

Massages

Swedish A traditional European favorite for those desiring gentle relaxation. Using long calming strokes, it soothes and relaxes the body.	30 min...\$50 60 min...\$75 90 min... \$110
Deep Tissue Massage / Therapeutic This therapy addresses specific complaints such as trigger points, nerve compression, postural issues, inflexibility and spasms.	30 min...\$55 60 min...\$85 90 min...\$120
European Hot Stone Heated Smooth Stones that the therapist massages all over the body.	60min...\$95 90 min...\$130
Pregnancy Massage The client is put in an elevated position on her back and laid on either side for mothers's comfort..	60 min...\$85 90 min...\$110
Sports massage This is a rigorous massage that is meant for a pre or post event. Sometimes clients will come in that are very physically active and require this type of massage.	30 min...\$55 60 min...\$85 90 min...\$120
Reflexology/Foot Massage This therapy involves pressure points on the bottom of your feet that represent the organs and other body parts.	30 min...\$50 60 min...\$75
Warm Bamboo Massage Natural Bamboo sticks are heated, rolled, rubbed and pressed over the body to reduce muscle strain. Helps soothe, revitalize, increase lymphatic circulation and reduce stress and fatigue.	60 min...\$95
Thai Herbal Ball Massage Therapist applies the heated herbal balls along acupressure points and joints.opens the body's pathways to soothe aching muscles, reduce stiffness, and inflammation in the joints.	60 min...\$95
Couples Massage Enjoy your individually chosen massage above with your special someone in the same room.	Add On...\$10

Add-On Services

Moisturizing Paraffin Hand Dip	\$15
Foot Exfoliant	\$15
Foot Mask	\$20
Specialized Therapeutic Aromatherapy	\$10
Sugar Back Exfoliant	\$30
Full Body Exfoliating Skin Brush	\$30
Slimming Tummy Masque	\$40

Skin Care

Rejuvenating Facial This rejuvenating treatment involves applying of the best suited products for your skin type. Added hot towel and steam helps to open the pores allowing thorough cleansing.	\$55
European Facial / Back Facial Relaxing facial with added facial massage. Your skin will feel like new after this treatment.	\$85
Chemical Peel Specialized peel to help diminish signs of aging or treat a skin condition. Results in fewer lines and wrinkles, more even skin color, brighter complexion and smoother skin.	\$95 and up packages available
Microdermabrasion / Diamond Dermabrasion Microdermabrasion works best when performed as a series of treatments - typically six - every 7 to 10 days. After a series of treatments oiliness is decreased, dilated pores are less pronounced, and areas of thick skin are thinner. Fine wrinkles can appear smoother.	\$95 and up packages available
Dermaplaning A simple and safe procedure for exfoliating the epidermis and ridding the skin of fine vellus hair (peach fuzz). Dermaplaning is most often used on patients with rough, dry skin, superficial hyperpigmentation, mild acne scarring, or fine lines and wrinkles. The treatment results in a more refined, smooth, "glowing" appearance.	\$90
Silk-Peel Dermalinfusion Skin treatment that delivers immediate results, won't take hours out of your busy schedule, and will leave you with noticeably better skin in under 30 minutes. It is the best procedure offered today. Similar to microdermabrasion, the SilkPeel Dermalinfusion System combines non-invasive exfoliation with deep delivery of patient-specific solutions directly to the skin - without the use of crystal or other chemical exfoliants. The procedure is non-invasive and even soothing; delivering the results you want without harsh chemicals or uncomfortable treatments!	\$185 and up packages available
RF Facial Treatment Facial tightening treatment best suited for people with mild to moderate sagging of facial tissues of any skin type. It treats the forehead, under the eyes, cheeks, mid-face, jaw line, and neck.	\$225 and up packages available

