



escape

to that place inside to connect with yourself again

we invite you to lose track of the outside world, in a special timeless space, where you can relax, reflect and revitalize with your escape spa experience...balance, relaxation and rejuvenation are the goals of our treatments, programs and products for your mind, body and spirit

escape is devoted to enhancing your well-being...allow our highly skilled professional staff to take you on a journey of the senses

we welcome you to arrive early prior to your scheduled time of service to enjoy your spa experience and be as relaxed as possible before your treatment



info

hours	mon - fri 8:00 am to 8:00 pm sat 8:00 am to 7:00 pm sun 11:00 am to 4:00 pm
attire	robes and slippers will be provided
facilities	14 treatment rooms...2 waiting rooms...locker rooms with showers...wet steamroom 2 relaxation rooms...vichy shower room...hydrotherapy/chromatherapy soak room... private lunchroom...consultation room...yoga/meditation room...full service hair salon...color bar
tea bar	soothing waters and teas, as well as light snacks are offered in the relaxation room
lunch	we will gladly arrange a delightful lunch
gift card	available at the spa reception or at www.escapespaces.com

massage

back, neck and shoulder:	quick relief to those areas which hold stress...melts away tension	30 minutes	\$50
swedish:	a relaxing massage with long strokes for improved circulation and relief from muscle tension...provides feelings of tranquility and a heightened sense of well-being	60 minutes	\$80
		90 minutes	\$115
deep tissue:	a penetrating massage that addresses tight muscle groups... highly beneficial for physical and mental stress reduction	60 minutes	\$85
		90 minutes	\$125
aromatherapy:	a custom designed anti-stress massage with pure essential oils induces relaxation of the nervous system and beautifies the skin... this light, rhythmic massage will ease tired, tense muscles and calm your mind	60 minutes	\$90
		90 minutes	\$130
couples:	share the bliss of massage therapy as you lay side by side... a soothing treatment for the body and mind...afterwards enjoy soaking in the hydrotherapy/chromatherapy soak tub... a great way to spend some time together	90 minutes	\$210
		120 minutes	\$275

therapeutic: for those who seek deeper pressure with profound, lasting effects...this powerful full body massage is designed to work on tight, sore and fatigued muscles and joints...for chronic pain and limited range of motion...repairs muscles, releases lactic acid, removes toxins and promotes sleep...a blend of modalities from myofacial, neuromuscular, and trigger point therapy, this massage may include stretching, firm strokes and deep pressure point work...for the athlete, those starting on a fitness journey or the massage connoisseur

90 minutes \$140

pre-natal: this customized massage for moms to be is the ultimate relaxation for the perfectly pregnant ...a light, soothing, rhythmic touch will ease both mother and baby...this massage relieves lower back pressure and increases blood circulation in the legs and feet...unwind and re-energize

60 minutes \$90

warm stone: experience this unique sensation of ultra smooth stones and therapeutic touch while heat deeply penetrates the muscle and eases you into a complete state of deep relaxation...by combining warm stones and massage, this treatment balances energy through the mind/body connection

60 minutes \$90

90 minutes \$130

La Stone 60 minutes \$105

90 minutes \$140

four handed: restore balance with this version of the traditional indian "abayanga" massage...two are truly better than one when it comes to alleviating your stress and facilitating your healing...in a candlelit room attain bliss while two therapists/four hands work in synchronicity to completely transform your state of being...using custom mixed, warm essential aromatherapy oils and incorporating reflexology and a scalp massage, this experience will increase circulation and enhance the immune system and invite the mind and body to truly let go

