

### Relaxation & Results

Many of us have experienced either a 'smells good, feels nice' treatment at a resort spa that was not effective AND/OR a clinical, unpleasant experience under the fluorescent lights of a noisy clinic or office. Neither one is a satisfying or memorable experience.

We believe that receiving skin care, massage/bodywork, and body treatments should be an extremely relaxing, pampering, revitalizing experience AND should also yield immediate and lasting results. All treatments offered at Skin Haven accomplish both relaxation AND results, and we pride ourselves on this fact. This is what sets Skin Haven apart from skin care clinics and day spas! True Relaxation, Real Results.

### A Tranquil Environment

Skin Haven is your commercial spa alternative.

What makes Skin Haven™ unique is that our spa studio is a private urban retreat and is a very serene and restful environment. We only have four treatment rooms which means there's never a crowd. We do not have a noisy locker room and do not have a jacuzzi. The reason is that those types of public facilities are not hygienic or sanitary, so we chose not to include those at our studio; however we do have a beautiful restroom and private shower. Before and after your appointments, you can relax in our beautiful Zen Lounge, sip organic herbal tea, enjoy seasonal snacks and treats, listen to our unique music selections, and catch up on your favorite magazines... or even take a nap in a lounge chair. Come in and see what makes us different from every other "day spa" you've ever been to.

### Skin Maintenance

Skin care and bodywork are important to your well-being both physically and emotionally. Skin is the largest organ of the body and needs regular professional treatments and attention. Your muscles get overworked and require rebalancing bodywork for restoration. Think of it as maintenance, just as you do for your body, hair, or nails.

Skin Haven facials and massages are balancing, restorative and relaxing and we recommend receiving treatments every 2-4 weeks.

### Body Maintenance

Body work is important to your well-being both physically and emotionally. People tend to carry stress in their bodies and it can cause minor or major health problems. Your muscles get overworked and require rebalancing bodywork for restoration. All of our massages and bodywork sessions are customized for each client's unique needs and help you achieve optimal health. Think of massage and bodywork as prevention and maintenance for your life.

Skin Haven massages and bodywork are balancing, healing, and relaxing. We recommend receiving treatments every 1-4 weeks, based on the recommendation of your Skin Haven bodyworker or massage therapist.



### **Individual Attention**

We keep detailed records of our client's skin and body conditions, treatments received, and product usage so that we can keep track of results and maintain a one-on-one relationship with each person. That individual attention is something our clients really appreciate, and is one of the things that sets Skin Haven apart from commercial spas or skin care clinics.

### **Customization**

Please let our therapists know of any special requests for massage and bodywork sessions. Your experience will be maximized if you communicate your needs to them so they can ensure your happiness.

Customizing all skin care treatments and take-home products means that we can target specific conditions and recurring issues your skin experiences. Everyone's skin is different and has vastly differing needs.

You will see the best results if you follow a daily at-home regimen to boost the effects of regular professional treatments. We are happy to help you plan a program to best suit your needs and lifestyle.

### **Professionalism**

All Skin Haven therapists consistently attend seminars and receive education on the skin care, bodywork, and spa industries so that we may offer our clients information on the latest trends and techniques. You will discover that each therapist at Skin Haven has the highest integrity and ethical standards, and is skilled in her specific areas of expertise. We love what we do and it shows in our treatments.

## Facial Treatments | Overview

All Skin Haven facials are customized to address each client's unique needs. Based on your skin type and skin care goals, we will choose which products and techniques to use in order to bring your skin to a state of cleanliness, balance and proper hydration.

### What's Included

Every Full-Session Facial lasts about 75 minutes and includes:

- A skin analysis and consultation to discuss your concerns, skin care goals, current home care regimen, product questions and special requests
- Customized organic essential oil aromatherapy throughout the facial
- Steam with ozone therapy (when appropriate for your skin type)
- A custom chosen cleanse for your skin type
- Deep cleanse with Clarisonic Facial Brush
- Two unique exfoliations (manual, enzymes &/or fruit acids)
- Deep pore cleansing (formerly known as extractions)
- A customized mask application
- Hydration/sun protection
- Eye area treatment
- Lip treatment
- Massage of shoulders, neck, & upper back
- Hand and arm massage (for women) or scalp massage (for men)

All Skin Haven Full-Session Facial Treatments are 75 minutes for \$135 unless otherwise indicated.

Facial treatments from Skin Haven founder Sharon Ronen are \$165 for 75 minutes (unless otherwise indicated) and peels are \$200.

### Add-On Services

Enjoy any of these services for only \$25 each with any facial treatment.

#### • Eye Mask & Lip Rescue Treatment

Enjoy both a cooling eye treatment to smooth and de-puff the eye area AND a gentle buffing treatment for lips. This combination add-on is the perfect compliment to any Skin Haven facial.

#### • Herbology Hand & Arm Retexturizing Treatment

Herbology smoothes, refines and hydrates and then anti-oxidant lotion is applied to leave your upper chest smooth, nourished, and hydrated.

#### • Aromatherapy Scalp Massage

Restores a sense of relaxation utilizing a special blend of aromatherapy oils. Helps relieve any stress you are holding onto. Loosens tension in the scalp and promotes a feeling of deep tranquility. (Can also be performed without oils on request.)

#### • "V" Area Chest Treatment

Herbology smoothes, refines and hydrates and then a customized mask is applied to leave your upper chest moisturized and retexturized.

#### • Bronzing

The only safe way to tan, using our Serious Self Tanner to create a natural, bronzed look without ultraviolet rays! Our unique application will give you a non-orange sun-kissed look within hours, and we can show you how to maintain your 'tan' at home.



### Skin Haven Signature Facial

The Skin Haven Signature Facial is a completely customized, personalized, one-on-one treatment. After a thorough consultation, we will choose from an array of products and extracts to address your skin's unique needs and achieve your skin care goals.

\$135 • 75 minutes / \$165 with Skin Haven founder Sharōn

### Clean For Teens Facial

This customized treatment is geared towards cleaning and clearing troubled teen-aged skin types. Hormones, stress, and dirt can create challenges and blemishes, so we will help you get it under control, as well as help you put together a simple home care regimen to keep things clear and calm.

