

S I L H O U E T T E S

day spa

941.548.1148

www.mysilhouettespa.com

SPA JOURNEYS

Tea for Two ~ (four treatments in 2.5 hours)

\$280 per person

Nothing is better than a day at the spa to cement that special bond between two people. Pamper yourself from your taste buds to your toes. Enjoy our spa along with a sumptuous lunch inclusive of tax and gratuities. Spa Day includes: 2- Signature Facials and 2- 50 minute massages with our sensational body scrub and wrap.

The Moon and the Stars ~ (three treatments in 3.5 hours)

\$280

Two fabulous treatments to nurture the skin and body. A fabulous way to spend a day! Silhouettes moon and stars includes: Signature facial and a massage with our sensational body scrub combination wrap with scents including lavender, exotic fruit or lemongrass all relaxing and wonderful. You will leave here in a state of relaxation, while your face and body have been completely taken care of.

Fit as a Queen ~ (three treatments in 4 hours)

\$480

The quintessential indulgence! This Top to Toe ensemble will treat every inch of your body with the best of Silhouettes! Fit as a queen will start off with a treatment to reduce the appearance of cellulite and rid inches off the body. You'll "waist away"! Choose one of our signature facials which will leave your skin feeling even more beautiful. Select from one of our four ceremonial 90 minute massages and scrub treatments; Detoxifying, Firming, Toning or Relaxing. A sumptuous lunch inclusive of tax and gratuities will be included.

Time in a Capsule ~ (four treatments in 4.5 hours)

\$480

Enjoy the ultimate indulgence, these treatments offer the most innovative machines to detox and stimulate the entire face, leaving your skin feeling firmer and tighter. You won't believe your eyes as you see fine lines and wrinkles disappear! Step into a calming a nurturing 90 minute full body Massage. You will then end with the most relaxing full body exfoliation that you have ever experienced and will be cocooned and warmed for 20 minutes while having a hot oil scalp treatment. You will love it!

MEDI-SPA SERVICES

Ionithermie Silhouette Slimming & Detox Cocktail ~

60 minutes \$159 / 90 minutes \$199

At last, a treatment to reduce the appearance of cellulite and rid inches off your body. You will "waste away" as a warm conducting clay chases your fat away. Lose up to eight inches in one session! Your measurements are recorded before and after. Results are intensified with home care.

Cryotherapy Permanent Make Up Removal ~

Consultation \$25/ Average treatment \$65

The Cryoprobe treatment uses the latest Cryotherapy technology to precisely freeze and eliminate skin irregularities with minimal discomfort. Treatments are very quick (within a few seconds). Great for the removal of permanent make-up, warts, freckles and more.

Lamprobe Skin Abnormalities Eraser ~

Consultation \$25/ Average treatment \$45

The Lamprobe treatment combines radio and high frequency technology to attract fluids to effectively eliminate and remove skin irregularities with minimal discomfort. Treatments are very quick (within a few seconds), and do not even touch the skins surface. Small skin tags or blood spots disappear immediately and hyper-pigmented areas such as liver spots or "age spots" take only a few seconds. * see Ala' carte for more options.

Hypnotherapy ~

First Session \$95/ Additional Session \$85

Do you want to stop smoking, lose weight, sleep better, change a habit or just want to relax? If so, experience the success like millions of other who have used the power of hypnotherapy!

Acupuncture ~

First Session \$95/ Additional Session \$75

Using the art of the ancient orient acupuncture aids in: smoking cessation, pain management, headaches, sciatica & low back pain, PMS problems, depression and emotional disorders, weight loss, infertility and more all without drugs!

MASSAGES

Relaxation Massage ~

50 minutes \$ 80/ 90 minutes \$110

The Swedish massage will energize your body by forcing your body to just let go and experience a deep state of relaxation.

Pre-Natal Massage ~

50 minutes \$90/ 90 minutes \$115

This "mommy to be" massage has been found to reduce stress and decrease swelling. Not only can massage be physically beneficial, but the human touch can be comforting and provide emotional support during pregnancy. This therapy has been found to reduce anxiety and depression.

Firm Pressure ~

50 minutes \$ 95/ 90 minutes \$125

Designed for clients who desire a deep pressure massage and is ideal for the client who has high stress, chronic muscular pain or just looking for a way to unwind. You will be left feeling care free and relaxed.

