

## WELLNESS



### Comprehensive Nutrition Support & Assessments

Do you need a "health detective?" Are you looking for a healthcare practitioner who can help you find the true causes and root cause of your health imbalance? Dr. Michelle Fehmel and Jean K. Lawrence are supporting clients through Functional Medicine Appointments and nutritional support. Blood tests and urinalysis are used to assess the areas that need support. Proper whole food nutrition and nutritional support begin to bring the body back in balance. Enjoy a multi-disciplinary approach to health that utilizes whole food nutritional support combined with high-quality pharmaceutical grade homeopathic, botanical and nutritional remedies. This helps support normal function and optimal health. Call today to reserve your assessment.

### Chiropractic

The key to health starts with a properly functioning nervous system. Chiropractic visits are customized to meet your needs. Dr. Michelle Fehmel practices state-of-the-art spinal corrective and rehabilitative techniques, which she brings to her office here at The Spa on Green Street. These techniques involve specific corrective adjustments with advanced corrective adjusting tools like ArthroStim, and specialized rehabilitative equipment.

These all work together to correct the problem, instead of just temporarily covering up symptoms. Her patients also are given home-care instructions so they can achieve their results much more quickly.

### Chinese Medicine and Acupuncture

Traditional Chinese Medicine works by re-establishing balance and harmony within the body. This means balance between yin and yang, in the five phases: the viscera, the bowels, the Chi, the blood and the body fluids. Its balanced unimpeded flow is critical to sound health. As an important component of Chinese Medicine, Acupuncture treats the full range of acute and chronic, traumatic, infectious and internally generated illness. Acupuncture is an excellent and effective choice for chronic diseases, all kinds of pain symptoms, muscle dysfunction, endocrine disorders, neurotic and mental diseases. Acupuncture also helps improve the immune system and builds up body health.

### Yoga

Experience yoga in a private suite where personalized instruction takes you to new levels of health and body awareness. Private sessions can be custom-tailored for the novice or the pro!

### Far Infrared Detox Therapy

Capture the healing energy of the sun with the safe, detoxifying heat of the Far Infrared Sauna. This has been used for decades for pain and muscle relief, cardiac conditioning, skin care, detoxification and much more.

## Gift Cards

Receive a **FREE \$25 gift card** on your first visit!



To redeem, visit  
[SpaOnGreenStreet.com/gift-cards](https://SpaOnGreenStreet.com/gift-cards)  
Or scan the QR code.



## Hours

Monday	9AM – 7PM
Tuesday	9AM – 7PM
Wednesday	9AM – 7PM
Thursday	9AM – 7PM
Friday	9AM – 7PM
Saturday	9AM – 7PM
Sunday	Closed



● Spa ● Nutrition ● Chiropractic ● Yoga



## WELCOME...

The Spa on Green Street was founded in 2004 with a vision to provide the finest in luxurious spa treatments and cutting-edge wellness treatments.

Treat yourself to a relaxing spa experience with remarkable results. Choose from treatments such as an anti-aging facial or even the famous Aculift Series, which is a natural way to lift sagging skin and increase collagen production without invasive procedures. Enjoy top quality relaxation and restoration with a CBD pain management massage. We also provide waxing, tanning and world-class body treatments. Enjoy the benefits of the wellness treatments, including Chiropractic Care, Functional Medicine, Chinese Medicine, Acupuncture and Chinese Body Treatments, along with private yoga instruction. These comprehensive wellness treatments lead to results which last a lifetime. We can support you through use of top-quality homeopathic formulas, botanicals and nutritional supplementation. Come browse the natural pharmacy when you are here.

We welcome the opportunity to help you look and feel your absolute best at **The Spa on Green Street**.



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## SPA



## MASSAGES

### CBD Pain Management Massage

The goal of this service is to reduce inflammation, alleviate chronic pain and stimulate the release of endorphins. Utilizing some trigger point therapy, accompanied by long warming massage strokes, the CBD compound – a combination of cannabidiol product, menthol, camphor and arnica – is applied and kneaded into the skin. *60 minutes \$125 | 90 minutes \$165*

### Therapeutic Deep Tissue Massage

A great gift for the athletes in your life! Reward your body with a therapeutic massage customized for your sport. If you're a weekend warrior or love the gym, this rejuvenating massage will soothe and heal. Using a variety of techniques, homeopathic gels and lotions, this massage affects the deeper muscle fibers of the body. It increases flexibility and range of motion. Give yourself the competitive edge! *60 minutes \$100 | 90 minutes \$145*

### Aromatherapy Massage

A delight for all the senses! We've combined the nurturing arts of massage and aromatherapy for your complete pleasure. Choose lavender for a relaxing massage or the Signature blend with lavender, Eucalyptus and Pine. This is a great deep breathing blend. Enjoy this massage for overall relaxing, revitalizing, detoxifying or balancing effect for the body. We'll add it to the organic Anakiri Sun Fusion body oil for a massage created just for you! *60 minutes \$100 | 90 minutes \$145*