\$99 • 60 minutes

### Epicuren Enzyme Facial

Our Enzyme Treatment incorporates a unique three-layer Epicuren mask designed to energize your skin with a patented rejuvenating enzyme process, creating a dramatically more youthful appearance-- a process that patients compare to a "mini-facelift." This is no ordinary facial; you will experience an extremely unique treatment designed to promote total skin health. It dramatically improves your skin's firmness, elasticity, texture, color and overall appearance. The result is a glowing, firmer and more lifted appearance. You will immediately feel the benefits and see the amazing effects of this one-of-a-kind treatment.

\$160 • 75 minutes / \$175 with Skin Haven founder Sharōn

### Bronzing Facial

The safe way to achieve an even, natural looking tanned complexion, using a special technique that mimics the look you get when the sun tans your face.

\$70 • 30 minutes OR incorporated into any facial

### Acne Clearing Treatment

This treatment is ideal for clogged, congested, breakout-prone skin. Power-packed with highly-effective acne-fighting ingredients, Bioelements Acne Clearing System treats the trigger factors - not just the symptoms - of acne. The medicated products work together-- via professional treatments and your easy home regimen--to clear up existing acne blemishes, prevent future breakouts and heal the visible signs of past acne flare-ups. This treatment is very effective yet gentle enough not to leave you red or irritated. Note \*\*\* An initial series of six weekly treatments is recommended for best results and then bi-monthly or monthly facials are encouraged for maintenance, as well as a proper daily home regimen.

\$135 • 75 minutes / \$165 with Skin Haven founder Sharōn

### Organic Facial

A 100% natural facial using the Eminence Organics line which contains only fruits, vegetables, quality herbs, spices, and flower buds. This facial utilizes organic products that are active, results-oriented, and balanced for your skin's nutrition, and is customized to correct and balance any skin type from oily/acneic, combination, sensitive, dry/aging, to pre or post menopausal. The treatment ends with a sun protector for your skin type. It's a delicious treatment you simply must experience for yourself.

\$160 • 75 minutes / \$175 with Skin Haven founder Sharōn

### Organic Cocoluscious Facial

This facial features the new Cocoluscious family of Organic products from Eminence. Treat your senses and your skin to a tropical oasis of fresh hydration and pampering. Infuse your skin with ultra healing coconut, vitamin-rich mango and refining pineapple enzymes to address dryness, sun damage, pigmentation and return a youthful just-been-on-vacation glow!

\$160 • 75 minutes / \$175 with Skin Haven founder Sharōn

### Organic DiVine Facial

This facial uses a new collection of DiVine products from Eminence Organics which are steeped with Hungary's famous Tokay Ice Wine Grapes. Ripe with polyphenols, these grapes fortify, tone, and restore dynamism to the skin, while the decadent champagne grape helps fight free radicals and provides the appearance of younger, healthier skin. Orange essential oil increases circulation and cell hydration while it detoxifies and regenerates, and Quince purifies and soothes irritated skin. When paired together, these luxurious ingredients are sure to lift your spirits and help you face the holidays with an amazing healthy glow. It's like happy hour for your skin!

\$160 • 75 minutes / \$175 with Skin Haven founder Sharōn

### Saving Face Peel

(for scarring/pockmarks, acne, sun spots)

This is a powerful Peel treatment utilizing a blend of 3 fruit acids: Azelaic, Lactic, and Salicylic. This treatment is ideal for skins with residual scarring, textural issues, hyperpigmentation/sun spots, or acne problems needing renewal. This is a professional strength peel comparable to a Jessner Peel which reveals pristine layers of skin to the surface. Your skin will look clearer, younger and smoother without irritation. Some clients experience light peeling a few days after treatment.

Note: Client must first be on a home regimen including Quick Refiner for at least two weeks prior to receiving a Saving Face Peel. For maximum results this treatment is recommended in an initial series of six treatments. Ask about our series package prices.

\$160 • 75 minutes / \$200 with Skin Haven founder Sharōn

### Express Facial

A quick treatment designed to cleanse and soften your skin when you don't have time for a full session facial. You will enjoy a cleanse, gentle exfoliation, and acupressure application of the appropriate sun protector/moisturizer and still have time to grab a bite before heading back into your busy day.

NOT AVAILABLE FOR 1st TIME CLIENTS

\$99 • 50 minutes

### Skin Haven Enzyme & Seaweed Facial

This delicious facial includes the use of our own Skin Haven Papaya & Pumpkin Enzymes to gently dissolve and remove dead, dry skin. The enzyme treatment is followed by an amazing seaweed mask which exfoliates, detoxifies, and evens out your skin tone. Your esthetician will choose the appropriate cleanser, mask, and moisturizer for you and customize the rest of the treatment to address your unique skin care concerns and needs. Emerge glowing and refreshed!

\$135 • 75 minutes / \$165 with Skin Haven founder Sharōn

### Manual Microdermabrasion Treatment

Designed for clients who want the skin-smoothing and rejuvenating effects of professional microdermabrasion but want to avoid harsh machine treatments and irritation from machine crystals, this treatment is truly the next step in gentle yet effective microdermabrasion. Ultra-fine pumice crystals peel-away dull, dreary cells, abrade uneven skin and visibly reduce the appearance of pores. Youthful texture is restored and a healthy glow returns as skin takes on a polished, poreless look. Plus, you get the added benefits of nourishing plant extracts and essential oils to soothe, smooth and comfort your complexion. The cumulative effects of manual microdermabrasion treatments are just as effective as machine treatments, especially when the proper mix of at-home products are used in conjunction with professional treatments.

Note: This treatment is recommended in an initial series of six treatments.

\$160 • 75 minutes / \$200 with Skin Haven founder Sharōn



### Genesis Acid-Free Retinol Peel

A powerful yet gentle non-acid peel that uses peptides, retinol, and vitamin C to achieve impressive results without aggressive measures. This peel is great for all skin types including sensitive, rosacea, acne & dry. This treatment will reduce fine lines and wrinkles, brighten your overall skin tone, and retexturize your skin to reveal fresh, pristine skin from beneath the surface. A treatment series will improve your overall tone and texture, smooth the surface of your skin, and remove dry, damaged, aging skin. You may experience flaking on the second or third day after this treatment. No Downtime Needed!