60 minutes \$200

90 minutes \$250



eastern massage

- reflexology: based on the ancient belief that each organ responds to a reflex point in the foot . . .
this massage uses thumb and finger pressure point massage to re-establish
the body's energy flow and release blockages and eliminate toxins . . .
the benefits include positive energy and mental clarity
30 minutes \$50
30 minutes + pedicure \$100
60 minutes \$90
- acupressure: based on the principles of traditional chinese medicine . . . this "amma" style
massage incorporates pressure and touch to specific points and energy channels
throughout the body . . . energy blockages are removed . . . restore, promote and
maintain optimal health in the body, mind and soul
60 minutes \$90
90 minutes \$125
- indian head massage: deeply unwind with this ancient massage technique from the indian sub-continent . . .
feel your physical and emotional tensions melt away as your head, neck and
shoulders receive an array of soft, firm and rhythmic strokes . . . stimulation of the
scalp relieves eye strain and headaches while improving clarity and concentration . . .
restores mental and emotional balance
40 minutes \$65
- thai massage: relaxing and revitalizing body work that incorporates gentle stretches, gradual leans and
holding poses, along with rhythmic movements that are both soothing and energizing . . .
benefits include flexibility, vitality, mental clarity and emotional balance, while
relieving muscular tension, improving circulation, and boosting the immune system . . .
these massages are received on a floor mat . . . please wear or bring comfortable, loose
fitting attire
60 minutes \$90
90 minutes \$130
- aromatherapy scalp: using warm pure essential oils, this massage rebalances and opens energy blockages while
soothing the scalp and hair...awakens the senses, heals and repairs as calm envelops...this
ritual enhances the body's natural healing capabilities...addresses tight scalps, tension
headaches and neck stiffness...end this treatment with a calming deep breathing ritual for
total mind relaxation
45 minutes \$75
90 minutes with blowout \$110



men

gentleman's spa facial:	a firming and deep cleansing specifically designed for the special needs of men...skin will be deeply cleansed with special attention to pores and then thorough hydration...signs of stress and environment will fade before your eyes	50 minutes	\$85
purifying back facial:	a deep cleansing and exfoliation of the back along with a relaxing back, neck and shoulder massage...removes impurities, restores the skin and relaxes the mind	30 minutes	\$50
sports massage:	addresses tight muscle groups and is highly beneficial for physical and mental stress...a soothing and invigorating experience that improves circulation and removes toxins	60 minutes 90 minutes	\$90 \$125
sport manicure/pedicure:	nail grooming, hand/foot massage and buff	manicure pedicure combo	\$30 \$50 \$75
escape spa package:	men can enjoy revitalizing spa skin and body care without the fuss... start with a steam in our escape steam room followed by a gentleman's spa facial for skin cleansing and exfoliation and then enjoy a sports massage for pure relaxation and de-stress...	2 1/2 hours	\$175

body

escape's scrubs are designed to polish away dull, dry skin cells and draw out impurities...enjoy the cascading waterfall of warm rain in the vichy shower while our experts exfoliate your entire body with one of our luxurious scrubs...following the exfoliation is a moisturizing hydration to nourish, hydrate and reveal your skin's natural glow...a combination to induce relaxation of the nervous system and beautify the skin

choose from escape's luxurious scrubs...

lavender mint smoothing salt scrub:

dead sea salts gently exfoliate, heal and purify the skin while you relax under rainfall of the vichy shower...lavender oil used for its anti-inflammatory, anti-bacterial and soothing benefits works to heal and nourish dull, dry skin...peppermint essential oil stimulates circulation while cooling the skin...an application of lavender mint body lotion hydrates and calms the skin...a refreshing delight for the body and the senses

75 minutes \$120

honey sugar body polish:

smells as delicious as it sounds...this sugar body polish will give life to dull, dry skin as well as provide and seal in moisture...cocoa butter, shea butter and jojoba oil along with botanicals work together to provide suppleness to the skin and bring back your radiant glow...after your vichy shower polish, your skin will be further lavished with a blend of sweet almond oil and linoleic acid, an essential fatty acid that maintains normal cell growth in the skin and acts as a barrier to keep moisture from evaporating...combined with avocado extract with vitamins A, B, D, E and K for superior moisture and healing...a glow that lingers long after your treatment

75 minutes \$120

chardonnay sugar scrub:

your body will love being exfoliated with one of the most powerful antioxidants...the grape extract found in the french chardonnay grape...ground sugar and walnut shells smooth out rough skin while grape seed extract, shea butter and five pure oils soften and protect the skin...you will leave relaxed, hydrated and revitalized

75 minutes \$120

calming chamomile scrub: chamomile, known for its calming and soothing properties is delicately infused in our ultra refined salt scrub...feel your sensitive and irritated skin massaged away as warm water gently encompasses and relaxes you during the therapeutic vichy shower rainfall...be revitalized as soothing botanicals and lactic acid work to gently detoxify and restore...the rebalancing essence of chamomile and nourishing effects of healing botanicals are absorbed into your skin during the relaxing and hydrating emulsion application

