

Welcome

During your visit to Rochester's favorite Day Spa, you can de-stress, renew your focus on wellness, or simply reconnect with someone special. Our spa services include Massage, Skincare, Nails and Body Treatments. Consider your visit a time to refresh and renew.

At RELAX The Spa, you don't schedule an appointment, you schedule an experience.

RELAX

The Spa





Massage

RELAX Organic Antioxidant Massage

This relaxing Swedish massage will infuse a boost of vitamins and antioxidants with all-natural apricot body oil. A unique blend of grapeseed, jojoba, sea buckthorn and superfood pomegranate oils hydrate, nourish and soothe the skin. Botanically derived vitamins A, C and Coenzyme Q10 ensure your body is on the road to wellness.

50 Minutes \$115 • 80 minutes \$155

Hot Stone Massage

Warmed river stones are incorporated with classic Swedish massage techniques in this deeply relaxing full-body massage. Releases muscle tension, increases circulation and flexibility.

50 Minutes \$110 • 80 minutes \$150 • 110 Minutes \$205

Stretching Yoga Massage

Deep stretching, rhythmic compression and acupressure combine for a Yoga-like massage. Relieves aching muscles and increases energy. Please wear loose fitting clothing.

50 Minutes \$95

RELAX Escape

With a blissful combination of several different treatments, the RELAX Escape aims to restore balance, increase energy and detoxify the body. The Escape journey includes a foot cleanse, invigorating full body exfoliation, healing hot stone massage with organic oil, a pressure point scalp treatment and reflexology.

110 Minutes \$225



Massage

Deep Tissue Massage

An intensive treatment that combines stimulating massage techniques to melt fascia in over-stressed muscles. This massage opens the joints and works out the stress with unique stretches and trigger point therapy to release tension.

50 Minutes \$100 • 80 Minutes \$140

Lavender Dreams

Unwinding your body and mind with a blend of wild crafted essential oils combined with relaxing techniques help to stimulate better rest.

50 Minutes \$110

Back & Shoulder Massage

An invigorating experience, this upper body massage is the perfect remedy to specific problem areas, awakening the mind and unwinding achy muscles.

50 Minutes \$90

Reflexology Foot Massage

Reflexology therapy will leave you walking on clouds. This ancient ritual focuses on pressure points on the soles of your feet, restoring energy pathways throughout your body.

25 Minutes \$50 • 50 Minutes \$85

Pregnancy Massage

Providing comfort and care during this special time, the gentle touch of massage coupled with careful stretching during pregnancy benefits both mother and baby. Available in the second and third trimester.

50 Minutes \$95 • 80 Minutes \$135



Massage

Swedish Massage

Indulge yourself with this relaxing technique that involves long broad strokes, with kneading and friction, to improve circulation and alleviate stress and fatigue. Perfect for those who seek simple relaxation.

50 Minutes \$90 • 80 Minutes \$130 • 110 Minutes \$185

Couples Massage

RELAX as two therapists perform side-by-side Swedish massages that encourage unity, connection and collective calm. Enjoy a luxurious private spa room and soothing sounds to help ease stress and unwind.

Priced for two. 50 Minutes \$180 • 80 Minutes \$260





Skin Care – *HydraFacials*

RELAX Signature HydraFacial

An invigorating treatment that includes all the luxurious essentials of the HydraFacial. It begins with Lymphatic Drainage therapy to initiate the detoxification process. Then, the HydraFacial deeply cleanses, exfoliates, extracts and hydrates the skin. This treatment includes a choice of Britenol, DermaBuilder or CTGF. Includes LED light therapy and gentle massage techniques.

80 Minutes \$325

HydraFacial Plus

These invigorating treatments include all of the essentials of the Mini HydraFacial while addressing specific skin concerns using HydraFacial boosters.

Restorative HydraFacial: Includes CTGF to improve the appearance of skin tone, texture and elasticity: 50 minutes \$250

Age Refinement HydraFacial: Includes DermaBuilder boost to reduce the appearance of fine lines and wrinkles: 50 minutes \$225

Radiance HydraFacial: Includes Britenol boost to minimize the appearance of dark spots: 50 minutes \$225

Clarifying HydraFacial: Includes extended extractions and blue LED light therapy to remove congestion: 50 minutes \$225

Elite HydraFacial

A rejuvenating skin resurfacing treatment that immediately reduces the look of lines, wrinkles, acne, hyperpigmentation, congested pores and uneven skin tone on the face and neck. Experience deep cleansing followed by an infusion of antioxidants and hyaluronic acid for hydration.

45 Minutes \$195

Mini HydraFacial

This treatment offers the perfect skin care solution for the time-challenged, by bathing the skin in rich antioxidants and deeply hydrating hyaluronic acid. It starts with deep cleansing and gentle exfoliation, followed by painless extractions, and ends with a burst of hydration.

