while your hands and feet experience the moisture of warm paraffin mitts. You will emerge gentle, calm and content. SS \$65/ MT \$120

A photograph of spa products. In the foreground, a wooden spoon holds a dark grey mud mask. To the left, a wooden bowl is filled with coarse sea salt. In the background, a white candle and a sprig of rosemary are visible. The scene is set on a light-colored woven mat.

SPA PACKAGES

SPA ETIQUETTE

In order to assure maximum safety, a brief health questionnaire is required as some health conditions are contraindicated with massage therapy. This information is confidential. If you have been referred to our clinic by another health care professional, please inform us at the time you make your appointment.

To ensure that you and other clients receive the maximum spa experience, please honor the setting with silence in the treatment room area. The spa environment is one of tranquility and relaxation.

For your enhanced comfort and relaxation we suggest that you arrive 15 minutes prior to your appointment. Arriving late will simply limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so the next guest is not delayed. The full value of your treatment will be charged.

Any type of clothing is acceptable at the spa. However, many people arrive in their most comfortable casual clothing. Shower facilities are not available. Most treatments are enjoyed without clothing. However, our primary concern is your total relaxation. Feel free to disrobe to your

level of comfort as all of our practitioners are highly trained in draping techniques to ensure your privacy at all times.

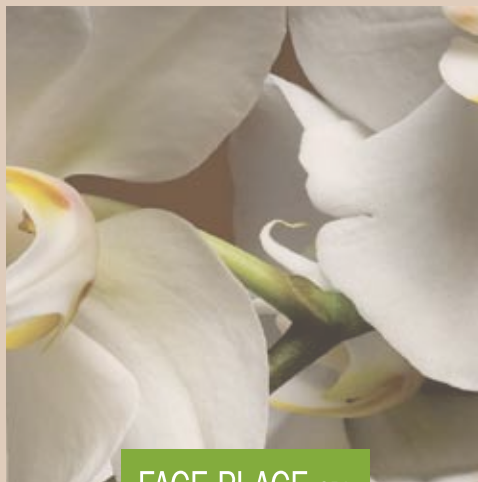
If you must reschedule or cancel your spa appointment please notify us 24 hours before your scheduled session. A credit card number is required for those patrons who have previously not kept an appointment.

Payment is made at the time of registration prior to your treatment. Cash, check or major credit cards are accepted. Spa gift certificates may be purchased for specific dollar amounts and used toward spa services or boutique retail purchases.

As a licensed health care profession, tipping is not customary—the referral of your friends is the greatest compliment we can receive.

Prices are subject to change. SS=senior student, MT=licensed massage therapist, LE=licensed esthetician.





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Featuring bareMinerals® makeup and md Formulations® skincare
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