

## Massage Therapy

Jamie Pettiette-Rhone, Kathy Klausner,  
Monika Camacho  
*Licensed Massage Therapists*

**Swedish Massage**      **\$30-half hr./\$50 hr.**  
**\$75 hr. & half**

Uses soothing, relaxing strokes to increase circulation, improve skin and muscle tone and achieve total relaxation.

**Deep Tissue Massage**      **\$40-half hr.**  
**\$60 hr./\$85-hr. & half**

It hurts so good! Deep tissue massage is used to target specific aches and pains associated with intense muscular tension.

**Hot Stone Massage**      **\$95-hr. & half**

Warm stones are incorporated into Swedish Massage for an extremely relaxing and stress reducing massage. Relieves muscle aches and pains.

**Hot Shell Massage**      **\$65-hr.**

Similar to hot stones, hot shells use heated tiger clam shells to de-stress, lessen muscle aches and fatigue.

**Prenatal Massage**      **\$60-hr./\$75-hr. & half**

The ultimate Relaxation for mommy and baby. This is a unique massage that addresses the concerns of your body during pregnancy.

**Chocolate Massage**      **\$65-hr.**

Indulge yourself in chocolate and actually lose weight!

**Medical Massage**      **\$60-hr.**

Medical massage takes a clinical approach to alleviating pain.

**Bamboo Massage**      **\$65-hr.**

This luxurious treatment involves long, soothing rhythmic strokes and deep pressure application.

**Ashiatsu Massage**      **\$60-hr.**

During treatment, the therapist, supported by parallel wooden bars suspended from the ceiling, applies deep foot pressure to strategic points along the spine and body to achieve maximum muscle compression.

## Body Treatments

**Aqua Foot Detox \$25**

**Couple's Detox ( two machines) \$40**

Detoxify for improvement with weight loss, kidneys, joints, bladder, Liver, Gallbladder, Parasites & Yeast.

**Detox Weight-loss Body Wrap \$65**

Loose 4-15 inches per treatment! This is a healthy method of taking off inches and tightening skin in just one hour. **(add a facial for \$20)**

**Dead Sea Mud Wrap \$60**

Utilizes mud from the Dead Sea to detoxify, remineralize, and moisturize the skin. Includes a scalp and foot massage.

**Chocolate Body Wrap and Scrub \$80**

Pure chocolate indulgence and weight-loss at once! This treatment begins with an exfoliating chocolate scrub to remove dead skin. Then you will be immersed and wrapped in warm cocoa.

**Body Polish \$30**

Full body exfoliation using dead sea salts infused with essential oils .

**Ear Candling \$25-\$40**

Treatment for the ears that removes excess wax. May also relieve sinus pressure and improve hearing and balance. Recommended treatment is one hour, two candles per ear (\$40). Mini treatment, 30 minutes, 1 candle per ear (\$25).

**Ionithermie Cellulite Treatment \$120**

Firms and tones muscles lifting slackening areas while flattening the abs. Detoxifies and remineralizes the body and raises energy levels. The benefits of the treatment are numerous. Besides reducing cellulite and toning muscle, the treatment detoxifies the body and boosts the metabolism. It also improves circulation, aids in fluid retention and waste removal, improves skin hydration and elasticity, relieves muscles aches and pains and generates an overall feeling of well-being.

## Other Services

**Infrared Dry Sauna**

Reduces stress and fatigue, burns 900 calories in 30 minutes, improves immune system, removes toxins and mineral waste, relieves pain and joint stiffness, improves skin-tone, increases blood circulation, uses less energy, and is even effective at lower temperatures.

**Chair Massage \$1/min.**

Performed either here at the spa, or on location. A relaxing, seated massage to target problem areas.

**Reflexology \$30**

30 minute session. Uses pressure points in the hands or feet to alleviate pain, relax, and improve health.

**Spray Tanning \$25**

All natural and fast drying with no orange tint!

