



# INSIDEOUT

## HEALTH & WELLNESS

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Step inside and leave the world behind. Nurture the body, refresh the mind and restore the spirit. We offer services for total body wellness inside and out. Let our experienced practitioners develop a treatment plan that works with your lifestyle and goals of healthy living. This is your time - it's all about you.

### PACKAGES

***Detox Cleanse (1.5 hours)*** **\$150**

Envelope your body in a hot, detox herbal cocoon of bliss while you receive a luxurious scalp massage, followed by a light, rhythmical massage to specifically increase lymphatic flow, cleansing your body.

***Natural Balance (2 hours)*** **\$150**

Get happy feet as your certified reflexologist expertly targets pressure points to relieve tension and ailments. This is followed by a one-hour massage to unwind and soothe your aches and pains.

***Be Radiant (2 hours)*** **\$155**

Your rejuvenating essential facial will bring healthy, glowing skin to the surface as you are cleansed, exfoliated, massaged and moisturized to perfection. Your one-hour massage will bring a rested "new you" back to life.

***Tranquil Spirit (2 hours)*** **\$150**

Take time out to harness your inner energy with this reiki and muscle-melting massage treatment. It's almost as good as a vacation!

***Harmonious Within (2 hours)*** **\$154**

Balance and calm your body's nervous and endocrine system using acupuncture and soothe away your worries with a full body massage. This deeply, relaxing treatment is unforgettable.

***Restorative Body (3 hours)*** **\$220**

Decompress with our three-hour treatment package of reiki, massage and essential facial. Experience a release of toxins as your tension is relieved, restoring positive energy and fresh, clean skin.

***Cloud Nine (4.5 hours)*** **\$360**

The ultimate in total body wellness. Feel and see the difference as your mind, body and spirit get transported to a tension-free zone. This package includes reflexology, massage, lymphatic drainage, essential facial, and reiki. Includes spa lunch.

***3 (one hour) Massage sessions*** **\$237**

***5 (one hour) Massage sessions*** **\$385**

***10 (one hour) Massage sessions*** **\$760**

## MASSAGE

*Insideout Signature Massage (90 min)* **\$135**

Put yourself first with our immune-boosting, tension-busting treatment of dry brushing, followed by our signature 5 layer aromatherapy massage. You'll never want to leave!

**Swedish, Sports, Deep Tissue, Myofascial Release & Pre-natal**

**30 min \$45      60 min \$84      90 min \$115**

*Lymphatic Drainage (Manual)* **\$75**    *Hot Stone Massage (90 min)* **\$140**  
*Four Hands Energy Massage* **\$155**    *Himalayan Salt Stone Massage* **\$140**

## ADD ONS

*CBD* **\$25**    *Aromatherapy* **\$15**  
*Hot Stones* **\$25**    *Hot Essential Oil Scalp Massage* **\$35**

## SKIN CARE

*\*Insideout Signature Facial (90 min)* **\$110**

Experience our fresh approach to skincare with this unique blend of a European Facial with lymphatic drainage. Our brightening Vitamin C, nourishing seaweed & soothing Vitamin E treatment will leave you feeling refreshed and deeply satisfied.

*Chemical Exfoliation (30 min)* **\$50**    *Ultrasonic Facial (90 min)* **\$105**  
*Dermaplaning (45 min)* **\$50**    *\*Vitaminc C Brightening* **\$95**  
*\*Mini Facial (30 min)* **\$50**    *\*4 Layer Facial (90 min)* **\$100**  
*\*Back Facial (60 min)* **\$80**    *\*VitaCure 5 Phase* **\$120**  
*\*Classic European Facial (75 min)* **\$80**    *Firming Facial (90 min)*  
*\*Seaweed Facial (75 min)* **\$90**    *\*Anti-aging Facial w/* **\$100**  
*\*Hydra Medic Facial (90 min)* **\$115**    *glycolic-lactic acid (90 min)*  
*\*Biolight Miracle Facial (90 min)* **\$115**    *\*Repechage skin care products*

## ADD ONS

*Anti-age Eye Treatment* **\$20**    *Paraffin Hand Treatment* **\$20**

## WAXING

*Brows* **\$16**    *Lower leg & Bikini* **\$50**  
*Upper Lip* **\$8**    *Bikini (Standard)* **\$35**  
*Chin* **\$12**    *Bikini (Barely there)* **\$45**  
*Brow & Upper Lip* **\$24**    *Bikini (Brazilian)* **\$60**  
*Lip & Chin* **\$20**    *Under Arm* **\$25**  
*Lip, Brow, & Chin* **\$35**    *Full Arm* **\$45**  
*Full leg* **\$70**    *Half Arm* **\$30**  
*Full leg & Bikini* **\$80**    *Back* **\$60**  
*Upper legs* **\$45**    *Chest (Upper)* **\$60**  
*Upper leg & Bikini* **\$70**    *Chest & Abdomen* **\$50**  
*Lower leg* **\$35**

## TINTING

*Eyelashes (30 min)* **\$30**    *Eyebrows (15 min)* **\$20**

## ACUPUNCTURE

*Initial Consult & Treatment* **\$135**  
*60 min Follow-Up* **\$80**

## FOOT REFLEXOLOGY

*60 min* **\$80**

## REIKI

*60 min* **\$75**

## INTEGRATIVE TOUCH THERAPY

*Includes Massage & Aromatherapy w/ (Reiki or Cranial Sacral Therapy)*

*60 min* **\$95**  
*90 min* **\$120**

## METAMORPHOSIS

*Easing deep, chronic tension through gentle touch*

*50 min* **\$75**