**Note:** Client must first be on a home regimen that includes regular exfoliation for at least two weeks prior to receiving a Genesis Peel. For maximum results this treatment is recommended in an initial series of six treatments.

\$160 • 75 minutes / \$200 with Skin Haven founder Sharōn

### End Of The Line Anti-Aging Peel

This peel delivers alpha and beta hydroxyl lactic acids to reduce the appearance of fine lines and wrinkles associated with aging and environmental damage. This treatment series will improve color, tone, and texture, reduce discoloration and pigmentation, remove dry, aged, damaged skin to improve texture by softening and smoothing, and will deep clean your pores and skin surface. Some clients experience light flaking a few days after treatment. No Downtime Needed!

**Note:** Client must first be on a home regimen including Quick Refiner for at least two weeks prior to receiving a Saving Face Peel. For maximum results this treatment is recommended in an initial series of six treatments. Ask about our series package prices.

\$160 • 75 minutes / \$200 with Skin Haven founder Sharōn

### Stop & Smell the Roses Facial

An incredibly regenerating and nourishing treatment, which increases your hydration, skin tone and vitality, stimulates micro-circulation for better radiance, and tightens the pores. We use 100% certified organic products for this treatment, with pure ingredients like Sweet Red Rose petals, honey, glycerin, and beetroot extract to nourish sensitive, dehydrated, mature skin or to balance normal to dry skin types.

\$160 • 75 minutes / \$175 with Skin Haven founder Sharōn

### Gentleman's Facial

This treatment was developed to address the unique needs of male skin. Men's skin can be irritated due to shaving, dry and in need of proper moisturizing, red due to lack of sun protection, and acne-prone due to a lack of balance in the oil to water ratio of the skin. Your Gentleman's facial will also include a relaxing scalp massage in lieu of a hand & arm massage. This treatment will help make your skin look and feel its best.

\$135 • 75 minutes / \$165 with Skin Haven founder Sharōn



### Skin Haven Signature Massage

A blend of Swedish & Esalen massage techniques will be integrated in order to melt away stress and tension and help your body achieve balance and optimum health.

\$135 • 75 minutes / \$210 • 2 hours

### Deep Tissue/Sports Massage

This is a wonderful massage for those with very active lifestyles or for athletes. You will feel like a new person.

\$160 • 75 minutes / \$240 • 2 hours

### Hot Stone Massage

Warm Stones and relaxing massage strokes work together to remove stress and tension from your body. The direct heat relaxes muscles, allowing restoration of your body's balance.

\$160 • 75 minutes / \$220 • 2 hours

### Back, Neck & Shoulder Massage

Many people are in front of a computer all day and your back, neck, and shoulders hold all of that tension. This treatment concentrates on soothing the muscles in those tense areas. Recharge your batteries by relieving stress in the upper body and restore your sense of balance.

\$135 • 75 minutes / \$210 • 2 hours

### Reflexology

Reflexology is an age-old technique using firm pressure to stimulate specific acupressure points. The feet, hands and ears are microcosms of the body and by stimulating these points your entire body is affected in a positive way.

\$80 • 30 minutes

### Pre- or Post-natal Massage

This soothing massage focuses on reducing tension in the areas affected by pregnancy (and that probably means your whole body!). This rejuvenating experience will reduce swelling, back pain and leg cramps by increasing your circulation to gently guide your body into deep relaxation.

\$160 • 75 minutes / \$240 • 2 hours

### Organic Body Souffle Treatment

(choose Cucumber & Mint, Sugar Plum, Pear & Green Apple, or Blueberry Soy)

This delicious treatment begins with a light dry brushing which gently exfoliates your skin and stimulates your circulation. Then you will melt into a soothing massage with our 100% certified organic, naturally healing massage souffle to deeply moisturize and reveal healthy, glowing skin.

\$160 • 75 minutes

### Massage/Reflexology

75-minutes of bliss, which includes 45 minutes of customized massage PLUS 30 minutes of Reflexology. An amazing way to relax and get your body and spirit in balance.

\$160 • 75 minutes

### Ayurvedic (Abhyanga) Treatment

**The vata treatment:** calming, and restorative.

**The pitta treatment:** deeply soothing, especially for mental stress.

**The kapha treatment:** toning and reducing, supportive to weight loss process, reduces fat & cellulite.

\$140 • 60 minutes



### Couples Massage

Share a blissful Signature massage with a friend or loved one in the same treatment room. You will each enjoy a wonderful massage experience and both emerge tranquil, relaxed, and completely renewed.

Please note: You may also enjoy any of our other massages such as Deep Tissue or Hot Stone for your tandem session, and each client may choose their own type of massage to enjoy. Pricing varies based on the type of massage requested. Couples price listed below is for a Signature massage session for two people.

\$270 • 75 minutes / \$420 • 120 minutes

### Express Massage

This treatment is for those short on time but in need of stress relief. Treat yourself and then return to your busy life feeling refreshed. Take care of yourself and your body will thank you.

\$99 • 50 minutes

### Outcall (in-home) massage

Enjoy a relaxing, therapeutic massage in the privacy and comfort of your own home or on-set. Our therapist will bring everything needed to create a comfortable and zen experience for you. All you need to do is make the call to set up your appointment and leave the rest to us. We can also do couples/tandem massages as an outcall service.

Available for one-time or regular recurring appointment sessions. Price is for Signature massage; please let us know if you would like another type of massage for your outcall and we can accommodate your request. Available for one-time or regular recurring appointment sessions. A 20% gratuity will automatically be charged with any outcall services.

\$175 • 75 minutes / \$300 • 2 hours

### Massage & Bodywork Add-On Services

#### • Deluxe Foot Treatment

Enjoy a smoothing exfoliation with a delicious scrub and then a therapeutic/acupressure massage of your lower legs and feet. Once you are smooth and hydrated, your therapist will wrap your feet in cozy spa socks so the moisture can be absorbed. This is a wonderful treatment for tired or rough feet and can be incorporated into any type of massage.

\$30 • incorporated into your massage session

#### • Aromatherapy Scalp Treatment

Restores a sense of relaxation utilizing a special blend of aromatherapy oils. Helps relieve any stress you are holding onto. Loosens tension in the scalp and promotes a feeling of deep tranquility. (Can also be performed without oils on request.)