**Beyond White Spa Teeth Whitening**

**\$180 or \$149.50 with any \$50 or more treatment**

Safe, simple, and affordable. No pain, no sensitivity, no dentist. Up to eight shades lighter in one hour-long session. In just three 20-minute cycles, tooth discoloration from years of staining foods, coffee, tobacco, cola and red wine is eliminated, leaving a beautiful, pearly-white smile.

**Purses & Jewelry**

Come see our unique selection of the latest purse and jewelry trends. We also have a wide variety of bible covers, makeup bags, and more!

**Jane Iredale**

The skin care makeup! Among mineral cosmetics, Jane Iredale is at the top of the list. Jane contains green tea and antioxidants, with no cosmetic fillers. Try Jane and feel the difference!

**Dermalogica**

A comprehensive skin care line formulated by dermatologists. It uses only the healthiest and most nourishing ingredients, making it safe for all skin types. Help your skin look and feel its best with Dermalogica.

## Nail Services

**Manicure**      **\$15**

Includes nail shaping, cuticle removal, exfoliation, massage and polish.

**French Manicure**      **\$20**

**Spa Manicure**      **\$25**

**Spa French Manicure**      **\$30**

**Chocolate Manicure**      **\$20**

Chocolate hand soak, scrub, massage and paraffin dip, with complimentary gourmet chocolates.

**Pedicures**      **\$30**

Includes everything from a manicure plus callus reduction.

**French Pedicure**      **\$35**

**Spa Pedicure**      **\$40**

**Spa French Pedicure**      **\$45**

**Manicure and Pedicure**      **\$40**

**French Mani-Pedi**      **\$50**

**Spa Mani-Pedi**      **\$60**

**Spa French Mani-Pedi**      **\$70**

**Hot Stone Pedicure**      **\$33**

**Chocolate Pedicure**      **\$40**

**Mani & Hot Stone Pedicure**      **\$43**

**Chocolate Mani & Pedi**      **\$55**

**Nail Art**      **\$1/nail**

**Nail Repairs**      **\$2/nail**

**Nail Clip**      **\$5/hands**  
**\$5/toes**

**Gel Nails**      **set-\$35/fill-\$20**

A healthier and more natural looking alternative to acrylic and solar nails. Gels are cured under a UV light and will not yellow in sunlight or tanning beds.

**Polish Change**      **\$5/hands \$5/toe**

**Full Body Paraffin Treatment**      **\$65**

**Paraffin hands, feet or face (add-on)**      **\$7**

**Paraffin hands, feet or face (separately)**      **\$10**

## Skin Care

Jamie Pettiette - Rhone, Amy Gordon  
Licensed Estheticians

<b>Facial</b>	<b>\$55</b>
Each facial consists of Steam, Deep Cleaning, Exfoliation, extractions if needed, face mapping, massage, masque, toner, moisturizer, eye product, sun screen head & shoulder massage.	
<b>Anti-aging Facial</b>	<b>\$65</b>
The Multivitamin Power Treatment is ideal for skin conditions affected by premature aging.	
<b>Acne Facial</b>	<b>\$65</b>
This treatment is the ultimate in acne management.	
<b>La Stone Facial and Body Treatment</b>	<b>\$70</b>
Hot & Cold stones are used to create ultimate relaxation for face, neck, shoulders, legs & feet.	
<b>Chemical or Pumpkin Peel</b>	<b>\$80</b>
For Scarring, Acne & Anti Aging & Brown Spots. Stimulates new growth of skin and collagen by decreasing the bond that holds dead skin cells on the surface.	
<b>Purifying Back and leg Treatment</b>	<b>\$65</b>
Cleanse, exfoliate, hot stone massage and masque. Reduces cellulite, very relaxing one hour.	
<b>Lamprobe</b>	<b>\$45</b>
<b>- \$60</b>	
Removal of broken capillaries, skin tags, warts, cherry angiomas, pimples & clogged pores.	
<b>Ionithermie Facials</b>	
<b>Detox Clarity</b>	<b>\$85</b>
<b>Ageless Ionithermie Firming Facial</b>	<b>\$125</b>
<b>Revealing Collagen Lift</b>	<b>\$150</b>
<b>2 Hour Face Lift (all three)</b>	<b>\$200</b>
Buy together and save \$160	

## Skin Care

### Microdermabrasion

Includes extractions if needed, masque, toner, moisturizer, sun block & eye product.

