Advocate Good Samaritan Hospital Health & Wellness Center

SPA & SALON SERVICES

MASSAGE THERAPY 30 minutes 45 minutes 60 minutes 90 minutes	7 \$M/\$NM \$50/\$64 \$65/\$77 \$75/\$90 \$110/\$125	PEDICURES Classic Pedicure Spa Pedicure Express Pedicure	\$M/\$NM \$40/\$45 \$45/\$50 \$35/\$40
HOT STONE MASSA 60 minutes 90 minutes	GE \$110/\$130 \$140/\$150	MANI/PEDI PACKAGE Basic Mani/Pedi Spa Mani/Pedi	ES \$60/\$65 \$70/\$75
REFELXOLOGY 45 minutes	\$50/\$65	ADD ON: Paraffin Dip H/Feet \$5/ Polish Changei	′10 - \$7/13 \$10/\$13
SKIN CARE FACIALS Custom Facial Microdermabrasion HAIR REMOVAL Eyebrow Lip/Chin Underarm Leg (lower) Leg (full)	\$90/\$95 \$100/\$105 \$20/\$25 \$20/\$25 \$30/\$27 \$35/\$45 \$65/\$75	HAIR CUTS Women's Cut & Style Men's Cut Blowout/Style Up-Do Styling \$ Child Cut (under 10) De-Mineralizing Treatment *Bang trims are complimer	
MANICURES Classic Manicure Spa Manicure Shellac No Chip	\$25/\$30 \$30/\$35 \$35/\$37	HAIR COLOR Single Process Single w/ Gloss Gloss Treatment FOIL HIGHLIGHTS/LOV Mini (10 foils or less) Partial Head Full Head	\$50/\$55 \$85/\$90 \$35/\$40 WLIGHTS \$50/\$55 \$75/\$80 \$100/\$105

*M - Member Pricing

*NM - Non-Member Pricing

**All prices subject to change

\$35/\$40

Each addtional color/foil

MASSAGE THERAPY

Relieves the stress and pain of everyday life and assists with muscle recovery after exercise by improving blood supply and nutrition to muscles by increasing circulation

ARTHROSSAGE

Massage techniques specific to the treatment of arthritis; performed with the client fully clothed

CRANIO-SACRAL*

This techniqu is for finding and correcting cerebral and spinal imbalances or blockages that may cause sensory or motor dysfunction.

*60 min	\$100
*90 min	\$140

DEEP TISSUE

Techniques which utilize deep tissue/ deep muscle massage are administered to affect the sub-layer of musculature and fascia. Helps with chronic muscular pain, injury rehabilitation, and reduces inflammation related pain caused by arthritis and tendonitis

HOT STONE THERAPY

Hot Stone Therapy is the use of both heated and cooled stones combined with traditional massage techniques to create a beneficial and relaxing experience

LYMPHATIC DRAINAGE

Lymphatic drainage is a gentle, subtle, low-impact, hands-on technique used to reduce swelling and decongest tissues and joints. It may be used to reduce sinus pain, assisting detoxification, speed heal-

MUSCLE RELEASE TECHNIQUE™ (MRT) MRT relieves muscular pain by stretching the affected muscle while massaging it. The client uses stretches at home to maintain the benefit

PRENATAL MASSAGE

Incorporating modified techniques, prenatal massage can have a positive impact on the muscular tensions that develop during this time. This massage will increase relacation, reduce anxiety and provide relief from the aches and pains of pregnancy

REIKI

Sometimes called 'energy work,' Reiki is a Japanese technique for stress reduction

SPORTS MASSAGE

Consists of specific components designed to

reduce injuries, alleviate inflammation and provide warm-up etc. for amateur and professional athletes and professional athletes before, during, after and with their trainging regimens.

SWEDISH MASSAGE

The most common whole body technique, designed to relieve stress and tension by using gliding and kneading strokes.

3551 Highland Avenue Downers Grove, IL 60515 630.275.2640