

# *One Body Spa*

## list of services

**One Life ~ One Heart ~ One Body**

### **~ Massage Services ~**

#### ***Therapeutic Massage***

**Therapeutic massage is our basic Swedish massage that works on increasing circulation and decreasing tension in the muscles.** This is what most people think of when they have a massage. It will enable you to relax completely, and will encourage your body to sleep better, digest better, eliminate better, breathe better, and feel better. If this is your first experience with massage, therapeutic massage is a wonderful introduction.

**75 minutes: \$105 ~ 50 minutes: \$80 ~ 25 minutes: \$50**

#### ***Aromatherapy Massage***

**Aromatherapy massage utilizes the basic Swedish massage format, and includes the wonderful healing properties of essential oils to increase the therapeutic effects of the treatment.** Aromatherapy can uplift the mood, encourage the muscles to release waste products, clear sinus and lung congestion, eliminate headaches and muscle tension. Aromatherapy massage is safe for pregnant and nursing mothers as well as those recovering from illness.

**50 minutes: \$85**

#### ***Reflexology***

**Reflexology is foot massage that targets zones in the feet that correspond to the entire body and helps to heal discomfort in areas that cannot be touched directly.** By massaging points that “reflect” different internal organs, muscles and joints, the therapist encourages your body’s natural regenerative ability.

*(Note: We regret we cannot do reflexology on feet that are irritated with redness, itching, peeling skin, nail discoloration or warts. We invite you to take any of our other body treatments instead.)*

**25 minutes: \$50 ~ 50 minutes: \$90**

#### ***Hot Stone Therapy ~ Deep Heat for Muscle and Stress Relief***

**Hot Stone Therapy utilizes heated stones which are placed on the body on very specific points and also used to actually massage the body.** This increases energy and blood circulation, and encourages the muscle to release waste products more efficiently than massage alone. Using heat relaxes the nervous system to such a degree that the body feels totally calm and peaceful. Hot Stone Therapy is a wonderful healing treatment to take when you need to be deeply relaxed and still have a penetrating muscle massage.

**60 minutes: \$100 ~ 75 minutes: \$120**

### ***Deep Tissue Massage***

**Deep Tissue massage is very penetrating and vigorous for bodies that have pain after injury, over exertion from sports, or very solid muscles that normal massage pressure is not deep enough for.** Utilizing a combination of deep transverse friction, myofascial release, and trigger point therapy, your therapist will allow areas of restriction to be released.

**50 minutes: \$95**

### ***Body Haiku***

Just like the simplicity and beauty of a Haiku poem, our Body Haiku treatment combines the best of our massage and facial services. Start with an **Aromatherapy Full Body Massage** for both physical and mental relaxation, followed by a **Japanese Facial Massage** using aromatherapy specifically blended for your skin type, lymphatic drainage massage and Shiatsu massage for the face. Body Haiku is the essence of our many treatments, creating a perfect balance for your physical health.

**75 minutes: \$120**

### ***Prenatal Massage***

**There is no better time to have regular massage therapy than when pregnant.** The increased circulation and decreased muscle tension allow you to feel so much better and improve oxygen and nutrition to the baby. Regular massage can help to prevent hyperpigmentation associated with pregnancy, allow tired backs and sore feet to be relieved, and give you more energy to deal with life.

**50 minutes: \$90**

### ***TMD Treatment***

**The TMJ joint is a double joint in the jaw which can get out of alignment due to injury, dental malocclusion, stress, and clenching or bruxism (grinding).**

Temporal Mandibular Joint Disorder can include jaw pain, headaches, neck pain, and pain around the ear. The symptoms are usually exacerbated during times of stress, menstruation, and following dental work. If you have been diagnosed with TMD or have jaw pain, our treatment may be extremely helpful.

**50 minutes: \$90**

### ***CranioSacral Therapy***

**CranioSacral Therapy is a unique modality that uses very gentle pressure to heal problems in the back, spine, head, and skull, by encouraging flow of the cerebrospinal fluid.** It is done clothed and face up, and is used to heal problems of birth trauma, scoliosis, residual problems after accident, chronic pain, chronic sinus congestion, and headaches. Because CranioSacral Therapy works directly on the nervous system via the brain and spinal cord, it encourages the body to resist the effects of stress and greatly enhances immune function.