75 minutes \$120

brown sugar body polish and cinnamon mud masque:

a sweet, gentle exfoliation treatment to promote healthy skin renewal and relaxation followed by the entire body being lavished with a stimulating mineral rich thermal mud and cinnamon blend...then be wrapped to release toxins and soak in the minerals...all while receiving a neck and head massage...after rinsing with the waterfall vichy, enjoy the finishing touch of moisturizing body cream

90 minutes \$160

75 minutes without wrap \$120

custom mud wrap:

relax as a mixture of thermal mud is painted onto your body...therapeutic and healing mud helps to reduce stress, detoxify the skin and provides relief from muscle tension and joint inflammation...also renews the skin's natural ability to rebuild and rehydrate...our specialized selection of wraps will address a variety of skin conditions...seaweed algae is perfect for detoxifying and balancing while wellness mud helps to calm and soothe stressed and irritated skin...marine mud is wonderful for toning the skin and reducing the appearance of cellulite as well as expelling toxins...this purification ritual treatment will leave you with the feeling of lightness and renewal...

75 minutes

seaweed algae wrap \$120

wellness wrap \$120

marine mud wrap \$120

body polish + paraffin body wrap: choose from one of our body scrubs for a wonderful glow and pair it with a paraffin body wrap...your skin will love the hydration from this luxurious cocoon and feel softer than ever

2 hours \$295

60 minutes paraffin only \$225

body by sonya dakar . . . essential oils blends and their benefits

verbena cypress	provides healing, rejuvenating, skin smoothing benefits to repair free radical damage, as well as lightening and brightening the skin...this blend of white freesia, verbena, meyer lemon, jasmine, ylang ylang and vanilla is consistent in each of the products in the verbena cypress line...best suited to address maturing, pigmented, dry or textured skin
verbena	cleansing, rejuvenating, smoothing
meyer lemon	refreshing, purifying, uplifting, anti-oxidant
jasmine	relaxing, calming, sensual
white freesia	uplifting, rejuvenating
ylang ylang	balancing, euphoric, sensual
cypress	stimulates cell growth, supports immune factors
cara cara	provides nourishing, replenishing and purifying benefits to leave the skin supple and soft...this blend of citrus ginger, grapefruit, blood orange, ginger and basil is found in each of the products in the cara cara line...best suited to address breakout prone, congested or dehydrated skin
citrus ginger	refreshing, purifying, hydrating
grapefruit	purifying, astringent, hydrating
blood orange/ cara cara	hydrating, anti-oxidant, purifying, smoothing
ginger	strengthening, warming, anchoring
basil	clarifying, refreshing, uplifting, energizing

body treatments . . . available in verberna cypress or cara cara

full body anti-aging fitness: healthy, beautiful skin from head to toe with this oxygenating and detoxifying full body treatment...a much needed facial for your entire body...nourishing, balancing, replenishing and purifying with the sonya dakar distinctive, healing body line...ten steps including three separate exfoliations for optimal results...mineral polish rich in sea salts, almond oil and omega 3 release their healing properties as they polish and refine skin's texture along with a pro peel containing lactic and salicylic acids...repairs, rejuvenates and enlivens skin...languish as two separate hydrations are massaged into your skin...the rich omega 3 hydrator and silky, nourishing body oil smoothes the skin and soothes the senses

75 minutes \$295

express body glow: experience our express version of our luxurious anti-aging full body treatment... in a dry treatment room using only the sonya dakar body line with omega 3 complex this exfoliation will nourish, balance, purify and replenish your skin's natural glow...this wash, mineral polish, body oil and omega 3 hydrator application will quickly restore your skin to peak, polished perfection

60 minutes \$100

detoxifying back treatment: reveal your back's youthful appearance with a pampering and therapeutic modern body treatment...this stress reducing treatment focuses on a very hard to reach area...incorporating a pro peel with lactic and salicylic acid this triple action exfoliant with walnuts, bamboo, flax seed and an omega 3 complex...enriching skin while promoting elasticity and firmness, brightening and purifying and invigorating your senses are the benefits of this back detox

45 minutes \$80



soak

citrus lavender hydrating soak: macadamia nut oil, vitamin E, sunflower oil, lavender and bergamot oil all work together in this gentle yet extremely nourishing and moisturizing soak...drink in the incredible aroma of this ultra calming and relaxing treatment...highly effective for reducing water loss, thereby the appearance of dehydrated skin and providing an excellent dose of anti-oxidants...a wonderfully beneficial soak