\$25 • incorporated into your massage session

### Back Smoothing Treatment

Our backs are often ignored and will delight in being smoothed and pampered. This treatment is like a facial for your back which is essential maintenance for clear and healthy skin. Your back smoothing treatment includes deep cleansing, exfoliation under steam, a detoxifying customized mask, and an invigorating massage application of the appropriate sun protector/moisturizer. Emerge from this treatment feeling cleaner, smoother, and completely relaxed.

\$125 • 60 minutes

### Herbology Body Polish Treatment

This unique treatment smoothes, exfoliates and hydrates your skin using Chinese herbs to feed your body with nutrients. Enjoy a light aromatherapy oil application and then Herbology, "The Retexturizer", is sprinkled on for a gentle manual exfoliation of your entire body. Then, Extremely Emollient Body Cream is applied and massaged over the Herbology to dissolve the blend of herbs and deliver it into your system for an excellent detoxification, leaving no grittiness or residue behind. Finally, a soothing massage is given from head to toe and you will be spritzed with Monsoon Natural Body Freshener. You will experience a newfound clarity and truly be as smooth as the day you were born.

\$160 • 75 minutes

### Organic Blueberry Soy Slimming Body Wrap

Firm and sculpt yourself with this nutritious treatment for skin and body. This delicious treatment begins with an invigorating dry brushing which gently exfoliates your skin and stimulates your circulation. Then this amazing organic wrap improves elasticity in the skin, reinforces collagen fibers for firmness, rejuvenates and revitalizes the skin, increases circulation, heals irritations, improves skin texture, and infuses the skin with moisture. You will rinse off using Blueberry Soy Body Wash, and your session will be completed with a relaxing application of Blueberry Soy Massage Souffle. Emerge feeling rejuvenated and refreshed.

\$160 • 75 minutes

### Black Baltic Mud Body Wrap

Experience a detoxifying, hydrating, balancing treatment like no other. First your entire body will be dry brushed for exfoliation. Then the Black Baltic Body Mud will be applied and you will be wrapped in multiple layers to encourage the removal of toxins and impurities from your skin and body. While the mud enhances cellular function and imparts firmness and uniformity to your skin, you will enjoy a wonderful Acupressure face and scalp massage. The mud is then removed and you will enjoy a massage application of hydrating antioxidant body lotion and emerge refreshed and free of environmental pollutants or stress of any kind.

\$160 • 75 minutes

### Aromatherapy Body Wrap

This wonderful treatment calms and balances your entire system while softening and hydrating your skin. This is a very sedating treatment utilizing a custom blended synergy of essential oils tailored to your unique needs. Experience bliss in your warm blankets while enjoying a scalp massage and emerge refreshed and completely relaxed.

\$160 • 75 minutes

### Organic Body Souffle Treatment

(choose Cucumber & Mint, Pear & Green Apple, or Blueberry Soy)

This delicious treatment begins with a light dry brushing which gently exfoliates your skin and stimulates your circulation. Then you will melt into a soothing massage with our 100% certified organic, naturally healing massage souffle to deeply moisturize and reveal healthy, glowing skin.

\$160 • 75 minutes



### **Organic Cocoluscious Body Wrap Treatment**

Featuring the new Cocoluscious family of Organic products from Eminence, this treatment features irresistible scents of delicious mango, sweet pineapple and luscious coconut to help melt stress away and nourish your skin from head to toe. Coconut Sugar Scrub contains rich coconut milk and virgin oils to gently exfoliate and hydrate while nourishing Mango Enzyme Body Wrap helps repair and protect skin and is full of powerful enzymes to help exfoliate and lighten pigmentation. You'll finish this delicious treatment with a relaxing massage using your choice of Pineapple/Papaya lotion or Kukui Coconut Lotion. Perfect for the summer season, these delicious mixtures of tropical fruits will leave your skin feeling refreshed, hydrated and looking absolutely radiant!

\$160 • 75 minutes

### **Organic Mimosa Champagne Body Wrap**

This delicious treatment polishes and hydrates your skin from head to toes, using a new collection of DiVine products from Eminence Organics. First you will enjoy a gentle but thorough full body exfoliation using the Mimosa Champagne Sugar Scrub, and then you'll be wrapped in warm occlusion blankets to melt the sugar granules so the Tokay Grapes can tone your skin, the Orange Essential Oil can increase healthy circulation, and the Green Tea can firm and heal your skin. You'll then enjoy a warm shower, and the treatment is completed with a lovely massage application of our Mimosa Body Lotion. Emerge smooth, radiant, detoxified, and rejuvenated. It's truly a happy hour for your whole body!

\$160 • 75 minutes

### **Organic Chocolate Truffle Body Wrap**

This delicious treatment begins with a full-body exfoliation that smoothes away dead skin and dryness. Then an anti-oxidant rich chocolate truffle body wrap envelops you in hydration while you enjoy a scalp massage and foot reflexology, and the treatment is topped off with a delicious massage using our light vanilla moisturizer.

\$160 • 75 minutes

### **Organic Pumpkin Cream Body Wrap**

This hydrating, nutrient-rich treatment begins with a lovely full-body exfoliation to remove dead, dry skin and to get your circulation stimulated. Then this delicious organic wrap moisturizes and nourishes your skin and infuses it with antioxidants. You will also experience an increase in elasticity and a revitalized skin texture. Finish your wrap with a relaxing massage of Herbal Spice body lotion.