### Herbal Poultice Massage

Rejuvenating warmth! The answer to the traditional hot stone massage. Enjoy a relaxing massage utilizing a warm poultice filled with anti-inflammatory herbs. Take home your poultice to enjoy in the shower or bath afterward. *60 minutes \$100 | 90 minutes \$145*

### Maternity Relaxation Massage

The baby shower gift she will love the best! Feel renewed with this nurturing prenatal massage, designed especially to relieve your tired, aching back and feet, relaxing both mother and child. *60 minutes \$90 | 90 minutes \$135*

### Allergy & Sinus Relief Massage

Experience the analgesic properties of Eucalyptus, easing the stuffiness that allergies bring. A Calendula and Rosemary foot rub helps complete this service. *60 minutes \$100 | 90 minutes \$140 | Deep Tissue enhancement for \$10.*

### “Us Time” Couples Massage

Double the bliss. The couples massage room is the perfect retreat for couples of all ages. Relax in the benefits of refreshing wellness, together. *60 minutes \$180 | 90 minutes \$270*

### Spa on Green Street Signature Foot Massage

Pairs well with any one-hour service! Start with a gentle exfoliation of grapefruit and sugar, followed by an intense moisturizing to renew and revitalize your tired feet. *30 min \$45*

### The Spa on Green Street Signature Massage

Not just another massage ... an experience! Drawing from restorative and relaxing approaches. Using herbal essences to promote immediate relaxation, this massage defines luxury and wellness. *30 minutes \$65 | 60 minutes \$90 | 90 minutes \$135*

### Himalayan Salt Stone Massage

Salt crystals from beneath the Himalayan Mountains are hand-carved into massage stones that gently soothe away an accumulation of stress, tension and pollutants, while delivering beneficial nutrients to the body. Take home your stone to enjoy in the shower or bath afterward.

#### Benefits include:

*Reduced inflammation*

*Improved sleep*

*Improved sense of well-being*

*30 minutes \$75 | 60 minutes \$115 | 90 minutes \$155*



## FACIALS

### Probiotic Purifying Facial

This comprehensive facial combats all grades of acne, combining powerful anti-bacterial peptides and salicylic acid with soothing anti-inflammatory botanicals. Perfect for treating oily, acne and acne-prone skin. This comes with a signature arm and neck massage as well as extractions. *60 minutes \$125*

### Rose Quartz Roller Facial

Get glowing again with this new and exciting facial that allows for an incredible lymph release and collagen-stimulating experience. Relax in luxury while we roll away the appearance of fine lines and wrinkles and rejuvenate your skin. *60 minutes \$130*

### Acu-Lift Facial Acupuncture Anti-Aging Series

A natural alternative to Botox or other chemical injections, this procedure is not for everyone and a short, free consultation is required before beginning the series. *Series of 3 Event Lift \$375 | Series of 9 Maximum Results \$1125*

### Gentleman's Facial

A perfect gift for any man when paired with a Warrior's Therapeutic Massage. A deep-cleansing, exfoliating facial designed for the unique skin care needs of men. *60 minutes \$90 | 90 minutes \$135*

### Seasonal Facial

Enjoy the scents of the season with a seasonal facial. Enjoy the benefits of a Custom facial and enjoy a seasonal mask that can be purchased in the boutique to take home afterward. *\$105*

### Radical Rejuvenation Super Antioxidant Facial

We begin with a thorough analysis of the current condition of your skin to customize a corrective treatment plan for you. This therapeutic facial includes a three-step cleansing session to revitalize mature skin and slow the aging process. Immune-boosting minerals and a therapeutic pumpkin enzyme peel-off mask leave your face glowing for days! *60 minutes \$95 | 90 minutes \$140*

### Dermaplaning Facial With Mask

Dermaplaning reveals dewy, glowing skin by removing layers of dead skin cells. Enjoy the benefits of improved skin texture, collagen synthesis, softer and smoother skin, and minimized pore size and appearance. *60 minutes \$125 | Express Dermaplaning 30 minutes \$75*  
*Series of 3 treatments \$337.50*  
*Series of 6 treatments \$637.50*  
*Series of 9 treatments \$900*

### I PEEL | SIGNATURE FACELIFT®

Vitamin C and fruit enzymes blended in an organic aloe vera base visibly reduce redness and brighten the skin while hyaluronic acid provides superior hydration. Skin type indications: Redness-prone, dry/dehydrated, smoker's skin, tired/dull skin. *60 minutes \$125*

### The O2 Lift Facial

This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin, leaving it luminous, refreshed and rejuvenated. Enjoy a quality skin analysis with extractions. Bask in the benefits of oxygen while receiving a luxurious arm and hand massage. *60 minutes \$105*

### Skin Resurfacing - Microdermabrasion

Achieve a more youthful appearance with state-of-the-art Diamond Tome™ technology. This re-texturizing treatment regenerates epidermal cell structure by increasing elasticity and collagen while prepping the skin to absorb vitamins, antioxidants and plant stem cell technology to treat a wide range of imperfections. Also enjoy a post Microdermabrasion mask and feel the benefits.