25 minutes \$35

therapeutic soak: detoxifying and healing...this therapeutic soak increases circulation, eases muscle aches and relieves stress...a combination of chamomile extract and mustard powder, along with rosemary and eucalyptus oil will leave you feeling purified and uplifted...this hydrotherapy treatment is wonderful for calming the skin, stimulating blood flow, relaxing muscle tension and reviving the senses

25 minutes \$35

antioxidant bubble soak: relax in a soothing blend of french chardonnay grape seed extract, aloe vera and botanical extracts...the powerful antioxidants in the grape seed protects against the skin damaging free radicals and rebalances and revitalizes energy

25 minutes \$35

escape soak: personalized quiet time with this customized aromatherapy blend that will indulge your senses... a silky designed mix of essential oils from relaxing and soothing to uplifting and therapeutic...come early to fill out a brief questionnaire

25 minutes \$45

escape offers a variety of scrubs as a perfect compliment to your soak

packages:

relax your body...recharge your spirit...renew your energy

chardonnay wine therapy package:

for the mind and body...

antioxidant bubble soak...pure luxury of a soothing soak starts off this signature treatment as you sip on a refreshing glass of chardonnay... the grape seed extract and aloe vera help soothe, balance and revitalize the skin as the bouquet of pomegranate and chardonnay both relaxes and uplifts...

antioxidant sugar scrub...ground sugar and walnut shells smooth out rough skin, while the grape seed extract, shea butter and five pure oils soften and protect ...this gentle exfoliation reveals a fresh radiance ...

antioxidant hydration...linger as your entire body is massaged with a buttery moisturizing cream to restore balance and energy flow...this ultimate in skin hydration will nourish, calm, tone and refresh the skin while providing antioxidants to go

90 minutes \$160

half day escape:	take a half day and devote it to your well-being and to self care...enjoy an escape facial + a body scrub or massage + a manicure and pedicure...and add a complimentary steam before or after this half day escape and gourmet lunch and you have created a perfect antidote for the stresses of modern life	approx 4 hours \$300 with blowout \$340
full day escape:	escape the day away...with an escape facial + a body scrub + a massage + a hydro soak + the escape or chardonnay manicure and pedicure + order a sumptuous lunch...customize this full spa day and take time to reduce stress and help your body to achieve a higher state of relaxation and balance...you will leave feeling renewed and reenergized	approx 7 hours \$450
escape for two:	friends, mothers and daughters, co-workers, couples, partners...spend some quality time together restoring balance and de-stressing while you steam in the escape steam room...then you both will enjoy a tandem massage...followed by an escape facial in separate treatment rooms...then join back together for an escape or chardonnay pedicure and a gourmet lunch	approx 4 hours \$255 each
ultimate escape:	begin your getaway by starting off with our four handed ultimate massage where two people transform your state of wellness; mind, body and spirit...then progress to your next oasis where you will be nurtured with our ultimate facial and back treatment...this includes a foot cleansing ritual, hot and cold stone therapy and a facial customized specifically for your skin's personal needs complete with a decadent collagen mask...meticulously designed to brighten, tighten, clear and hydrate...finish your day with a sumptuous lunch and our luxurious lavender mint pedicure	approx 5 hours \$535

facials

- escape: focusing on cleansing the skin...this facial addresses pores through steam, exfoliation and extraction... to remove impurities and fight bacteria, a purifying mask remineralizes and balances the skin to reveal a glowing complexion...as with all escape facials, enjoy a luxurious massage to reduce stress and induce relaxation and energy flow 50 minutes \$85
- teen clean: a purifying facial that will feel great and relaxing to any teen...a gentle total cleansing of pores, exfoliation, extraction and hydration combined with a soothing shoulder and neck massage...this treatment will restore balance leaving the skin fresh and glowing...allow our skilled aestheticians to teach your teen home care made easy and quick 50 minutes \$75
- custom: allow our highly skilled aestheticians to evaluate your personal prescription for the ultimate in facials...based on science, skinceuticals has developed effective skin care regimens with three fundamental principles...prevention, protection and correction...this customized facial uses pharmaceutical grade ingredients to prevent future damage, protect healthy skin and correct previous damage...whether you need hydration, collagen production, anti-aging or you need it all, this customized treatment will satisfy all of your skin's needs 60 minutes \$100
- irritation: sensitive skin need not be afraid of a soothing facial...designed for those with irritated or sensitive complexions...sonya dakar's specially formulated irritation line incorporates bergamot, chamomile and green tea extracts for their anti-inflammatory, healing and calming properties...natural plant lipids hydrate, while the seaweed gel with vitamin b5, c and e purify and protect...great for after any laser treatments, chemical peels or surgery 60 minutes \$110
- vitamin-c: this super charged delivery of vitamin-c, skin enhancing minerals and amino acids is absolutely anti-aging at its best...skinceuticals revolutionary, patented formula combines pure L-ascorbic acid with vitamin e and ferulic acid which effectively neutralizes free radicals, prevents the formation of thymine dimers (sun induced dna mutations associated with skin cancer) as well as stimulates collagen synthesis to help diminish the appearance of enviromental damage ...improved elasticity, collagen building and protection are the immediate benefits from this facial along with reduction of fine lines and wrinkles 60 minutes \$95