\$160 • 75 minutes

**Pick-Me-Up**

- Signature Facial
- Massage/Reflexology

\$ 275.00

**Escape**

- Signature Facial with Aromatherapy Scalp Massage
- Signature Massage with Deluxe Foot Treatment
- 30 minute Reflexology

\$ 375.00

**Renew**

- Epicuren Enzyme Facial with V-Area Chest Treatment
- Hot Stone Massage
- Your choice: Blueberry Soy Slimming Body Wrap or Herbology Body Polish

\$ 470.00

**Indulge**

- Organic Facial with Aromatherapy Scalp Massage
- Deep Tissue Massage with Deluxe Foot Treatment
- Organic Body Souffle Treatment

\$ 495.00

**Man About Town**

- Gentleman's Facial with Scalp Massage
- Back Smoothing Treatment
- Signature Massage

\$ 390.00

**Namaste**

- Ayurvedic Abhyanga Treatment
- Deep Tissue Massage
- Organic Facial with Eye Mask & Lip Rescue Treatment

\$ 450.00

**Ultimate Urban Getaway**

- Organic Facial with Aromatherapy Scalp Massage
- Two hour Signature Massage & Deluxe Foot Treatment
- Your choice of body treatment
- 30 minute Reflexology Session

\$ 645.00

**I'm The Bride**

- Epicuren Enzyme Facial or Organic Facial with Eyebrow Clean-up
- Signature Massage
- Herbology Body Polish

\$ 445.00

**Mommy Deserves It**

- Organic Facial with Aromatherapy Scalp Massage
- Pre- or Post-Natal Massage
- Deluxe Foot Treatment

\$ 345.00

**Ready for Your Close-Up**

- Epicuren Enzyme Facial with V-Area Chest Treatment and Eyebrow Clean-up
- Deep Tissue Massage with Deluxe Foot Treatment
- Your choice between Blueberry Soy Slimming Body Wrap OR Herbology Body Polish

\$ 515.00

**It Takes Two (Couples Package)**

2 each of...

- Signature Facial with Aromatherapy Scalp Massage
- Signature Massage with Deluxe Foot Treatment
- Body Treatment of your choice

\$ 890.00

- Treatment Packages can be tailored to your needs and requests!
- A 15% gratuity will be added to the cost of all Treatment Packages.



### Facial Hair Removal

The wax that we use for facial hair removal is specially formulated for the delicate skin of the face. This wax contains aloe vera, azulene and tea tree oil and is gentle and non-irritating. You will always receive a pre-wax solution to prepare the skin as well as enjoy a soothing application of post-wax healing solution afterwards.

#### Eyebrow Clean-up

We wax all stray hairs to give you a nice clean line

15 minutes OR added to any facial	\$ 25.00
30 minutes: with tweezers only	\$ 30.00

#### Eyebrow Shaping

When you need to create a beautiful brow shape for your face

15 minutes	\$ 45.00
30 minutes: with tweezers only	\$ 60.00

<b>Chin</b>	15 minutes OR added to any facial	\$ 20.00
<b>Upper Lip</b>	15 minutes OR added to any facial	\$ 20.00
<b>Cheeks</b>	15 minutes OR added to any facial	\$ 20.00
<b>Forehead</b>	15 minutes OR added to any facial	\$ 20.00

### Body Hair Removal

The wax that we use for body hair removal is formulated for the coarser hair on your body, but is still gentle and non-irritating. You will always receive a pre-wax solution to prepare the skin as well as enjoy a soothing application of post-wax healing solution afterwards.

<b>Underarms</b>	15 minutes	\$ 25.00
<b>Half Arm</b>	15 minutes	\$ 30.00
<b>Full Arm</b>	30 minutes	\$ 50.00
<b>Half Leg</b>	30 minutes	\$ 40.00
<b>Full Leg</b>	60 minutes	\$ 70.00
<b>Basic Bikini</b>	15-20 minutes	\$ 40.00
<b>Full Leg and Bikini Wax</b>	75 minutes	\$ 90.00
<b>Specialty Bikini Wax</b>	30 minutes	\$ 50.00 +
<b>Brazilian Bikini Wax</b>	45 minutes	\$ 65.00 +
<b>Stomach Wax</b>	15-30 minutes	\$ 45.00

### Men's Hair Removal

<b>Half Back</b>	30 minutes	\$ 35.00
<b>Full Back</b>	30 minutes	\$ 75.00 +
<b>Chest</b>	45 minutes	\$ 60.00 +
<b>Stomach</b>	15-30 minutes	\$ 45.00





## Holistic Health & Nutrition | Overview

### Would you like to:

- Detoxify Your Body
- Reduce/Eliminate Sugar Cravings
- Increase Energy Levels
- Boost Your Immune System
- Reduce High Blood Pressure
- Lose Weight
- Identify Food Allergies
- Improve Your Skin
- Reduce Stress
- Find Added Clarity
- Manage Your Hormones
- Decrease Your Anxiety
- Look and Feel Younger
- Rediscover Your Radiance
- Access Your Creative Self
- Express Your Authentic Self
- Target Personal and Professional Dreams
- Impact Our World with Your Food Choices
- Say You're Beautiful and Mean It

Skin Haven is proud to offer holistic health and lifestyle counseling services from Melissa Rosen which are designed to radically transform your levels of health and happiness. Through a personalized program, we will explore concerns specific to your body and discover the tools you require for a lifetime in balance. With a combination of nutrition coaching, goal setting exercises, action tasks, creative writing work, recipe ideas, books, samples, educational handouts, newsletters, session notes, e-mail support, and stress reduction techniques, you will receive all the support necessary to make gradual, prioritized steps to achieve your unique emotional, physical, spiritual, social and health goals.

## Services

### Individual 50 minute health and nutrition counseling session - \$175

Includes:

- Goal Setting Exercise
- Follow Up e-mail with session notes
- Educational Handouts and Resource Sheets
- Grocery Store Tour - \$225
- Family/Couples counseling session - \$225

### Rate for INDIVIDUAL Basic Six Month Health and Nutrition Counseling Program

at Skin Haven (with all support materials included) - \$450 per month

for six month program - \$2700

Twelve 50 minute sessions (2 per month)

- Detailed recommendations each session
- In-depth analysis of your life and health goals
- Discussion of your personal concerns
- Action planning and goal setting
- Stress management & relaxation
- Comprehensive referral network
- Email newsletter
- Email support between sessions
- Free books, DVDs and CDs
- Teleclasses
- Food and snack samples
- Self care items

## Advanced Packages

Bride to Be, Mother of the Bride, New Mom, Preparing to be Pregnant, Gentle Detox, Go Raw, Divorced Diva, Healthy Couple, Healthy Kids, Healthy Artist (Oxymoron No More), and the Balanced Man programs have varying rates due to their added tailored services and benefits.