Hot Stones Heaven ~

50 minutes \$ 125/ 90 minutes \$155

Harnessing the properties of warm stones, we place them on key energy points of the body to harmonize the spirit. The stones give up their power and warmth to tired muscles promoting inner peace. A firm rythmatic massage using exotic stones, hot oils and hands.

Couples Massage ~

50 minutes \$160

Sharing only the harmony, each of you will receive a personalized massage with your partner by your side. Perfect for friends, family, and loved ones.

Tandem Massage ~

50 minutes/ 2 sets of hands \$160

Four hands massaging you in perfect rhythm leaving you relaxed and calm.

CEREMONIAL MESSAGES

Royal Bamboo Massage

50 minutes \$110

Experience the latest innovation to the health spa industry. The round, smooth & firm texture of the Bamboo Stalks makes this an original tool - rich in varying sensations. Symbolizing strength & flexibility, the Bamboo tools perfectly fit the contours of your body and provide a deep & revitalizing relaxation massage experience that harmonizes with your spirit.

Toning Massage with Celestial Spheres

60 minutes \$110

Celestial Spheres representing the sun & the moon provide unique massage tools in a massage designed to melt away tension buried in the heart of the muscles. Symbolizing power & strength the Celestial Spheres deliver an energizing deep tissue Sensory massage.

Detoxifying Massage with Exotic Wacapou Stones

60 minutes \$110

Carved from Wacapou Wood, sculptured wooden stones provide excellent tools to deliver a detoxifying massage experience. The "thousand & one" facets of the hands and the perfect curves of the wooden stones allow for a more intense massage to effectively eliminate waste & toxins from the body using sculpting, friction and Lymphatic drainage techniques. The slimming blend of Essential Oils combined with the natural body heat captured by the Wacapou Stones will intensify the penetration of the active ingredients.

Firming Massage with Heavenly Cococups

60 minutes \$110

This tropical massage is performed with heavenly cococups (which are smoothed coconut shells) will incorporate powerful hands and forearm techniques with unique glides to produce a lifting sensation. A firming massage oil with a blend of Grape Seed, Coconut and Rosemary Extracts is used during the massage session to prevent the loss of elasticity.

FACIAL RESTORATION

Plumping Collagen Veil Facial ~

90 minutes \$125

The face is embraced in a collagen rich veil, to infuse the age defying properties of pure collagen deep into the skin. The active collagen 'veil' will plump & revitalize while dramatically reducing the appearance of wrinkles. Superficial lines are erased and the skin texture is velvet to touch.

Lifting & Firming Facial ~ (Catio Lift)

60 minutes \$199

This **Lifting Facial** produces an immediate lifting effect through low level stimulation. Muscular stimulation makes the face muscles work very gently without tiring them to restore the skin's firmness and tone while clearing toxins from the tissues and re-oxygenates the skin. It produces spectacular results after the very first session! The face shape is redefined, the features smoothed, and wrinkles and fine lines are visibly minimized.

Re-Oxygenating Vital Facial~ (Catio Vital)

60 minutes \$199

This **re-oxygenating facial** is suitable for all skin types and is tailor-made to your needs. Combining the benefits of science with nature, this re-oxygenating and hydrating facial combines the powerful benefits of essential oils with the unique action of our Catio Vital and Lift machine to penetrate potent products to the deepest layers of your skin. Your skin is visibly more radiant and youthful after your first treatment.

Essence of Youth Facial ~ (Catio-Vital and Lift)

90 minutes \$275

This facial combines the draining effects of our **re-oxygenating vital** facial eliminating all of your toxins so the **lifting facial** stimulation is much more dramatic. The **eyes vital** is included in this session. The combination of these two facials can only be compared to plastic surgery without the knife.

Mesotherapy Age-Defying Injections ~

90 minutes \$375

This homeopathic innovative alternative to *Botox*® restores and improves your skins overall tone and texture. The treatment includes a signature facial and virtually painless injections to your entire face leaving you with dramatic results! Everyone has a secret, make this treatment yours!

SIGNATURE FACIALS

EYES VITAL ~ (Catio Eyes) 25 minutes \$45

The solution for tired eyes, dark circles, heavy eyelids and pronounced signs of aging in the eye contour area. Reconstruction is accomplished by using gentle ionization movements with delicate pressure producing visibly more refreshed eyes and eye lids.

