

## Signature Treatments

All of the Mind and Body Spa's signature treatments include foot bath, and aromatherapy tailored to your individual needs. They also include hand, foot and scalp components to bring balance, release stress, and deepen relaxation.

<b>Signature Mind and Body Facial</b>	<b>60 min</b>	<b>\$65.00</b>
	<b>90 min</b>	<b>\$85.00</b>

Cleansing, refinement, treatment and massage of face, neck, décolleté, and shoulders tailored to your skin type and individual goals. Scalp, hand, and foot components are added for overall wellness and relaxation.

<b>Nourishing Anti-Oxidant Facial</b>	<b>60 min</b>	<b>\$95.00</b>
	<b>90 min</b>	<b>\$115.00</b>

All the benefits of the Signature facial with additional delivery of emollients, vitamins and peptides to nourish dry dehydrated skin. Plant extracts (olive & avocado) anti-oxidants and corrective vitamins Feed your Face for a guilt free pleasure.

<b>Ruby Resurfacing Facial</b>	<b>75 min</b>	<b>\$75.00</b>
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Ruby Cream mask contains ruby crystals and vitamin c crystals for surface Microdermabrasion exfoliation without a machine! Anti-oxidants and corrective vitamins A, B, and C, are infused into the skin for a hydrating, anti-aging experience for all skin types.

<b>Back Treatment</b>	<b>75 min</b>	<b>\$75.00</b>
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This luxurious treatment brings attention to the often neglected skin on the back. The skin is cleansed exfoliated moisturized and treated with the use of hot towels and brushes. Then the back and neck are massaged using a combination of Swedish and Shiatsu techniques. Scalp, hand and foot components are added to increase relaxation. A favorite among Gentle-men

<b>Post Resurfacing Facial</b>	<b>60 min</b>	<b>\$75.00</b>
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Gentle cleansing, enzyme exfoliation and hydration of the fragile skin undergoing peels, Microdermabrasion, and laser resurfacing. Vitamins and anti-oxidants are infused to promote further resurfacing and healing.

<b>Honey and Oat Facial</b>	<b>75 min</b>	<b>\$75.00</b>
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This soothing treatment targets dry, red, irritated skin. Honey, oats, chamomile and other botanicals calm redness while aloe and cucumber cool irritation and heat sensitivity. Vitamins are infused into the skin to prevent redness and promote healing. Ideal for those with sensitive skin.

## Corrective Facials

<b>Acne Treatment Facial*</b>	<b>60 min</b>	<b>\$95.00</b>
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This deep cleansing, powerful, acne fighting treatment targets all causes of acne. A combination of AHAs, BHAs, anti-bacterial agents, and other proprietary ingredients are used to combat excess oil, acne, and blackheads. Steam and extractions are done as needed. Vitamins and anti-oxidants are infused into the skin to promote further regeneration and healing. This treatment may also be done on the back. Comes with a complimentary post-care kit to ensure results and promote healing.

<b>Acne Treatment Facial Advanced*</b>	<b>90 min</b>	<b>\$115.00</b>
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All the benefits of the Acne Treatment Facial with an Acne Peel Boost and extended extraction time.

<b>Brightening Facial*</b>	<b>60 min</b>	<b>\$95.00</b>
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Powerful lightening botanicals and natural quinones reduce unwanted pigmentation, even out skin tone and suppress the development future unwanted discoloration. Vitamins and anti-oxidants are infused into the skin to promote cellular regeneration and healing. Comes with a complimentary post-care kit to ensure results and promote healing.

<b>Brightening Facial Advanced*</b>	<b>90 min</b>	<b>\$115.00</b>
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All the benefits of the Brightening Facial with a powerful Vitamin C infusion or Hyper-pigmentation Peel Boost.

<b>Refining Rosacea Facial*</b>	<b>75 min</b>	<b>\$75.00</b>
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Azelaic acids gently dissolve dry rough bumpy spots while a proprietary blend of botanicals and emollients soothe the skin. Vitamins and anti-oxidants are infused into the skin to prevent redness and promote healing.

