



Beauty

Beauty Complimentary Consultations are available to help you select services or at home products. In-person or virtual for your convenience.

Specialty Facials

Designed care for face, neck, and décolleté. Hydration will be replenished to arms, hands, and feet.

Signature Facial 90 Minutes \$200

Renew your radiance with this relaxing, results oriented, anti-aging facial. Experience premium active ingredients and esthetic devices for increased benefits. Double cleanse, double exfoliation, relaxing facial massage, eye refresher, double mask, personalized finishing products.

Custom Facial 60-90 Minutes \$125-185

A personalized experience for your skin concerns based on its current condition. This deluxe facial provides ultimate care for balancing hydration, nourishing, revitalizing and brightening the complexion. Exfoliation steps to decongest and smooth the skin. May incorporate microdermabrasion, microcurrent toning or another facial enhancement based on length of service. All time increments will include double cleansing, exfoliation, extractions, facial massage, mask, personalized finishing products.

Fire & Ice 60 Minutes \$160

IS Clinical's FIRE & ICE FACIAL is legendary and designed to safely resurface and rapidly rejuvenate the skin with little or no downtime. This service will help reduce the appearance of fine lines while improving the appearance of uneven skin tone and blemishes, resulting in a more youthful complexion. Double cleanse, peel, mask, facial massage, finishing products.

Sea Escape 60 Minutes \$125

Active ingredients from the Brittany Coast of France combine visible beauty results with exceptional restorative benefits, treating your skin to all the benefits of the sea. Feel transported with marine scents and textures from skincare solutions as indulgent as they are effective! Options for all skin types and concerns using Phytomer products. Double cleanse, exfoliate, facial massage, mask, finishing products.

Focused Facials

Specific care in minimal time.

Quick Peel 30 minutes \$100

Hydroxy acids offer excellent care for fine lines, UV damage, hyperpigmentation, and blemishes. A resurfacing peel will restore your skin's glow, providing more radiant and youthful skin. Cleanse, peel, mask, finishing products. Face only. This is an express service. You may add on the facial enhancement "add peel" to accompany any facial on the menu for more results and relaxation. There is also an enhancement to add in neck/décolleté.

Refresh Facial 45 minutes \$85

Perfect for basic skin care maintenance of healthy skin. Skin is left feeling hydrated and refreshed. This service is for face only and great for teens. Cleanse, exfoliate, extractions, mask, finishing products.

Dermaplane Facial 30 minutes \$65

A handheld tool is used to exfoliate dead skin cells and vellus "peach fuzz" hairs leaving the skin more smooth, youthful and radiant. Dermaplaning allows enhanced penetration of products used in the service and at home. Makeup will set beautifully on the skin. Cleanse, dermaplane, mask, finishing products. Face only. This is an express service. You may add on the facial enhancement "add dermaplane" to accompany any facial on the menu for more results and relaxation.

Back Facial 45 minutes \$90

Benefit from the same skin care that leaves your face radiant. Addresses tough to reach areas, targeting a variety of skin care needs such as clogged pores and dehydrated skin. Deep cleanse, exfoliate, extractions (optional), massage movements, mask, hydration products.

* Facial add on enhancements are listed on the next page *



Facial Enhancements

Eye Refresher \$25

Illuminating, hydrating, and soothing. Eye massage movements, mask, undereye patches, cooling, smoothing finishing product.

Dermaplane \$35

Physical exfoliation to remove dead skin cells, temporarily reduces vellus hairs. Face only.

Lip Smoother \$15

Exfoliates and hydrates lips. Scrub, mask, and nourishing finishing product.

Microcurrent \$30-60

Enhance your facial with advanced technology and results! Increase cellular energy, infuse active ingredients, and improve the appearance of skin tone.

Microdermabrasion \$50

Microdermabrasion machine used for extra exfoliation step on face, neck, and décolleté.

Peel \$50-80

Add a chemical peel to facial to achieve greater exfoliation effects for anti-aging and anti-blemish.

Neck & Décolleté Rejuvenation \$30

Specialty products designed for the neck and décolleté to create radiant skin. Focused on reducing signs of sun damage and aging.

Infusion Technology \$35

Skin care device incorporated for amplified results of products used in facial.

Enzyme, polish, or mask \$30-45

Additional step for product applied on face or face/neck/décolleté.

Extractions \$15

If not included in selected facial or need added time.

Cosmetics

Consult, Complimentary

Find the best foundation shade or experience a cosmetic product. Book as "Beauty Complimentary Consultation".

Waxing

Brows \$20

Lip \$15

Chin \$15

Full Face (excluding brows) \$50

Lower Face (below temples) \$45

Underarm \$25

Tinting

In a brief appointment, eyelashes or brows can be darkened to provide a volumizing effect that adds beauty to the face. The effects can last up to six weeks.

Brows \$20

Eyelashes \$25

Eyelash Extensions

Single Xtreme Lashes® semi-permanent, synthetic eyelash extensions are applied to individual eyelashes, for a natural, elegant look to lengthen and/or add fullness to the existing lashes. Fully customizable length, width, and curvature. To maintain fullness, touch up "Refresh" appointments are recommended every 2-4 weeks.

*hybrid and volume options available at an additional charge

Fresh Set, Classic 1-2 hours \$150-300

No current eyelash extensions on.

Refresh Classic 30 minutes-1½ hours

\$50-150

Care of existing eyelash extensions and adding more.



Wellness

Wellness Complimentary Consultation

To ensure service selections meet your needs, a *Wellness Complimentary Consultation* is required *prior* to your first nutrition, personal training, or wellness service.

Consultations can be in-person or virtual for your convenience.

This appointment will take an inventory of your current health, lifestyle, and goals. Following this a personalized recommendation will be made for the appropriate service(s).

Nutrition, Fitness, Wellness

Nutrition Coaching, Personal Training, and Wellness Lifestyle Coaching

Starting at \$40

Package Pricing Available After Consultation

Group Pricing Upon Request

Nutrition Coaching

Education, support, and encouragement for healthier choices that nourish your body. Assistance planning meals, troubleshooting, and progress tracking.

Personal Training

Strength, cardiovascular fitness, stability, and flexibility incorporated into a routine for your current level. Work towards your goals while avoiding injury and burnout.

Program Design

Personalized plans for your wellness that may include a combination of nutrition, fitness, and healthy lifestyle behaviors.

Assessments, Measurements

Customized for your personal goals. Track your success and make modifications to your program.

Accountability, Check-in

Progress review and adjustments to design as needed. Key component for achieving optimal results.

"Reboot Your Body" 4-week Program, \$300

This package includes a consultation, initial assessment with program design, 4 weekly check-ins, and a completion assessment. A comprehensive, personalized program will be developed to include fitness, nutrition, and wellness behaviors that fit into your lifestyle. It is a great way to jumpstart your results towards reaching your goals to look and feel your best!