Prescriptive Facial ~

50 minutes \$75

A deep cleansing, relaxing facial that exfoliates and detoxifies to improve your skins tone and texture. Tailor-made for your skins needs.

Glycolic Fruit Peel & Lift ~

50 minutes \$95

Introducing our new 3-phase in-depth renewal treatment with glycolic acid that will aid concerns for many skin types. Dead cells on the skin's surface are swept away to reveal a younger-looking, more radiant complexion. The skin is left re-oxygenated, soothed, nourished, lifted and exceptionally smooth. Great for acne, scars, hyper-pigmentation, age spots, and skin discoloration.

Beaute' Lifting Facial ~

50 minutes \$95

An intensive anti-ageing treatment that targets both loss of firmness and wrinkles. This relaxing facial combines a 100% marine collagen mask to plump and hydrate the skin and gentle stimuli to drain and lift facial contours. Incorporating a specific massage using essential oils, the skin is left smoother and firmer.

Simply Pure Oil Control Facial ~

50 minutes \$95

A balancing treatment for 'oily' skin. Designed to focus on regulating overactive oil glands and balances an oily complexion. It prevents future outbreaks and blemishes. This treatment will balance the oil glands & provide an immediate mattifying action to reduce the appearance of an oily complexion.

Calming and Nourishing Facial ~

50 minutes \$95

A nourishing seaweed mask hydrates & restores the skins natural defenses, calming the most sensitive skin. This facial treatment will diffuse redness, treat individual skin concerns and provide excellent soothing repair after sun exposure.

BODY SCRUBS

Scentsational Salt Scrub ~

60 minutes \$85

You may have trouble deciding which of these deliciously scented gel salt scrubs you want to try . . . Our Lemon grass and Green Tea Salt Scrub is very appealing, with a refreshing, clean scent and Asian notes. Or maybe you're in a more daring mood, and want to try an Exotic Fruit Salt Scrub - a sweet citrus medley from remote landscapes. If you're more traditional and looking for something relaxing and calming, then the Lavender Salt Scrub is for you. Can't decide? Try a different scent every time!

Relaxing Bamboo Body Scrub ~

60 minutes \$95

Rich in mineral salt, thanks to Lotus and Water Lily Extracts and Bamboo Powder, this scrub will invigorate the senses while sloughing away dead, dull, dry skin cells to reveal skin that is softer and more supple to the touch.

Tonifying Body Peeling with Dry Body Friction ~

60 minutes \$95

Awaken your senses in a whole new way with this dry body scrub. Discovering what Asian cultures have known for centuries, the healing properties of Jojoba Powder and Bamboo Powder, Lotus, Hibiscus and White Tea Extracts to stimulate and regenerate while sloughing away dry skin cells with out the use of water.

Detoxifying Body Peeling with Himalayan Salt ~

60 minutes \$95

Awaken your senses with this Himalayan Salt scrub combined with purifying Essential Oils such as: Rosemary, Lemon, Lavender and Marjoram. Utilizing the healing properties of Lotus Extract and Apricot Butter the skin is left purified, soft and velvety.

Body Peeling with Bora Bora White Sand ~

60 minutes \$125

A pure Bora Bora white sand scrub gently exfoliates dull, unwanted skin while the exotic scents of Lotus, Coconuts and Tamanu oil lulls the spirit. The sand is rinsed off with warm, wet, silky sponges and hot soaked soft towels, making this polishing treatment comfortable and luxurious at all times.

MASSAGE WITH BODY SCRUB RITUALS

ROYAL BAMBOO RELAXING BODY RITUAL ~

60 minutes \$145

A complete skin & body ritual combining exfoliation scrub, body wrap and bamboo massage. The body is wrapped in a warm blanket of lotus flower & water lily to infuse soothing calming properties into the skin. Enjoy a massage using bamboo tools to contour the body and provide a truly unique relaxation experience. The treatment is complete with a refreshing leg & foot treatment & a satin body cream that leaves the skin velvet to the touch.

TONING AND HYDRATING BODY RITUAL ~

60 minutes \$145

A Complete skin & body ritual combining exfoliation, body wrap and toning massage. The body is wrapped in a warm mud mask rich in mineral salts. White Tea & Hibiscus rejuvenate while leaving the skin toned & refreshed. Enjoy a massage using celestial spheres to provide a deep muscle toning experience.