## Treatment add-ons

Extractions	15 min	\$20.00
	30 min	\$30.00
Peel Booster		\$25.00
Vitamin C infusion		\$20.00
Eye Treatment		\$25.00

## Corrective Peels

### Vitamin Peels

<b>Non-Acid Vitamin A Facial peel</b>	<b>60 min</b>	<b>\$95.00</b>
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This powerful treatment delivers Retinol, DHEA youth peptides and Vitamin C in a hydrating system that causes cell regeneration and resurfacing that benefits all skin types including sensitive. Skin, tone, color and texture are improved. This is a non acid peel and will not sting upon application. Comes with a complimentary post-care kit to ensure results and promote healing.

<b>Vitamin C Facial Peel</b>	<b>60 min</b>	<b>\$95.00</b>
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Pure Vitamin C is delivered in this peel for the improvement of skin color and texture. The skin is polished to a radiant glow and the skin's natural collagen repair mechanism is augmented. AHAs are layered to boost resurfacing. Comes with a complimentary post-care kit to ensure results and promote healing.

<b>Vitamin Peel series 3</b>	<b>\$250.00</b>
<b>Vitamin Peel Series 6</b>	<b>\$500.00</b>

### Natural Acid Peels

Natural acid peels deliver specific ingredients designed to create skin resurfacing results for various skin problems. Deep pore cleansing via enzyme exfoliation and vitamin infusions ensure great results. Comes with a complimentary post-care kit to ensure results and promote healing.

<b>Anti-aging Peel</b>	<b>45 min</b>	<b>\$65.00</b>
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<b>Hyperpigmentation Peel</b>	<b>45 min</b>	<b>\$65.00</b>
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<b>Acne Peel</b>	<b>45 min</b>	<b>\$65.00</b>
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<b>Rosacea Peel</b>	<b>45 min</b>	<b>\$65.00</b>
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<b>Peel series 3</b>	<b>\$150.00</b>
<b>Peel Series 6</b>	<b>\$300.00</b>

**Ask us about seasonal Body Treatments.**

We carry a full array of **DermAware®** Products to meet your skincare needs

## Waxing & Hair Removal

BROWS	\$12	BACK	\$40
LIP	\$10	CHEST	\$30
CHIN	\$10	BIKINI	\$30
FACE	\$30	LEG	\$60
FACE & BROW	\$35	HALF LEG	\$30
UNDERARM	\$20	FEET	\$20
ARM	\$40	HAIR TRIM	\$15
HALF ARM	\$25	BROW TWEEZING	\$25
HANDS	\$20	LIP TWEEZING	\$20
ABDOMEN	\$20	CHIN TWEEZING	\$20

## Massage Therapy Rates

	Member Rates	Non-Member Rates
30 Minute	\$35	\$40
45 Minute	\$45	\$50
60 Minute	\$60	\$65
90 Minute	\$85	\$90
Foot Reflexology	\$35	\$40

## Etiquette & Policies

### **Punctuality**

Please arrive a few minutes early to your appointment. If you arrive late for your service, your treatment may be modified. All services end on time so the next appointment will not be inconvenienced.

### **Cancellation Policy**

Please be advised there is a 4-hour cancellation policy. If you do not cancel 4 or more hours before your scheduled service, you may be charged for your service if we are not able to fill the appointment.

### **Spa Etiquette**

The Mind and Body Spa does not include or require gratuity for services rendered. However, it is customary to provide your Esthetician or Massage Therapist 15-20% gratuity if you were pleased with the services provided for you.

### **Spa Environment**

Please be mindful that the spa environment is one of balance and peace. Therefore, all cell phones, beepers, blackberry's and other such devices must be turned off upon arrival.

### **Pregnancy**

Please advise your therapist if you are pregnant. Esthetic and Massage treatments are limited during certain stages of pregnancy.

### **Waxing**

All waxing prices are base prices and may vary due to individual needs and hair density.

Hair must be at least 1/8" long on the face or 1/4" on the body for waxing to be done. You will be required to reschedule your appointment if your hair is too short.

The use of retinoids or prescription face wash, gel, or cream must be discontinued at least five days prior to your waxing service.

Skin undergoing resurfacing should not be waxed.

### **Peels**

To insure safety and success, all peels require a 15 minute consult/analysis prior to booking. Book consult/analysis with Concierge, or call 985-626-3706 ext 124 to contact the Esthetician.

# Mind & Body SPA



*Facials*

*Waxing*

*Massage*



Located inside Pelican Athletic Club  
1170 Meadowbrook Blvd., Mandeville, LA 70471  
Appointments:  
985.626.3706, ext. 125