25 Minutes \$165

Perk Lip Treatment

Perk Lip will exfoliate, hydrate, plump and condition your lips. A take home lip serum and balm to last until your next treatment are included in your service. \$40

Perk Eye Treatment

Perk Eye will reduce the appearance of fine lines and wrinkles, puffiness, dark circles, hydrate and promote elasticity to the under eye area. A take home under eye serum and 2 eye masks are included in your service. \$50





Skin Care – *Organic Facials*

Organic VitaSkin Firm Skin Facial

Eliminate the early signs of aging with incredible antioxidants such as acai berry, blackberry, raspberry. A plant-derived hyaluronic acid reveals luminous, youthful skin that boasts the appearance of fewer fine lines and wrinkles. (Organic, Age Preventive)

50 Minutes \$120

Organic VitaSkin Bright Skin Facial

Brighten and lighten an uneven complexion with refreshing stone crop, licorice root, and bearberry. Fade age spots and hyperpigmentation and leave skin soft and luminous. (Organic, Uneven Skin Tone)

50 Minutes \$120

Organic VitaSkin Calm Skin Facial

Get out of the red and into the clear by calming sensitive skin and the appearance of redness and inflammation naturally with soothing ingredients such as chamomile, marigold, rosemary and arnica.

(Organic, Sensitive Skin, Rosacea)

50 Minutes \$120

Organic VitaSkin Clear Skin Facial

Say goodbye to problem skin and hello to a radiantly clear complexion. Clarifying and calming cucumber, tea tree, yogurt, stone crop and more eliminate the signs of acne. (Organic, Oily, Acne)

50 Minutes \$120



Skin Care – *Age Corrective Facials*

Repair & Revitalize Facial Treatment

Antioxidant-rich natural plant hormones target hormonal acne and treat hormonal aging. The power of supercharged greens clarifies and clears the skin by normalizing oil gland production and helps to prevent breakouts. Repair and revitalize aging skin, visibly increasing its hydration and elasticity for a firmer, more youthful complexion. (Organic, Hormonal Acne, Anti-aging)

50 Minutes \$130

Age Corrective Facial

Repairs the visible signs of aging for immediate and lasting results. A Natural Retinol Alternative made with chicory root oligosaccharides and tara tree gum, and revolutionary Swiss Green Apple stem cell technology lift and tighten skin, erase wrinkles and crow's feet, and increase collagen production for skin that appears naturally ageless. (Organic, Anti-Aging) *Not for sensitive skin.

50 Minutes \$140

Age Defying Facial

Transform mature or dehydrated skin with microcurrent technology. Reduce fine lines and wrinkles and increase collagen production to help your skin regain elasticity. (Anti-aging)

50 Minutes \$155



Skin Care – *Specialty Facials*

RELAX Sea and Vitamin “C” Signature Facial Treatment

Turn back the hands of time. Designed to rejuvenate the skin by stimulating collagen and elastin synthesis. It acts as a powerful oxygenation and toning treatment as it gives unequalled lifting and clarifying effects by improving microcirculation, cell regeneration, and the skin's natural defense mechanisms. (Organic, Uneven Skin Tone, Anti-Aging) 80 Minutes \$165

Exotic Arctic Berry Peptide Specialized Facial Treatment

A deeply oxygenating and brightening treatment ideal for fatigued, pigmented and aging skins. Complexion will appear completely revitalized and firm while pores become tightened and refined. Helps with cellular repair and nourishes the skin combining botanical Stem Cells, Hyaluronic Acid and Retinol Alternatives. (Organic, Uneven Skin Tone, Rosacea, Acne)
50 Minutes \$140

Brightening Facial

Restore even skin tone and target unwanted areas of hyperpigmentation with two masks and a two layer peel. Reverse the signs of premature aging and sun damage with this corrective facial. (Uneven Skin Tone)
50 Minutes \$145

Gentleman’s Specialized Facial

This signature treatment for men with focus on using fresh, organic ingredients designed specifically for the unique skin care needs of men. A deep thorough cleansing, hot towels and exfoliation leaves skin smooth and healthy.
50 Minutes \$120



Skin Care – *Facial Service Elevations*

Elevate Your Facial Treatment with any of the following services to take your treatment to the next level:

Facial Enhancements

Vitamin C Booster: Boost collagen production and plump skin	\$20
Glycolic Power Peel: Concentrated glycolic peel to reduce fine lines	\$25
Purifying Back Treatment, 25 Minutes: Invigorating steam and exfoliation	\$55

Advanced Organic Eye Rescue

Experience the latest in eye brightening technology. Do away with dark circles, fatigue, puffiness and lack of elasticity with this active treatment.

