

## MASSAGE

**Swedish** – A feel good, relaxing massage using light to medium pressure to promote circulation and relaxation while also lowering stress levels.

30 minutes - \$40 60 minutes - \$75 90 minutes - \$105

**Sleepy Time Swedish** – With light, soothing pressure and lavender essential oil, this massage caters to the tired and restless. A deep state of relaxation is created that can change the state of your body and mind, and provide a deep, restorative state of relaxation, with extra attention given to the head and feet. For the last 15 minutes of your session, you will be left in solitude to slumber or reflect, reaping the full benefits of the Sleepy time massage.

75 minutes - \$90 105 minutes - \$135

**Deep Tissue** – This massage is a combination of deep tissue and Swedish massage techniques. They are combined to help alleviate areas of pain and relax areas of tension, customized for each client depending on his/her needs.

30 minutes - \$50 60 minutes - \$85 90 minutes - \$115

**Hot Stone** – Intensify the benefits of traditional massage with the use of basalt stones. The heated stones are placed and massaged over the body to deepen relaxation and alleviate areas of tension.

60 minutes - \$90 90 minutes - \$125

**Aromatherapy** – A Swedish massage incorporating essential oils added to the lotion and hot towels. The nose is attached to the limbic system of the brain, which controls emotions, influences the nervous system, and hormones. When you inhale essential oil molecules, messages are transmitted to the limbic system and affects heart rate, stress levels, blood pressure, breathing, memory, digestion, and the immune system. Each essential oil has specific healing properties and are selected by the client according to his/her preference and needs.

30 minutes - \$50 60 minutes - \$85 90 minutes - \$115

**Mother to Be** – A massage catered for the mother-to-be, to help relax tense muscles and reduce stress and anxiety. (Must be out of 1st trimester).

30 minutes - \$50 60 minutes - \$85

**Reflexology** – This remarkable ancient technique massages the reflex zones of the feet inducing deep relaxation to the entire body by releasing the flow of energy. Not only will your feet feel terrific, but your entire body will experience increased energy.

30 minutes - \$60

## WAXING

Enjoy lasting results with professional hair removal, performed by highly trained technicians. (At least 1/4 inch hair growth for best results)

Brows	\$20	Chin	\$15
Lip	\$10	Back	\$45
Full Leg	\$70	Half Leg	\$40
Full Arm	\$40	Half Arm	\$28
Abdomen	\$30	Bikini	\$40
Brazilian	\$60	Brazilian	\$45
Chest	\$50	(maintenance)	

## EYE CARE

Initial eyelash extension appointment will take approximately three hours from start to finish. Subsequent appointments may take two or three hours depending on the condition of the extensions and the client's needs.

### Eyelash Extentions

Natural (approx 50/eye)	\$140
Basic (approx 80/eye)	\$185
Mascara (approx 90/eye)	\$215

### \*Refills

1 week-\$30 / 2 week-\$45 / 3-week-\$60 / 4 week-\$70

\*Lashes are applied to each individual lash.

### Eyelash and Eyebrow Tint

Eyelash Tinting	\$20
Eyebrow Tinting	\$20



816 Hickory Avenue • Harahan, LA 70123



**RELAX. RENEW. RESTORE.**

**(504) 737-1967**

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*Nature's Escape Spa provides superior relaxation techniques, soothing therapeutic services and wondrous beauty treatments.*

*Our dedicated staff have many years of experience with a deep knowledge and profound passion for our craft that shows in the personal, one-on-one care we provide with every visit.*

*Get away to Nature's Escape Spa—where science meets healing and relaxation!*

[www.NaturesEscapeSpa.com](http://www.NaturesEscapeSpa.com)

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**Schedule your appointment today! (504) 737-1967**

## SKIN CARE

A healthy body includes healthy skin. Our estheticians are experts in protecting and correcting the delicate skin of the face.

### Nature's Escape Signature Facial \$70

Great for all skin types, includes deep pore cleansing, exfoliation and toning and balancing the skin. This facial is also enhanced with a relaxing head, neck, shoulder, arm, and hand massage. Extractions will be performed only if needed.

### Mini Facial \$45

Our signature Facial without the massage. Great as a lunch-time service or for those short on time with busy schedules.

### Vitamin C Infusion Facial \$90

Environmental exposure creates a broad range of problems for your skin. This antioxidant rich treatment is formulated to restore clarity, texture, elasticity, and firmness while fading hyperpigmentation and smoothing fine lines and wrinkles.

### Organic Facial \$75

A synthesis of the purest organic ingredients combined with medical-grade effectiveness to achieve clinically proven results. No petrochemicals, chemical preservatives or silicones. The fragrance is comprised of 100% essential oils and a blend of French chamomile, green tea, and mango pulp to deliver essential nutrients, restoring the skin's natural balance.

### Oxygen Infusion Facial \$95

For this facial, we use Skin for Life products that contain a proprietary blend of ingredients to invigorate, clarify, and refine the skin.

### Revitalizing Mint Facial \$75

Skin is rejuvenated with this uplifting, mint-infused mask. Spirulina algae delivers vitamins and antioxidants to the skin while camphor stimulates and cools blemished, dull, or sun damaged areas.

### Gentleman's Facial \$75

Addresses a man's skin care needs including the prevention of ingrown hairs and razor burn. We start with steam, gently exfoliate, and extract clogged pores if necessary.

### Teen Facial \$55

Addresses the special needs of teen's skin, including blemishes, enlarged pores, and extractions if needed.

