

Spa Packages

Mini Spa Sampler - \$99

- 30 Minute Massage
- Classic Facial
- Classic Pedicure

Half Day at the Spa - \$175

- Signature Facial
- 60 Minute Massage
- Spa Pedicure
- Sauna Session

Full Day at the Spa - \$250

(Choose four of the following, plus a sauna session)

- 60 Minute Massage
- 60 Minute Reiki
- Signature Facial
- Spa Manicure
- Spa Pedicure
- Body Wrap



Looking to have party? We can accommodate 10 treatments at a time!
Please call to book a party.

Gift Certificates available online or in person!



Transformation Studio

Candle Light Yoga 75 minutes

Enjoy our peaceful candlelit setting and build a healthy balance of flexibility, strength, agility, and breath to bring about a transformative effect on the body, mind, and soul. (ALL LEVELS)

Mellow Morning 75 minutes

Be present. Breathe into the available spaces, and absorb in the experience. Free your joints-relax your overstressed muscles. "LESS IS MORE" --Creating a safe and enjoyable environment for all levels. Show up as you are and leave renewed. **Includes poses, pranayama, meditation, and some philosophy/history of yoga

Pop Yoga 75 minutes

Enjoy a fun filled class with pranayama breathing, sun salutations, and flowing asanas set to popular music with lyrics. This class will get your heart pumping and help clear your mind.

Body, Mind & Soul 75 minutes

Build a healthy balance of flexibility, strength, agility, and breath to bring about a transformative effect on the body, mind, and soul. (ALL LEVELS)

GO WITH THE FLOW 75 minutes

Leaves you feeling invigorated head-to-toe. Practice that builds heat, strength, and flexibility.Smooth, energetic flow. Faster pace, and dynamic class filled with creativity and diversity.

Power Yoga 75 minutes

A flowing sequence of postures combined with the breath to create heat, strength, balance, and much more. This vinyasa flow is a great cardio workout that will strengthen, tone, and sculpt your muscles. Yoga practice exhilarates and calms the mind, body, and spirit. All levels welcome.

Meditation 30 minutes

Class drop in rate: \$15

5 Class Series: \$67.50 (3 mo expiration)

10 Class Series: \$120 (6 mo expiration)

20 Class Series: \$200 (1 yr expiration)

*See website for class times.



Integrative Healing Spa



3 Fourth Ave
Oswego, NY 13126
(315) 343-9900

www.integrativehealingspa.com

Nails

Classic Manicure - \$15

Soak, cuticle grooming, nail shaping, lotion massage, and polished or buffed nails

Spa Manicure - \$25

Soak, cuticle grooming, nail shaping, exfoliation, lotion massage, and polished or buffed nails.

Gel Manicure - \$25

A dry manicure with Gelish gel polish.

Princess Manicure - \$8

Specially for those 12 and under, enjoy the same steps as the Classic manicure.

Classic Pedicure - \$35

A refreshing soak, cuticle grooming, nail shaping, lotion massage, and polished or buffed nails.

Spa Pedicure - \$50

A refreshing soak, cuticle grooming, nail shaping, callus removal, exfoliating scrub, paraffin treatment, lotion massage, and polished or buffed nails.

Hot Stone Pedicure - \$60

Penetrating heat from smooth oiled and warmed stones is used to relieve tense muscles and sore joints. Combined with our spa pedicure steps.

Princess Pedicure - \$18

Specially for those 12 and under, enjoy the same steps as the Classic pedicure.

***French Tip and Nail Art available for manicures and pedicures add \$5**



Massage

Therapeutic Massage

30 Minute - \$40 **Couples** - \$80

60 Minute - \$70 **Couples** - \$140

90 Minute - \$90 **Couples** - \$198

Relieves muscle tension, stimulates circulation, and promotes total mind and body relaxation.

Deep tissue included under Therapeutic Massage

Chair Massage 15 minutes - \$15

An efficient, fully-clothed massage.

Hot Stone Massage- \$55, \$85, \$115

Penetrating heat from smooth oiled and warmed stones is used to relieve tense muscles and sore joints.

Prenatal Massage- \$40, \$70

Foot Reflexology - \$35

A method of stimulating the reflex points of the feet.

Raindrop Therapy

Upper Body - \$85

Full Body - \$110

By integrating massage and nine key essential oils the body can return to structural and electrical alignment.

Student Special- 1 hour \$50

*Must show student ID

***Add Aromatherapy to any service-\$5**

Body Treatments

Body Scrub - \$75

Sea salts massaged into the skin to exfoliate, and create a silky glow to the body. This is followed by a steam treatment to hydrate the skin and lock in moisture, finished with a hot towel body buff.

Body Wrap - \$75

Full body dry brushing, followed by a relaxation massage, then you will be cocooned in moist heat and drift away with a relaxing face, neck, and scalp massage.

Reiki- 30 min/\$40, 60 min/\$70

Usui Reiki therapy is an ancient Japanese hands-on technique used to relieve stress and discomfort as well as promote healing and balance to the body.

Herbal Infusion Steam Therapy 30 Min/\$30

Enjoy deeper relaxation and enhanced treatment results by adding steam to your treatment. Experience the warmth of a private, aromatic steam bath in our specially designed Steamy Wonder Steam Canopy.

Infrared Sauna- \$10

Enjoy the dry heat of our infrared sauna, this heats your body not the air helping to deepen relaxation and detoxify the body.



Facials

Classic Facial - 30 min \$40

For all skin types, this 30-minute treatment refreshes your skin with the basic, essential steps; cleansing, masque and moisturizing. *Please note, extractions are not performed during this treatment.

Signature Facial - 60 min \$70

A deep pore cleansing with thorough exfoliation under steam. Careful extractions are performed followed by a relaxing face, neck and shoulder massage. This treatment is finished with a nourishing mask for your skin type.

Oxygen Facial- 45 min \$85

The Oxygen RX is a topical system which increases tissue repair in many skin conditions. It kills anaerobes making it excellent for acne, it also lightens and brightens the skin.

Student Special- \$50

Enjoy our one hour Signature Facial at a special student discount.

* Must show student ID

Back Facial - 60 min \$70

Our Signature Facial treatment for the back. Improve the appearance and tone of the skin, as well as relax the back muscles.

Eye Lash Extensions - \$125

Naturalash Eyelash Extensions are attached to your natural lashes one at a time.

Eye Lash Fill - \$50

Waxing

Lip, Brow, Chin - \$15 each	or	2 for \$15
Underarms - \$25		Full Arms - \$35
Lower Leg - \$35		Full Leg - \$60
Bikini - \$30		Brazilian - \$70
Back or Chest - \$50 and up		