*60 minutes \$140 | 90 minutes \$200 | Express Microderm 30 minutes \$90*

*Series of 3 treatments: \$378*

*Series of 6 treatments: \$714*

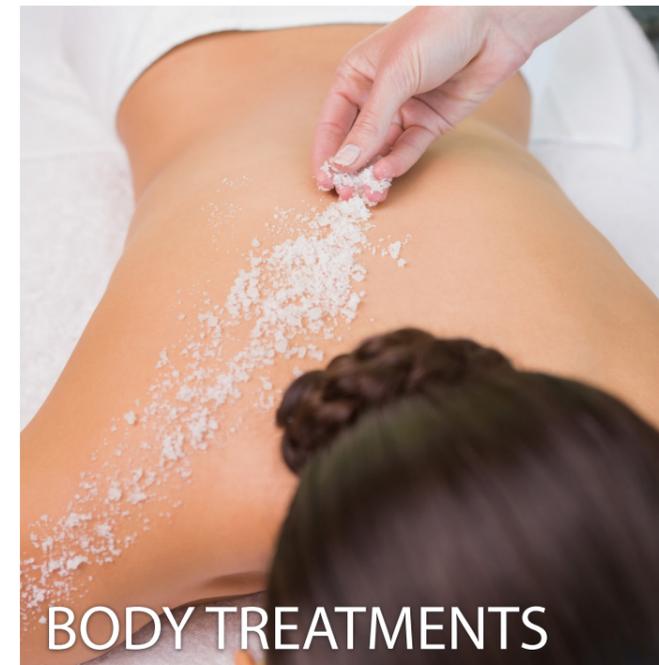
*Series of 9 treatments: \$1008*

### The Spa on Green Street Custom Facial

Look younger – feel younger! You don't have to look your age. We'll use technological advances in healthy skin care to customize a mask just for you. This is combined with the understanding of nature's elixirs to help slow the aging process, reverse environmental damage and rejuvenate skin vitality.

*\*\* will include cost of customized enhancements based on needs*

*60 minutes \$105 | 90 minutes \$145*



## BODY TREATMENTS

### The Body Glow

A guest favorite! Organic body sugar will transform your skin into feeling as silky as butterfly wings. You will be wrapped in luxury with a special Far Infrared Warming Blanket to allow the body to deeply hydrate. *60 minutes \$100*

### Mineral Salt Body Polish

Terrific paired with Signature Massage or any facial! Remove dull, dead skin cells to reveal a younger, smoother you. Conclude with an application of Anakiri's Moisturizing Body Lotion for a silky, dewy finish. *30 minutes \$65*

### Coconut Dream Body Bliss

A memorable gift for someone special or a girls' day out treatment. Experience total body hydration and renewal. Cocooned in a body mask of luscious avocado butter blended with omega-rich coconut oil, your skin is allowed to deeply hydrate. A scalp and facial massage top it off. *60 minutes \$100*



## SUNLESS TANNING

### One-Time Whole Body Spray Tan Application

Get that “Just off the Beach Glow” with custom Sunless Tanning Experience. It's not JUST a tan; it's a HEALTHY skin treatment as well, containing a patented skin-firming formula that builds and restores the skin's matrix, reducing the appearance of fine lines and wrinkles. A healthy alternative to UV tanning with a natural color good for all skin types.

*Disposable undergarments \$5 | \$39*

### One-Time Half Body Spray Tan Application

Choose upper body or legs as an area of focus. Great for anyone who needs just a touchup of color on a specific area. Wearing shorts over the weekend? Is your long dress backless? This is for you! *\$20*

### Spray Tan Application Packages

*Package of 3 - \$105 (\$35 each)*

*Package of 5 - \$165 (\$33 each)*

*Package of 10 - \$310 (\$31 each)*



## WAXING

Chest and Back Wax	\$120	Chest Wax	\$65
Cheek Wax	\$30	Lip Wax	\$10
Half Leg Wax	\$35	Back Wax	\$65
Full Leg Wax	\$75	Eye Brow Wax	\$15
Bikini Wax	\$65	Full Face Wax	\$65

### ENHANCEMENTS

Dry Brushing	15 minutes \$45
Eye Rejuvenation	\$15
Herbal Poultice Steam Therapy	30 minutes \$45
Lip Rejuvenation	\$15
Jade Stone Facial Massage	30 minutes \$65
Mini Facial	30 minutes \$65
The Spa on Green Street Signature Foot Treatment	30 minutes \$65
Scalp Massage	15 minutes \$25
The Spa on Green Street Express Massage	30 minutes \$65
Jane Iredale Event Makeup Application	45 minutes \$65