757-345-0308

www.PerfectionsDaySpa.com

Body Treatments

Full Body Exfoliating Treatment Helps slough away dead skin, increase circulation and lymph flow and leave you feeling energized	\$95
Sea Kelp Treatment for Detox This treatment can be ether moisturizing or detoxifying depending on the what results you are looking for. It is recommended in conjunction with weight loss since it helps the skin's tissue retain its elasticity.	\$95
Mud Treatment Kaolin Clay with Lavender, Chamomile and Rose is spread over the entire body to help repair damaged skin.	\$95
Herbal Cellulite Wrap The body is first treated to an invigorating skin brushing session. Then it is followed by the herbal cellulite therapy and wrappings. The client is then set to detox and eliminate toxins. Helps clients that are looking to slide into that dresss or just needs to slim down and detox.	\$120
Cellulite Reducing Treatment Using rythmic lymph massage suction, ultrasonic cavitation and radio frequency this treatment helps reduce the look of cellulite and tightens the skin. Six treatments recommended 7-14 days appart.	\$225 per area

Hair Removal

Eyebrow, Lip, or Chin	\$15
Full Face	\$40
Back or Chest	\$60
Underarms / Bikini	\$30
Brazilian / Touch Up (maximum 3weeks)	\$80 / \$45
Leg Full / Half	\$60 / \$40

Nail Care

Manicure / Spa Manicure	\$20 / \$25
Pedicure / Spa Pedicure	\$35 / \$45
Gel Polish / Chrome	Add \$15
Polish Change	\$15
French Polish	Add \$10

Hair Care

Shampoo, Cut & Style	\$40+
Blowout Service	\$35+
Color	\$80+
Color, Wash & Style	\$110+
Hilights or Lowlights	\$85+
Relaxer	\$100+
Perm	\$75+
Conditioning Treatment	\$25+
Eyebrow Tint / Eyelash Tint	\$25
Male Haircut	\$25+
Formal Up-Do	\$75+

Spa Packages

The Sampler This package includes a relaxing 30 minute Hot Stone massage (back only), Rejuvenating Facial, Spa Manicure	\$119
Signature Package This package includes a one hour Swedish Massage, One hour European Facial, Manicure and Pedicure	\$199
Hot Stone Massage & Facial Enjoy soothing European Hot Stones melting tension out of the body. Then rejuvenate with the 30 minute Express Facial, gently cleansing your skin.	\$119
Ultimate Getaway This package includes a Full Body Exfoliating Scrub, Body Mud Mask, Refreshing Facial, one hour Swedish Massage, Spa Manicure, Spa Pedicure	\$369
Simple Pampering This package includes 30 minute Swedish Massage, Foot Scrub, Paraffin Hand Treatment, Rejuvenating Facial	\$109
Gentleman's Escape This package includes a relaxing 60 minute Swedish massage,, Signature Man Facial and Pedicure	\$139

Custom packages of three or more services are available. Please call us and we will be happy to help you.



~ Spa Policies ~

- ~ Cash, local checks and all major credit cards are accepted.
- ~ Gift Cards/Certificates are valid 6 months from date of purchase unless otherwise stated.
- ~ New clients must arrive 15 minutes before an appointment to complete a Client Health Questionnaire.
- ~ Credit card number is required to reserve an appointment for multiple services and out of town clients. There is no charge for any cancellations made 24 hours prior to your appointment.
- ~ Gratuity is not included in spa service prices and should reflect your satisfaction with the service provided.

~ Directions ~

~From 64 East~
 EXIT 242A toward Williamsburg/Jamestown.Onto 199 Ramp onto Turn left onto VA-5 W/John Tyler Memorial Hwy.
 Turn right onto Ironbound Rd.
 Turn left on Ingram
 Turn left into Powhatan Office Park
 Take immediate left (into Powhatan Park Center)
 Right at the office park signage
 Last building on the left

~From 64 West~
 EXIT 234, toward VA-646/Lightfoot.
 Take VA-199 E toward Williamsburg/Jamestown
 Take the exit toward VA-321/Monticello Ave.
 Keep right to take the VA-321 W ramp toward Jamestown.
 Merge onto Monticello Ave.
 Turn left onto VA-613 S/News Rd.
 Turn right onto Ironbound Rd.
 Turn right onto Ingram Rd.
 Take immediate left (into Powhatan Park Center)
 Right at the office park signage
 Last building on the left

~ Hours~

~By Appointments~
 Monday - Sunday: 8:00AM - 7:00PM

(Hours of Operation depends on staff availability)

PERFECTIONS DAY SPA



- Massages
- Advanced Skin Care
- Hair Care
- Nail Care
- Hair Removal
- Body Treatments

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