\$20 Upgrade to any facial

Organic Lip Plumping Treatment

Refine, plump and hydrate the lips with this award-winning 3-step combination for instant beauty. \$15 Upgrade to any facial



Waxing

Eyebrow	\$25	Back	\$60	Brazilian	\$60
Lip	\$15	Arms – Upper	\$35	Legs – Upper	\$40
Chin	\$15	Arms – Lower	\$35	Legs – Lower	\$45
Face	\$50	Arms – Full	\$65	Legs – Full	\$70
Cheeks	\$25	Underarm	\$25		
Chest	\$60	Bikini	\$40		



Body Treatments

Lazy Days Tub Ritual - Tub

Immerse in a tub for this simple tranquility. Cleanse and soften your skin with a vitamin-infused soak featuring jojoba oil, apricot kernel oil and pomegranate seed oil. Follow your relaxing soak with a gentle Swedish massage and emerge renewed. 80 Minutes \$150

RELAX Nourishing Body Scrub

You are massaged with a raw cane sugar scrub to stimulate oxygen flow and encourage cell renewal. Next, relax as warm antioxidant-rich oil is applied and you are cocooned in a wrap. Deeply restoring the body head-to-toe, while slimming target areas, and leaving your skin velvety smooth with an irresistible glow.

50 Minutes \$120

Herbal Mud Treatment

Inspired by Hungarian Mud, this invigorating treatment aims to revitalize fatigued and sore muscles meant to restore your body's balance. This results-oriented wrap boosts circulation, stimulating metabolism and relieving the body of toxins.

80 Minutes \$165



Manicure

RELAX Signature Age Corrective Manicure

Reveal more youthful skin with this signature experience. Treat signs of aging on the back of your hands with our powerful age corrective solution. This treatment is a 'facial for your hands' and includes an exfoliation, mask, serum and hydration.

50 Minutes \$65

Classic Manicure

Experience this classic favorite manicure including hydrating agave oil to soothe and protect skin. A hydrating paraffin treatment provides rejuvenating results.

50 Minutes \$50

Spritzer Manicure

Soothing essential oils and natural ingredients leave skin soft and smooth. A hydrating paraffin treatment provides rejuvenating results.

50 Minutes \$45

Gel Manicure

Zero drying time, no-chips, lasts up to 14 days with no damage to natural nails. Includes easy, gentle, professional removal of polish applied at our spa.

50 Minutes \$40





Pedicure

RELAX Signature Organic Pedicure

Soften and hydrate with a raw cane sugar scrub followed by a warm antioxidant-rich wrap. Nails are shaped and polished to perfection.

80 minutes \$95

Lavender Scrub Pedicure

Experience bliss with a cleansing soak, scrub and nail shaping. Finish the experience with a hot stone foot massage.

50 Minutes \$70

Antioxidant Sugar Scrub Pedicure

Combine antioxidant powers of pear and green apple with the exfoliation from a raw sugar scrub to leave skin velvety and smooth.

50 minutes \$70

Classic Pedicure

Experience this classic favorite pedicure including hydrating agave oil to soothe and protect skin.

50 Minutes \$60



Nail Enhancements

Lucky Legs Add-on 25 Minutes \$35

French Polish \$10

Paraffin Treatment \$10

Honey Heel Glaze \$15

Gel Polish Application \$15



RELAX The Spa Packages

Couples Spa Day \$480

Enjoy our relaxing Swedish couples massage, 50 minutes, followed by our Organic VitaSkin Facials and Classic Pedicures. A wonderful way to spend time with someone special.

RELAX Signature Spa Day \$350

Begin with a RELAX Antioxidant 50 minute massage. Then experience a Vitamin "C" Signature Facial to rejuvenate the skin. Finish with the RELAX Signature Organic Pedicure to soften and hydrate. Emerge renewed!

Spa Classics \$240

Start off with a relaxing, therapeutic Swedish massage, 50 minutes. Next enjoy an Organic VitaSkin Facial that cleanses and conditions the skin. Complete your blissful spa retreat with a Classic Pedicure.

Great Expectations \$250

Our 50 minute Pregnancy Massage eases pregnancy aches and pains. An Organic VitaSkin Facial and Classic Pedicure rejuvenate the skin and soothe tired feet.



Spa Etiquette

Please arrive 15 minutes prior to your scheduled appointment time to ensure a stress free spa visit. For a new guest, please allow 30 minutes to allow time for the guest profile. Delayed arrival will limit the time for your experience, and the full price of your service will be charged. Please notify our staff of any special physical or medical needs or conditions they need to consider prior to your services (i.e. pregnancy, food or product sensitivities or aggressive medications).

To cancel or reschedule reservations, a 24-hour advance notice is required. A 48-hour advance notice is required for any spa packages and multiple treatments lasting more than 2 hours. Insufficient notice to cancel or reschedule reservations are subject to charges up to full service value.

All no-show reservations will be assessed a charge at full value of services.

RELAX The Spa Gift Cards may be used to purchase products and services at face value. This card cannot be used to purchase other gift cards. This card is non-refundable and may not be redeemed for cash. Any unused balance will remain on the card. This card is not transferable and RELAX The Spa is not responsible for any lost, stolen, damaged or unauthorized use of the card.

Gratuities are not included in the value of the services and are at the discretion of the guest.



RELAX

The Spa

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www.relaxthespa.com

Download our **RELAX The Spa**
app for online reservations.

Sunday	11am – 6pm
Monday	10am – 7pm
Tuesday	10am – 7pm
Wednesday	10am – 8pm
Thursday	10am – 8pm
Friday	9am – 8pm
Saturday	9am – 7pm