## Workshops

A nutrition expert will be leading a 6 month group class program at Skin Haven. It will include:

- Twelve 90-minute sessions (2 per month)
- Detailed recommendations during each session
- In-depth analysis of your life and health goals
- Discussion of your personal concerns in a group setting and via partner shares
- Action planning and goal setting
- Stress management & relaxation
- Comprehensive referral network
- Email newsletter
- Email support between sessions
- Free books, DVD's, and CD's
- Teleclasses
- Food and snack samples
- Self care items

This incredible group class will be just \$190 per month. Space is limited to keep the group size down so call now to reserve your space! 323.658.skin



### **Psychotherapy Services**

We are proud to introduce our clients to a talented psychotherapist. Bret Hofstein, M.A., MFT received his Master's Degree from Antioch University and worked at the Maple Counseling Center in Beverly Hills. He is an experienced and empathetic therapist who works with adults, couples, families, and children between the ages of 5-10. He also has a speciality in Infant Mental Health, helping people deal with the stresses of being a new parent. His philosophy is one of raising unconscious material toward a conscious understanding. Mr. Hofstein truly enjoys assisting his clients to live happier, healthier, more productive lives.



## Life Coaching | Overview

Want to take your life to the next level?

Life Coaching can assist you to discover your heart's desire, eliminate limiting habits and self-doubt, and create a realistic action plan for success. Through awareness, intention, action, & accountability, you move towards what you want, and away from what has been holding you back. Feel encouraged and motivated to achieve the goals that are most relevant in your life.

Margalit Ward is an ICF Certified Empowerment Coach. She has four years of formal training in Counseling Psychology from the University of Santa Monica, and has completed six years of study in Spiritual Science Doctoral program at Peace Theological Seminary. Margalit is founder of Creative Coaching and co-founder of Get Up Girl Coaching that specializes in women's coaching groups, workshops, and retreats. She is passionate about supporting others in developing success in their professional and personal lives. Margalit works with her clients in clarifying their ideal vision, removing obstacles, and developing a solid action plan.

## Services

- Sessions are 1 hour, and can be done at the Spa OR over the phone.
- Call to book your appointment. 323.658.SKIN
- Session rate: 1 hour | \$150
- Packages: 6 sessions | \$750
- FREE 20 minute introductory consultation available.

## Spa Memberships

All Spa Memberships are valid for one year from purchase.

### Treatment Series

We offer a reduced series rate for six 75 or 120 minute treatments on our menu. Purchase 5 of any treatment and the 6th is free!

The cost of the series will vary depending on which treatment you purchase a series of. Example: A Signature Facial series would be \$675 (\$135x5) or \$825 (\$165x5) with our founder SharOn, while a Deep Tissue Massage series would be \$800 (\$160x5).

You may use your series for any combination of treatments that are the same cost, or can pay the difference for a higher priced treatment. Example: You have a Signature Massage series but want to have Hot Stone Massage, so you would pay the \$25 difference for that treatment on that visit.

Treatment Series are good for one year from purchase. Please let us know if you have any questions.

### Balance Level Spa Membership

We are proud to offer a new level of Spa Membership called "Balance" that is affordable, and will help you reduce stress in your life.

This Balance Membership is also available for Gift Certificate purchase, so you can give the gift of health, wellness, and relaxation.

For just \$100 per month, you can have a Signature Facial or Signature Massage PLUS get 10% off skin care product purchases during the duration of 2009.

This amazing offer is only available for purchase in January and expires December 31, 2009. Invest in a great year for yourself or someone you love!

\$ 1,200

### Heaven Level Spa Membership

- 6 75-minute services of your choice
- 3 add-on treatments of your choice
- 1 complimentary brow wax
- Anytime use of relaxation area
- 1 free workshop w/guest
- Good for one year from purchase.

\$ 1,000

### Paradise Level Spa Membership

- 6 75-minute services of your choice
- 6 add-on treatments of your choice
- 1 complimentary brow and lip wax
- Anytime use of relaxation area
- \$100 worth of products
- 2 free workshops w/ guest
- 10% discount on any other services or products including special events
- Good for one year from purchase.

\$ 1,500

### Rapture Level Spa Membership

- 12 75-minute services
- 12 add-on treatments of your choice
- 1 complimentary brow and lip wax
- Anytime use of relaxation area
- 1 tandem massage
- \$125 gift-certificate for a friend/family member
- \$150 worth of products
- 4 free workshops w/guest
- 15% discount on any other services or products including special events.
- Good for one year from purchase.

\$ 2,500

## Special Events

We have art openings every four months and other special events. Please add yourself to our monthly email newsletter list to get information on our workshops, art openings, monthly specials, and other special events.

## Spa Parties

Have your next party or event at Skin Haven Spa Studio for an event you and your guests will love! We can customize a party for your specific event, or you can choose from the options below. Call us anytime to discuss details.

### Basic option

\$200 + the cost of treatments

- Exclusive use of the entire Spa, including 30 minutes in the Zen Lounge after your treatments.
- Minimum of four guests per hour receiving Signature Facials or Massages
- Available on weekdays only.
- No outside food or beverages

### Party/event option A

\$300 flat fee + \$600 per hour, Three hour minimum

- Exclusive use of the entire Spa, including treatment rooms and Zen lounge
- (Four Signature Facials &/or Massages per hour, gratuities included)
- One additional hour for relaxation and fun in the Zen lounge included for toasts, gift opening, activities, etc.
- You may bring your own champagne at no charge and stemware will be provided.
  - With cheese/crackers/fruit +\$20 per person
  - With sandwiches/salads/wraps +\$30 per person
  - With sushi +\$40 per person

### Party/event option B

\$3,000 flat rate

- Rent the Spa for the day or evening (up to 6 hours), includes 4 hours of Signature Facials &/or Massages, gratuities included.
- (4 hours of treatments plus up to 2 hours of time for relaxation and fun in the Zen Lounge are included.)
- Choose your own start time and stay up to 6 full hours with your guests.
- Exclusive use of the entire spa during your event.
- You may bring your own champagne at no charge and stemware will be provided.
- Additional services available upon request.
- Catering price varies based on your menu requests, and a server can also be provided for if desired.