- sonya dakar fitness: your complexion will love this workout customized specifically for your skin's personal needs... meticulously designed to brighten, tighten, clear and hydrate...20 personalized steps including a unique interval massage kick your glowing complexion into high gear while repairing sun damage, reducing breakouts and minimizing fine lines and scarring...let your aesthetician coach you to powerful results
60 minutes \$125
- sonya dakar fitness with custom green tea peel: maximize the benefits of the fitness facial by adding a custom peel of pure green tea, wheatgrass extracts and lactic acid...gently refines, smoothes and brightens your complexion while improving elastin
60 minutes \$165
- ultraluxe age control: luxury and results with our ultraluxe age control facial from skin expert sonya dakar...superior results with new technology to gently reverse the signs of aging on the face, neck, décolleté and hands...a nourishing cleansing rich in antioxidant natural oils formulated with pomegranate, orange blossom, rosemary leaf and grapefruit...followed by a hydrating propeel and an interval massage technique specifically for anti-aging along with an age control complex of nine anti-aging ingredients and a hydrating mask all combine these luxurious, exclusive ingredients to reveal radiant, glowing, youthful and deeply hydrated skin...an intensive and thorough hand and foot anti-aging treatment accompany this facial to make it the ultimate in age control
75 minutes \$165
- ultimate facial: this ultimate facial begins with a ceremonial foot cleansing in a soothing chamomile milk bath...to indulge you even further enjoy a luxurious back treatment with an omega 3 complex exfoliant and hydrator to nourish, balance, purify and replenish your skin's natural glow...a tailored skin care journey to brighten, tighten, clear and hydrate your skin, a collagen mask for improved elasticity and a revitalizing hand and foot treatment to increase cell renewal all for superior results...included in this ultimate experience is hot and cold stone therapy for anti-aging lymphatic drainage and relaxation...a calming, deep breathing ritual completes this restorative journey
115 minutes \$250

facials continued

clarifying adult skin: a clarifying facial for adults with breakout troubles and sensitive skin...persistent acne is the target of this treatment using a powerful combination of organic acai, copaiba and andiroba extracts...these super strength anti-oxidants from the amazon and brazillian rainforests work to normalize sebum production, kill bacteria, regenerate cell growth, preserve collagen while hydrating and healing...calming blemish prone skin while eliminating clogged pores during this facial combined with a powerful daily at home routine to prevent future breakouts will result in a radiant, crystal clear complexion to be proud of

60 minutes \$115



extras

add any of these extras as an excellent compliment to any facial or body treatment

hand + foot
treatment:

a gommage of the hands and/or feet...using a gentle enzyme peeling treatment to expose healthier, newer skin to allow our serums and moisturizers to penetrate deeper...increases skin's metabolism by speeding up the exfoliation process...finish this hand and/or foot treatment with a vitamin c serum and mega moisturizers sealed in with heated hand mitts and/or foot booties.

hand \$25
foot \$25
hand + foot \$45

eye soother:

relieves tired and puffy eyes...this delicate eye treatment incorporates super-gentle enzymes combined with an eye-lifting massage to firm, hydrate and brighten the delicate eye area...all custom designed for your specific needs followed by a mask for relieving eye stress and strain and stimulating collagen production

\$25

lip therapy:

return your lips to their youthful appearance...a customized treatment combining an enzyme peel along with a hydrating lip mask and vitamin e antioxidant lip repair instantly stimulates collagen production, redefines the lip line and helps diminish vertical creasing while plumping lip volume