<b>Face &amp; Neck</b>	<b>\$80</b>
<b>Face, Neck &amp; Décolleté</b>	<b>\$95</b>
<b>Face, Neck Décolleté &amp; Shoulders</b>	<b>\$120</b>
<b>Back (top 1/3)</b>	<b>\$100</b>
<b>Hands Only (hyper pigmentation)</b>	<b>\$45</b>
<b>Hands &amp; Forearms (hyper pigmentation)</b>	<b>\$70</b>

### Silky Smooth Body Sugaring or Waxing

Your Skin will look and feel silky for weeks at a time!

<b>Brow Sculpting</b>	<b>\$10</b>
<b>Chin or Lip</b>	<b>\$10</b>
<b>Half Leg to Knee</b>	<b>\$35</b>
<b>Full Leg</b>	<b>\$75</b>
<b>Bikini</b>	<b>\$30</b>
<b>Brazilian (bare if you dare)</b>	<b>\$75 - \$100</b>
<b>Under Arm</b>	<b>\$18</b>
<b>Back</b>	<b>\$70 - \$100</b>
<b>Full Face</b>	<b>\$35</b>

### Make-up

<b>Bridal and special occasion</b>	<b>\$30-\$80</b>
<b>Make-up application</b>	<b>\$20</b>

### Add-ons

<b>Multivitamin Hand &amp; Foot Treatment</b>	<b>\$15</b>
(add to a facial) Combines a thorough retinoid exfoliation with the intensely moisturizing effects of paraffin to reduce the appearance of premature aging.	
<b>Add Collagen to a regular facial</b>	<b>\$25</b>
<b>Add a facial to a body wrap</b>	<b>\$20</b>

## Spa Policies

### Hours

Monday - Friday 9 am - 6 pm  
Saturday 9 am - 2 pm  
Special appointments by request.

### Arrival

Please arrive 15 minutes prior to your appointment. This will ensure you have the full time for your treatment. Please keep in mind that should you arrive late, we will still need to complete the service at the originally scheduled time and price in consideration of our next guest.

### Walk-ins

We will try to accommodate all walk-in guests, but appointments are preferred. If you do not call ahead or make an appointment, we may not have the time available for your desired treatment.

### Cancellations

Cancellations are required at least twenty-four hours prior to appointment time. A message can be left after hours. For new clients, a credit card number is required. 50% of the service price will be charged if prior cancellation notice is not given.

### Gratuities

Gratuities are customary, appreciated and left to the client's discretion. Gift Certificates do not include tips unless otherwise indicated.

### Gift Certificates

Customized gift certificates are available. All gift certificates are non-refundable but fully transferable. Gift certificates may be purchased in person or by phone and can be sent to the recipient. If you receive a gift certificate that specifies a particular therapist, that therapist is responsible for performing the treatment. If your gift certificate will be expiring soon, you may contact us prior to the expiration date, and we will be more than happy to provide you with an extension.

### Disclaimer

All therapists at Jamie's are independently contracted, therefore, Jamie cannot be held responsible if you are unsatisfied with a service. If you were unhappy with your spa experience, please discuss the matter with your therapist.

# Jamie's Therapeutic Touch



Full Service Day Spa

**1730 Crockett Rd.  
Palestine, TX 75801**

**(903) 723 - SKIN (7546)**

Visit us on the web at  
**www.spajamie.com**