### Day rental: (for TV/film shoots/Red Carpet Event or Wedding Preparation)

\$2400 minimum, plus cost of treatments and additional requested services.

- Rent the spa for the entire day, up to 8 hours of exclusive spa use.
- Pricing TBD based on services requested.

### Additional party options available

We will collaborate with you to create the ideal party for you and your guests and then pull together the components of your choice. Let us help you plan your special event at Skin Haven and make your experience unique and unforgettable. We can accommodate a range of group sizes from 2 to 200. Have the entire spa to yourselves for any occasion.

50% deposit required at time of booking. 7 day cancellation policy for parties of 5 or more.

48 hour cancellation for parties of 4 or less.

gift certificates

skinhaven  
face/body/spirit

### Skin Haven Gift Certificate

Gift Certificates made easy...

- You can email it to the recipient, print it yourself, or have us mail it for you.
- Simply choose a dollar amount OR choose services you want to purchase.
- You can choose multiple services in the same transaction!
- **Please consider taking care of the gratuity for any services you choose.** We have provided several gratuity amounts for you to select from.

to \_\_\_\_\_

from \_\_\_\_\_

for \_\_\_\_\_

skinhaven  
face/body/spirit

### Facial Series for the "Bride-to-Be"

Take care of your skin for the months/year leading up to your wedding day. If you want to glow on your special day and have healthy, balanced skin for your wedding photographs, start to take care of your skin ahead of time. Our facials are results-oriented and we work with you to help you to achieve and maintain the special glow every bride deserves.

### Spa Membership or Treatment Series

Not only should you take care of your skin, but also your mind and body. As everyone knows, it takes months of planning to create that one special wedding day. In anticipation of your hard work ahead, treat yourself to ongoing relaxation time including massages and body treatments for the year before the wedding. Our memberships and series allow you to anticipate a year's worth of pampering for yourself, your fiancé, and your bridal party.

### Engagement Location

For creative boyfriends...surprise your girlfriend with a special evening or day at the spa including a romantic candlelit meal & propose in our intimate setting designed especially for you in our Zen Lounge. Our staff will be available to cater to your needs but will give you the privacy you want for this special occasion.

### Engagement Party

We can accommodate an intimate group of up to 50-75 people inside our space or help you throw a much larger party utilizing our outdoor courtyard. All of our events include the option to book spa treatments, catering, event planning services and more.

### Bride-to-Be Package

Take time out to celebrate the upcoming nuptials with our special bride-to-be package. Enjoy a Signature Facial w/eyebrow shape and wax, Signature Massage, and Herbology Body Retexturizing Treatment. The bride will feel relaxed and ready for her wedding after experiencing her own day at the Spa.

### Gift bags and bridal party gifts

Skin Haven has gift certificates for any amount or treatment(s), signature candles, soaps, spa socks, bath & body products, and make-up as well as results-oriented treatment lines for all types of skin. We will customize gift bags for your bridesmaid gifts and/or parties and also recommend our clean burning soy travel candles to enhance your honeymoon.

### Bridal Shower and/or Bachelorette Party

Bridesmaids and friends can plan a unique and tailored spa party or cocktail party for their soon-to-be-wed friend and rent the spa for an afternoon, morning or evening of relaxation. Indulge in private treatments in the rooms and/or socialize and pamper yourself in the Zen Lounge with chair massages, hand and arm Herbology treatments, and reflexology. In addition, choose from options such as a DJ, manicures & pedicures, catering, a yoga class and more to create a unique and relaxing party that will never be forgotten.

### The Main Event

Utilize Skin Haven Spa Studio on the day of your wedding for your wedding preparations. The bride and bridal party can have relaxing treatments, hair and make-up, and nail services to get ready for the big event in a relaxing, private environment.

### Your Wedding Day Location

We would love to host your wedding at our Spa for a truly unforgettable indoor and/or outdoor event. Our space is intimate and can accommodate a large group by tenting the outside courtyard. We are happy to work with your wedding planner and caterers or can make recommendations to our trusted vendors.

### Anniversaries & Birthdays

Think of us for years to come whenever you want to surprise your partner with a special day or evening at the Spa. We will customize the event for the two of you or for a group of friends and family.



- **Client & Employee Gifts**
- **Private Spa Parties**
- **Out-Call Services**
- **Offsite Events**

Come experience results-oriented treatments in a private spa studio. We offer a full range of skin care, massage/bodywork, body treatments, and hair removal services. We specialize in hosting and planning spa parties and special events in our space as well as coming to you at your office or an off-site event. We also create unique gift packages including our gift certificates, Skin Haven skin care & spa/body products, spa socks & robes, soy candles & soaps, Asian inspired jewelry, original paintings & photographs, and more.

Our spa is an intimate, tranquil environment with four treatment rooms and a beautiful Zen lounge. From the moment you enter Skin Haven Spa Studio, you will forget the world outside and feel completely relaxed.

We pride ourselves on the consistent quality of our therapists and treatments, and on our personal one-on-one service for each client.

Discover why Skin Haven was voted Best Spa in Los Angeles by Citysearch and featured in DailyCandy, LA.com, Splendor, Allure Magazine, Los Angeles Magazine, LA Weddings and In Touch Magazine.

### **Client & Employee Gifts**

Skin Haven creates customized gifts for individuals or for a group of clients or employees. You can purchase a gift certificate in any amount for a holiday, anniversary or birthday present or to say thank you in a unique way. We also design gift packages with a spa theme including our world's softest socks & robes, soy candles & soaps, Skin Haven skincare and spa/body products, jewelry and other unique items.

We are happy to be a resource for your outsourced gifting consultant or to play a one-stop shopping role for you.

### **Private Spa Parties**

We can accommodate anywhere from two to hundreds of guests at our Spa and courtyard in order to create an affair to remember for a client appreciation event, company retreat, holiday party or thank you to a specific employee. For couples, we enjoy creating a romantic atmosphere with candles, low light, a catered dinner for two in the Zen Lounge and treatments in our private rooms. For groups, we customize our schedule to provide treatments ranging from 15-minute chair massages to 30-minute express facials and massages in our private rooms to full-length 60 or 75-minute treatments. We will work with you to meet your objectives and to design the perfect spa day for any occasion, based on your group size, budget, and objectives.