### Hot Stone Facial \$90

Warm, soothing basalt stones are gently massaged on the face, followed by a Hungarian mud masque to detoxify the skin and soothe any irritations.

### Back Facial \$60

A deep cleansing treatment for the sensitive and congested skin on your back, this treatment will clear, hydrate and soothe your skin.

### Microdermabrasion \$65

Microdermabrasion delivers a controlled stream of microcrystals over the skin using a special hand-held device, polishing the skin and removing dead skin cells, oils, and toxins. *Add-on to any facial \$45*

### LED Light Therapy \$30

LED light therapy enhances cellular metabolism by 150%, increasing the repair and replenishment of damaged cells. *Add-on to any service \$15*

*Red LED* treats aging skin, hyperpigmentation, sun damage, and rosacea. *Blue LED* helps with acne lesions. Our estheticians will assess your skin's needs to determine which light will best suit your concerns.

### Microcurrent Face Lift \$65

A non-surgical treatment to address fine lines, wrinkles, and loose skin. This highly specialized service stimulates collagen production while firming and lifting the skin. For maximum results, the treatment should be done 3 times per week for 4 weeks, or twice weekly for 5 weeks, following up with 1 treatment each month for maintenance. *Add-on to any service \$50*

\* To receive maximum, long-term results from this service, we recommend a series of 12 treatments, with 3 treatments performed weekly; however, skin tone will be visibly improved with even one treatment.

Series \$650 (12 for the price of 10)

### Facial Add-On Services

Extractions	\$10
Paraffin Wax (Hands or Feet)	\$10
LED Light	\$15
Microcurrent	\$50
Microdermabrasion	\$45
Oxygen Treatment	\$25

## PEELS

### Signature Face Lift \$90

This revolutionary treatment performed in four layers will change the appearance of your skin in just one application. Vitamin C, glycolic acid, and gentle but highly active enzymes accelerate cellular turnover to brighten, tighten, and lighten the skin.

### Wrinkle Lift \$85

Ultra-resurfacing glycolic and retinol treatment that exfoliates dead surface skin cells, leaving skin firmer and healthier. Visibly reduces the appearance of fine lines.

### Lightening Lift \$85

This mega-lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun damage, hyperpigmentation, and redness caused by rosacea.

### Acne Lift \$85

A beta-hydroxy acid cocktail, this safe and outstanding resurfacing modality has a dual benefit. It reduces and treats all types of acne while resurfacing and smoothing the skin with just one treatment.

### Acne Advanced Lift (Beta Lift) \$90

A progressive salicylic acid treatment for stubborn grades 3 and 4 acne.

### Perfection Peel \$90

Our exclusive blend of exfoliating agents are combined with powerful anti-oxidants, correcting peptides, and plant-derived stem cells to create "perfection" by treating advanced pigmentation, acne and aging skin concerns.

### Ormedic Peel (Organic) \$90

A blend of papaya, pineapple, and mango, this non-chemical peel naturally rebalances, regenerates, and restores your skin using organic ingredients with medical-grade results.



## BODY TREATMENTS

### Nature's Escape Hydrotherapy Massage \$125

This fantastic treatment is the best of both worlds. A 45-minute full body massage is followed by head-to-toe exfoliation, and scalp shampoo and conditioning. This blissful treatment concludes with a Vichy Shower and application of Wild Berry Silk and Honey Lotion, leaving skin soft and hydrated.

## BODY WRAPS

### Seaweed Detox Wrap \$90

Featuring seaweed and French green clay, this wrap will draw impurities and toxins out of the skin, while also improving tone and firmness.

### Chamomile Revitalizing Wrap \$90

Ideal for under-nourished and dry skin, this wrap contains chamomile and marine algae to penetrate and renew the skin, stimulate circulation, and boost cell regeneration. This treatment will enhance your skin's vitality, leaving it incredibly soft and supple.

### Aloha Body Wrap \$100

A decadent treatment that will virtually transport you to an island paradise. We begin with a South Seas Body Buff sugar scrub to remove dead skin, then use our enzyme-rich Tropical Hawaiian Fruit peel, and finish with a deeply hydrating Tahitian Body Glaze to seal in moisture.

### Tuscan Wine Therapy Body Wrap \$100

Escape to wine country with this indulgent three-step treatment. We start with our Chianti and Grapeseed Crush to polish the skin, then apply our Mediterranean Wine and Honey Masque that includes age-fighting resveratrol and polyphenols. The service concludes with an application of our exclusive Bacchus body oil containing red grape seed extract and antioxidants to plump and hydrate the skin.

*Add-on head and foot massage to any body wrap service \$25*

## BODY SCRUBS

### Salt Scrubs \$50

**Dead Sea Salt** – Polishes the skin to remove dead skin and excess oil.

**Epsom Salt** – Ideal for sore muscles.

**Himalayan Salt** – Rich in minerals and ideal for imparting a healthy glow.

**Ground Coffee** – Detoxifies the skin while also reducing water retention and puffiness. Many claim they notice a reduction in the appearance of cellulite as well.

### Sugar Scrubs \$55

**Honey Dust Body Scrub** – This blend of ethically-harvested honey powder, yellow cornmeal, and sea salt is combined with our Midnight Honey Bath & Beauty oil to exfoliate and deeply condition the skin, leaving you smooth, soft and glowing.

**Cranberry-Yzu Sugar Scrub** – This blend of pure sugar cane, cranberry seeds, sunflower and coconut oils has an intoxicating citrus fragrance and will leave your skin silky smooth.