DETOXIFYING SLIMMING BODY RITUAL ~

60 minutes \$145

A complete skin & body ritual combining exfoliation, body wrap and slimming massage. Rich in minerals, Himalayan Salts exfoliate the body. The body is wrapped in a Green, Red & White Tea mask containing slimming, detoxifying action. Enjoy a massage using Exotic Wood Stones to sculpt and define a slimmer silhouette.

FIRMING AND SLIMMING BODY RITUAL ~

60 minutes \$145

A BoraBora White Sand Scrub is used to gently exfoliate. A firming massage oil with a blend of Grape Seed, Coconut and Rosemary Oils is applied. Tropical massage to given to incorporate powerful techniques with a unique glides of the cococups and diffuse a lifting sensation. The ritual will continue with a body cocoon of Lotus flower, Tamanu oil, Coconut oil and Algae to improve the skin texture. A Firming Melting Body Cream will gently be effleuraged over the body after the removal of the cocoon.

BODY WRAPS

Mineral Herbal Body Wrap ~

90 minutes \$65/ Packages Available

Mineral and herbal wraps are applied to the whole body by using a compression technique to detoxify and release all built up fluids and assist in cellulite reduction. Results are instant and you are guaranteed to lose up to 5 inches per treatment. Your inches are recorded before and after.

Royal Bamboo Body Cocoon Wrap ~

60 minutes \$95

The body is wrapped in a warm cocoon of Lotus and Water Lily to infuse soothing and calming properties into the skin. Natural body heat allows the active ingredients to rapidly penetrate the top layer of the skin, rendering the skin supple & silky and the senses relaxed and rejuvenated.

Tonifying Body Cocoon Wrap ~

60 minutes \$95

This luxurious cocoon will pamper the senses and invigorate the body. Seaweed and Organic Sediments from the Grand Lakes of Eastern Europe are used to pamper and moisturize the entire body with a "second skin" of exclusive Algae. Natural body heat allows the active ingredients to rapidly penetrate the top layer of the skin, resulting in phenomenally soft and supple skin.

Detoxifying Body Cocoon Wrap ~

60 minutes \$95

Envelop in a concoction of Green, Red and White Tea Leaves combined with Spring Water Algae to effectively detoxify the body. Thanks to a complete action of this perfect blend, the silhouette is redefined. The wrap is complete with an application of Detoxifying Slimming Gel.

Firming Body Cocoon Wrap ~

60 minutes \$125

Firm your skin while resting in a cocoon of Algae rich in Vitamins, and Minerals. In this body wrap, the natural healing benefits of the Lotus Flower, Tamanu Oil, Coconut Extracts and Algae are used to help improve body firmness and the overall figure. Rich in essential fatty acids (Omega 3 & 6 Precursor) and Vitamin E, it will ease penetration through the skin and visibly improve the skin texture. This treatment finishes with an intensive firming melting body cream that hydrates while it firms.

ALA CARTE'

Mini Facial ~
30 minutes \$45

Hot Oil Scalp Treatment ~
20 minutes \$20

Hand or Foot Paraffin Delight ~
20 minutes \$20

Finger Tip to Elbow Age Spot Eraser ~
50 minutes \$199 per side
(includes Plumping Anti-aging Hand treatment)

Plumping Anti-Aging Hand Treatment ~
30 minutes \$45

Plumping Anti-Aging Neck and Décolleté Treatment ~
30 minutes \$55

Spa Taster ~ (Mini Facial with Back Facial)
50 minutes \$99

Eye Brow or Lash Tinting ~
20 minutes \$20 each

Sunless Tanning ~
Full Body \$49

Waxing Services

Waxing Full Legs	\$60.00	Waxing Cheeks	\$20.00
Waxing 1/2 Legs	\$40.00	Waxing Brazilian	\$50.00
Waxing Brows	\$18.00	Waxing Bikini	\$35.00
Waxing Brow Shaping	\$24.00	Waxing Chest	\$50.00
Waxing Lip	\$18.00	Waxing Back	\$55.00
Waxing Chin	\$18.00	Waxing Arms	\$45.00
Waxing Nose	\$15.00	Waxing Under Arms	\$35.00

* Visit www.mysilhouettespa.com for promotions and events.

* 24 hour cancellation policy

941.548.1148

2240 S. McCall Road
Englewood, Florida 34224

www.mysilhouettespa.com

License Number: ME21805