Our larger events at the Spa include indoor cocktail parties for up to 75 people to the ability to accommodate several hundred guests by utilizing our outdoor courtyard. The courtyard can be tented and a lounge or special environment is created with rentals, lighting, and other decorative effects.

We are happy to simply rent our space to you or to plan your entire event including catering & a bar, rentals, music and gift bags.

### Out-Call Services

Human capital is one of your most valuable assets and we understand that the retention of your best people as well as grooming your rising stars is a key component of any successful business.

We recommend hiring Skin Haven to come to your office once a week, month, quarter or year in order to offer a unique thank-you to your staff. Depending on the number of people you would like to invite for a treatment, we can provide chair massage or table massage services and set up in a conference room or in private offices. We are able to dedicate one or more therapists to the event with each therapist working up to 6 hours with small breaks between treatments.

Some ideas include: an analyst appreciation day for financial services institutions with multiple chair massages in one room, table massages for Executives in their private offices, and chair massages for holiday parties and other special occasions.

### Offsite Events

We are happy to partner with corporations at marketing events, trade-shows and other client focused events. We have staffed events for publishing and entertainment companies as well as for companies in the automotive, apparel and beverage industries. Clients appreciate a 10-15 minute chair massage and it is the perfect opportunity to offer them something unique and unexpected.

Our team will show up and work the event and can even help to plan the atmosphere, scheduling, market research and data capture as well as other event planning and marketing initiatives.

We pride ourselves on our professionalism and client service including having one of our Spa Managers on-site to manage the booth/tent for you. We are pleased to represent your company with enthusiasm.

### Pricing

Our therapists work for a minimum of \$150/hour (this includes 20% gratuity) both in our spa as well as offsite (with a minimum of 3 hours of work per therapist when offsite).

Our Spa Manager is \$75/hour to manage an offsite event and to work with your staff on the small details.

Our event planning fees depend on the scope of the job and are determined on a case-by-case basis. We utilize long-standing relationships for all the components of our event planning services in order to lower your costs on all of the elements. These relationships include but are not limited to: catering, rentals, DJs & bands, florists, and activities such as topical discussion groups, sushi parties, feng shui consulting, jewelry making, palm reading and makeovers.

Our gift options start at \$15 for a pair of our spa socks and include higher end items such as our Spa Memberships.

Please contact us at 323-658-skin with any questions or requests. You can find us online at [www.skinhaven.com](http://www.skinhaven.com) We look forward to the opportunity to work with you during the holiday season and beyond.

## Skin Haven General Policies

At Skin Haven Spa Studio, we pride ourselves on offering the most personal care for all of our clients. Please make yourself aware of our company policies and procedures listed here, as well as our cancellation policies. These were designed to ensure a truly relaxing and peaceful visit with us. Thank you.

- Please arrive 15 minutes before your appointment so you can check in and enjoy our relaxation area. A late arrival means a shortened treatment time and nobody wants that.
- First-time clients please arrive 20-30 minutes before your appointment time so you can fill out our questionnaire and have time to enjoy our relaxation area.
- All appointments must be secured with a verifiable credit card in order to hold and guarantee your reservation.
- When you book an appointment at Skin Haven Spa Studio, your appointment is scheduled with a specific therapist whose time is allocated exclusively to you throughout your treatment. To enhance your experience, we suggest that you arrive 15 minutes prior to your scheduled appointment time. In the event that you are late for your appointment, you are still responsible to pay the full amount and will receive the remaining time of your treatment. If you do not arrive for your appointment at all ("no-show"), the full amount of the treatment will be charged to the credit card used to hold your appointment reservation. If you are holding a Skin Haven Gift Certificate and do not show up for your appointment, that Gift Certificate will be forfeited. This is standard spa policy and we cannot allow exceptions. Thank you for understanding.
- Visa/MasterCard/American Express and cash only please.
- Therapists can accept gratuities in cash or by personal check but we cannot add a gratuity to your credit card.
- For liability reasons, we cannot have babies or children under the age of 12 inside the spa at any time. Please do not bring your baby or child to the spa with you. We are not baby or child proofed and will not assume the responsibility for damage incurred or any related liabilities. Thank you for understanding.
- When you purchase a series of treatments, you receive a discounted price. Because of this discounted price, the payment is made at the beginning of the series. Unfortunately, we cannot issue refunds for any portion of a Treatment Series, Spa Membership or Gift Certificate after they have been purchased. Benefits and treatments cannot be transferred and must be used by the purchaser or recipient of the Gift Certificate. Treatment series and Spa Memberships are valid for one year after purchase and Gift Certificates are valid until their expiration date. We are sorry but products are not refundable.
- We reserve the right to refuse service at any time to anyone for any reason.
- We gladly accept SpaFinder gift certificates for individual treatments up to \$200 per visit. However we cannot accept them for product purchases or series packages.
- We offer a recycling program for your empty product containers. Please bring in your empty product containers and you will receive a \$1 credit for each item. This credit may be used toward new product purchases.

## Cancellation Policies

We understand that occasionally you may have to cancel or reschedule your appointment with us. However, if you need to do so, we ask that you give us fair warning. You will be phoned two days in advance to confirm your appointment. As a courtesy to our clients and therapists, it is standard spa policy to give advance notice for all cancellations, as follows:

- Saturday or Sunday cancellations require minimum 48 hours notice.
- Monday through Friday cancellations require minimum 24 hours notice.
- Late cancellations, and 'no-shows' will be charged at 100% of the appointment cost OR will forfeit the use of a Skin Haven gift certificate. No exceptions.
- IF YOU ARE SICK, PLEASE RESCHEDULE YOUR APPOINTMENT IN ADVANCE IN CONSIDERATION OF OUR THERAPISTS AND TO ENSURE YOUR MAXIMUM ENJOYMENT OF YOUR SPA EXPERIENCE.

### Skin Haven Spa Studio

300 N. Crescent Heights Boulevard  
Los Angeles, CA 90048  
323.658.skin • info@skinhaven.com

**Monday** 1-8:30

**Tuesday** 10-8:30

**Wednesday** closed

**Thursday** 11:30-8:30

**Friday** 10-5:30

**Saturday & Sunday** 10-5:30