\$25

green tea peel:

sonya dakar's custom green tea peel maximizes the benefits of any facial...combining pure green tea and wheatgrass extract with lactic acid...this peel gently refines, smoothes and brightens your skin...the peel strength is customized to fit any skin's condition and is followed by a cooling blue mask with blue chamomile oil and marine extracts to balance and calm your complexion, as well as strengthen and improve elastin

\$70

bikini smoother:	to maintain a smooth, soft and even toned bikini area...this bikini smoother designed to reduce ingrown hairs, bumps and breakouts...by combining an exfoliation, peel, mask and repair complexes...a perfect treatment after or in between waxing	\$50
power facial:	thorough and intense deep cleansing...addresses large pores, clogged pores and acneic skin... using an electronic current to open and close pores with positive and negative polarity...a hydrating mask for extreme hydration is applied while pores are open and better able to receive nutrients...pores are minimized giving a fresh, new appearance. . . must accompany a facial	\$40
purifying back facial:	achieve radiant skin on your back and shoulders...cleansing, extractions, exfoliation and customized mask combined with a relaxing back, neck and shoulders massage... removes impurities and restores the skin	\$50
neck + décolleté treatment:	attention to an area we overlook and age rapidly...this treatment focuses on the delicate area with products designed to tighten, lighten, repair and restore...using active ingredients to lift and firm the skin as well as even out skin tone and reduce discoloration on the neck and décolleté, where women tend to age first... a highly effective relaxing experience with immediate, more youthful results	\$50

peels

glycolic gel peel:

this gel peel from skinceuticals is designed to minimize the appearance of fine lines and wrinkles...clinical grade glycolic and lactic acid work synergistically to exfoliate the skin, while reducing irritation and redness...accelerating cell renewal, stimulating collagen synthesis and improving elastin fibers... immediate youthful results...recommended in a series of six

30 minutes \$100 individually
\$500 series of six
with facial 60 minutes \$150
with facial \$750 series of six

salicylic gel peel:

this gel peel from skinceuticals is designed to improve the appearance of problematic skin...decongesting pores and reduce redness using a combination of salicylic and mandelic acid to remove layers of dead skin cells...aids in clearing acne, smoothes out texture and helps fade hyperpigmentation...a vibrant, radiant complexion will emerge with minimal down time...for maximum results, recommended in a series of six

30 minutes \$100 individually
\$500 series of six
with facial 60 minutes \$150
with facial \$750 series of six

pigment balancing peel/masque facial:

uneven skin tone like hyperpigmentation, freckles, blotchy patches and sun spots are targeted with this revolutionary treatment that works along the melanin synthesis pathways...this skin lightning, pigment balancing formula is a safe and effective alternative to the leading agent without the harmful side effects...an 11 step customized, professional only process will dramatically improve uneven skin tone and prevent hyperpigmentation for a brighter, more radiant appearance...recommended in a series of six to achieve significant pigmentation improvement

60 minutes \$150 individually
\$750 series of six

microdermabrasion:

an intense exfoliation to blast away layers of dead skin cells...erases years of sun damage and stress, reducing fine lines, pores and hyperpigmentation...a great treatment for problem skin, dull skin, and uneven skin tone...dramatic long term results will thrill you...recommended in a series of six

30 minutes \$125 individually
\$650 series of six

60 minutes \$165 w/calming
treatment
\$825 series of six

peel + microdermabrasion:

an exciting combination of chemical and physical exfoliations . . . pair these two for maximum results

45 minutes \$175
w/facial 75 minutes \$225

nailcare

classic manicure:	pampering of hands with a soak, grooming of nails and polish	\$30
french manicure:	classic manicure with a french polish	\$40
classic pedicure:	pampering of feet with a soak, grooming of nails and polish	\$50
french pedicure:	classic pedicure with a french polish	\$60
indonesian ginger manicure + pedicure:		

begin with the eastern wellness tradition of cleansing your feet...restore balance as you soak in a warm eucalyptus mineral bath...then enjoy a unique aromatherapy exfoliation with chakra balancing and stress reducing indonesian ginger scrub while the nourishing micro-algae smoothes rough skin...warm towels enhance the absorption of vitamins and minerals in the affirming masque...relish in the natural healing properties of our long, soothing, ultra hydrating massage to ease tired muscles, increase circulation and stimulate energy flow throughout the body...buffing, nail grooming and an expert polish are all a part of this sensory experience