**50 minutes: \$90**

### ***Lymphatic Facial Massage***

**Lymphatic massage manually moves excess fluid and waste products from the face and sinuses, which allows facial puffiness and sinus congestion to be relieved.** This is an excellent treatment for sinus headaches, pre and post facial surgery, and facial edema (swelling). This treatment has noticeable anti-aging benefits. Wonderful addition to any massage or facial service.

**50 minutes: \$90**

### ***L.E.D. Light Therapy ~***

This amazing breakthrough in the science of anti-aging targets **wrinkles, smoothes irregular pigmentation, tightens pores and firms by increasing collagen and elastin fibers** with an F.D.A. approved **Red L.E.D. Light** (625nm). The **Blue Light** (420nm) increases singlet oxygen to **kill acne bacteria** with no damage to the surrounding tissue. Our Revita Light system is the only cosmetic device to use the patented Lambertain L.E.D. for maximum light penetration and maximum results.

~ F.D.A. cleared for acne vulgarus and skin rejuvenation.

~ No pain - no anesthesia required.

~ No harmful U.V.A. rays.

~ No risk of bacterial infection.

~ Eliminates post procedure down time.

~ No harsh chemicals or risk of skin damage.

~ No hyper or hypo pigmentation risk.

~ Calms and heals rosacea

**Light Therapy: \$80**

**Series of six treatments** (*recommended for best results*)

**May be added to any facial for \$45 extra.**

### ***~ Facial Services ~***

#### ***One Body Spa Signature Facial***

Let your skin be totally rejuvenated with this exquisite treatment. Start with a **Japanese facial massage** with **Shiatsu** to energize the circulation and facial muscles, then extraction if necessary, followed by **lymphatic massage** to eliminate puffiness and congestion. As your facial masque nourishes your skin, enjoy **foot reflexology** to relax your entire body.

**75 minutes: \$115**

#### ***European Cleansing Facial***

**Our European Cleansing Facial is a wonderful way to deep clean your skin, increase circulation to the facial tissues, and have a relaxing and nurturing experience.** With regular monthly treatments your skin will feel smooth and healthy, have increased vitality and decreased effects of aging and environmental stress.

**50 minutes: \$75**

### ***Deep Pore Cleansing Facial***

**Aestheticians are extremely effective in the treatment of acne.** The Deep Pore Cleansing Facial combines herbal extracts of tea tree, rosemary and olive leaf to heal the skin and control bacteria. Let us help you create skin you love.

**50 minutes: \$80**

### ***Facial Peels***

**Facial peels are given to allow a more radiant and youthful skin to emerge.**

They are used to treat acne, decrease sun damaged skin and discoloration. Peels are one of the most effective tools in combating the aging process. A series of six is recommended for maximum results (your first peel can be applied to the series).

**Facial Peel: \$80**

**Series of six peels (*recommended for the best results*)**

### ***Japanese Facial Massage***

Take this relaxing treatment to restore vitality to the complexion. Manual lymphatic drainage is included to reoxygenate skin and flush waste products from the sinus. Ideal to combine with L.E.D. Light Treatment. Excellent preparation to look your best for an event (no extractions).

**50 minutes: \$80 ~ With L.E.D. Treatment add \$45**

## ***~ Body Treatments ~***

### ***Botanical Waxing***

Waxing is a method of non-permanent hair removal that can leave the skin soft and silky. With regular waxing the hair grows back much finer and lighter with no stubble. Waxing is the best semi-permanent method of hair removal for most people. We use Botanical Waxing for the most natural and hygienic treatment available.

**Upper Lip: \$15 ~ Full Face: \$40 ~ Arms: \$45 ~ Half Leg: \$55 ~ Full Leg: \$105**

**Bikini: \$40 ~ Enhanced Bikini: \$45**

**Back: \$85 ~ Underarms: \$25**

### ***Oh, Look At Those Gorgeous Brows! Eyebrow Shaping***

**The eyes may be the windows to the soul, but the brow frames and defines the eyes and is the feature most capable of changing the face.** Professional make-up artists believe that the eyebrows are the most important facial characteristic, and if you don't get the brows right, make-up can't make up for it. Shaping the eyebrows is a time consuming, artistic service that will actually enhance your natural beauty.

If there is one beauty treatment you choose, do a brow shaping for yourself.

**First Brow Shaping: \$45 ~ Follow up Brow Shaping: \$25**

## **~ Dr. Hauschka Facial Treatments ~**

Dr. Hauschka facials use **organic, holistically created cosmetics** from some of the finest plant sources in the world. We are fortunate to be able to incorporate these incredible products into our treatments to bring your skin back into balance gently and naturally.

### ***Dr. Hauschka Classic Treatment***

Using pure botanicals and a nurturing touch, this holistic treatment encourages lymph stimulation to help purify and strengthen the immune system.

**120 minutes: \$165**

### ***Dr. Hauschka Relaxation Treatment***

Take this soothing treatment for complete body relaxation. Allow stress and tension to melt away as your facial skin is rejuvenated.

**75 minutes: \$110**

### ***Dr. Hauschka Cleansing Treatment***

Purify your complexion with this deep cleansing treatment using aromatherapy compresses, herbal steam bath, lymphatic stimulation and nourishing mask. Skin feels fresh, clean and renewed.

**90 minutes: \$125**

### ***Dr. Hauschka Acne Treatment***

Take this therapeutic treatment to restore a healthy complexion. Deep cleans and calms inflammation.

**75 minutes: \$110**

### ***Dr. Hauschka Firming Treatment***

(for rosacea and/or mature skin)

Create tone and health in mature skin and calm rosacea or sensitive skin with this exquisite facial using the gentlest botanical products.

**60 minutes: \$95**



**Diane Ryan,**

*L.M.T., Certified Dr. Hauschka Aesthetician,  
Specializing in Craniosacral Therapy  
Reiki Sensi Master*

**Michael Ryan,**

*L.M.T., Specializing in Craniosacral Therapy  
Reiki Sensi Master*

*Owner operated for the most  
personalized and professional service.*

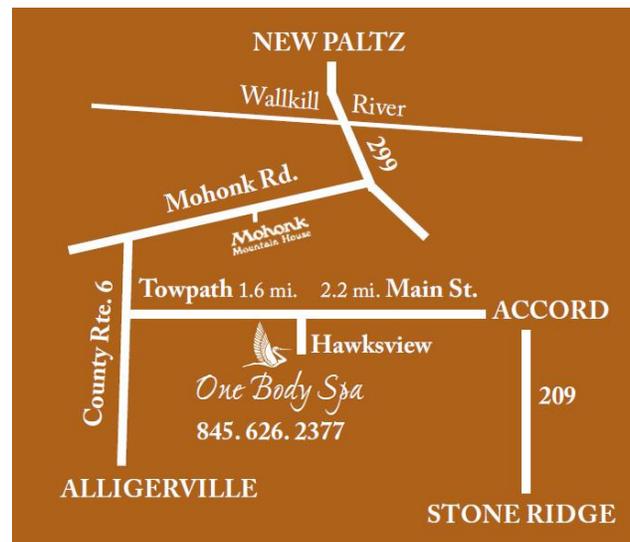
25 minutes from Kingston  
35 minutes from Woodstock  
20 minutes from New Paltz  
10 minutes from Stone Ridge  
10 minutes from High Falls  
35 minutes from Highland  
20 minutes from Ellenville

For more information,  
please visit our website:

**[www.onebodyspa.com](http://www.onebodyspa.com)**

*Gift Certificates*

**available for all special occasions**



**By Appointment Only.**

**Please call: 845.626.2377**

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**[www.onebodyspa.com](http://www.onebodyspa.com)**

**Visa, Mastercard and Personal Checks Accepted**