manicure \$40
pedicure \$60
manicure + pedicure \$95

lavender mint manicure + pedicure:

breathe in the calming effects of lavender as your hands and feet are gently bathed in a cleansing milk bath...feel your dry and dehydrated skin polished away with a healing combination of dead sea salts, grape seed oil, wheat germ oil, lavender and peppermint... therapeutic massage eliminates tension while a nourishing hydration application of citrus lavender oil revitalizes the skin...follow with tailored nail grooming and precise polish for a restoring and relaxing nail treatment

manicure \$40

pedicure \$60

manicure + pedicure \$95

escape manicure + pedicure:

escape with our long, luxurious version of our classic manicure and pedicure...after a relaxing soak and gentle exfoliation enjoy pampering with an extra long massage followed by a paraffin wax treatment that will warm and soothe your entire self...the indulgence continues with nail grooming and an expert polish

manicure \$50

pedicure \$65

manicure + pedicure \$100

chardonnay manicure + pedicure wine therapy:

while sipping on a refreshing glass of chardonnay...hands and feet are bathed and soaked in a soothing chardonnay bubble bath...nails and cuticles are groomed and shaped followed by an invigorating chardonnay antioxidant sugar scrub to smooth and massage tired hands and feet... then the treatment continues with pure hydration from soothing moisturizing antioxidant body butter and topped off with the perfect polish...nirvana for hands and feet

manicure \$50

pedicure \$70

manicure + pedicure \$110



wax

women	starting at
brow.....	\$15
brow shaping.....	\$20
chin	\$12
lip.....	\$12
underarm	\$20
bikini.....	\$35
part brazilian.....	\$55
full brazilian	\$70
stomach	\$25
half arms.....	\$35
full arms	\$50
half legs	\$45
full legs.....	\$65

private fifteen minute consultations are available

tint

lash tint	\$30
brow tint	\$25
lash and brow tint	\$50
lash perm	\$60

men	starting at
back/neck/shoulders	\$65
chest.....	\$50
brows/cheekbone	\$20
full arms	\$60
full legs	\$80
feet	\$25
hands	\$25
spot.....	\$20

salon

women	starting at
cut and style	\$65
style	\$40
one step color	\$70
partial highlight	\$90
full highlight	\$125
updo	\$65
bridal updo	\$100
wave	\$100
conditioning treatment	\$40
event makeup.....	\$75
bridal makeup	\$100

men	starting at
cut and style	\$40
one step color	\$70
partial highlight	\$90
full highlight	\$120
gray blending	\$55
conditioning treatment	\$35



things to know

appointments begin promptly as scheduled...should you arrive late, your appointment will be shortened to allow the spa specialist to be on time for his/her next appointment

please notify your reservation agent at the time of booking if you have high blood pressure, allergies, or are pregnant, so we can assist in creating a spa package to match your needs

please notify your reservation agent at the time of booking if you have a gender preference

children under the age of 18 are invited to escape with an appointment only...please check with guest services to inquire about available appointments for guests under 18...a parent must accompany any guest under the age of 18 receiving a treatment

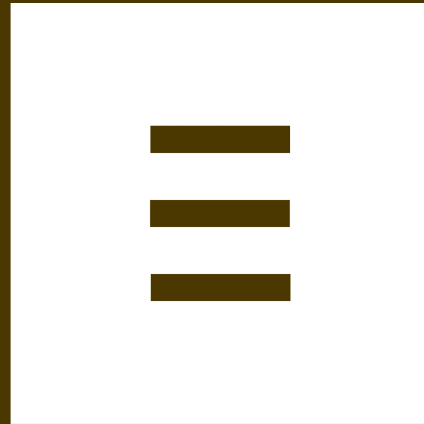
we accept all 24 hours in advance cancellations and 48 hours in advance for half and full day spa packages...otherwise a 50% fee will be charged... a no show will result in a 100% charge

a credit card is required to hold all appointments

services and prices are subject to change

please be responsible for your valuables

at escape we strive to meet the needs of every guest...if that was not your experience please contact our spa director and help us improve our services and your enjoyment of our facility...we welcome your suggestions



escape

at

[SPACES]

615 352 3545

www.escapespaces.com

.....