



harmonia
HEALING ARTS SPA

spa menu

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Skin Care

Maintenance Facials

Harmonia Deep Pore Cleansing Facial Treatment – Improve your skin's tone, texture and clarity with this highly customized facial. Your esthetician begins by analyzing your skin to choose the most effective products for its needs. Relax as you face is cleansed, exfoliated and prepared for extractions. Afterward, enjoy a facial massage and mask with specially selected products packed with a concentration of active ingredients. Also includes a hand and shoulder massage. *60 minutes*

Harmonia Signature Facial Treatment – A Harmonia Deep Pore Cleansing Facial plus the addition of a décolleté treatment to rejuvenate the chest area and slow down premature aging. An essential oil foot massage brings the body back into balance. *75 minutes*

Renewing Facial Treatment – A Harmonia Deep Pore Cleansing Facial with a focus on achieving skin with a smooth texture and even tone. This treatment utilizes products containing fruit-derived acids like glycolic, malic & lactic to remove the outermost layer of the skin while stimulating the deeper layers to produce collagen and elastin to strengthen the skin, make it more resilient and fight the visible effects of aging. Perfect for skin with scarring or imperfections. *60 minutes*



Purifying Facial Treatment – This facial is specifically created for balancing very oily skin. The application of products featuring tea tree extract and purifying essential oils in combination with a specific application method, re-establishes the skin's balance and gives it a healthy, matte appearance. The treatment includes cleansing, a gentle papaya enzyme and valerian extract exfoliation, extractions, a calming lymphatic drainage massage, a purifying mask and other balancing and healing formulas to normalize the skin. *60 minutes*

Organic White Tea Facial – Experience intense, lasting hydration while strengthening the skin against free-radicals, pollution and signs of aging. This gentle, refreshing facial features certified organic products based on white tea extract—one of the most powerful anti-oxidants in nature. The Organic White Tea Facial includes a cleansing, extractions, facial massage and masking as well as a soothing shoulder and hand massage done with essential oils. *60 minutes*

Anti-Aging Facial Treatments

Anti-Aging Collagen Facial Treatment – A Harmonia Deep Pore Cleansing Facial with the inclusion of a 100% vegetarian native collagen mask. With intense anti-aging power, this mask revitalizes your skin, providing it with maximum hydration, smoothness and freshness. *75 minutes*

Gentleman's Energizing Facial Treatment – Featuring ingredients such as pure stabilized vitamin C, birch sap and trace elements, this exclusive treatment designed especially for the needs of men, revitalizes even the most dull, tired and stressed skin. After a cleansing, active products are penetrated with a shiatsu-inspired face and shoulder massage. Next, a detoxifying, activated carbon mask is applied. Emerge with skin that has recovered its firmness and elasticity and which looks and feels completely refreshed and hydrated. *60 minutes*

Oxygenating Facial Treatment – Treat your skin to a breath of fresh air. This facial utilizes nanotechnology to bring oxygen to the skin and re-establish its defensive and regenerative functions. Your skin is cleansed, exfoliated and treated to an oxygenating serum. While you enjoy a hand and foot massage, your skin drinks in a mask which helps signs of aging like expression lines, imperfections and dark spots. Your treatment includes a facial massage with warm and cool towels which leaves your face feeling smooth, hydrated and simply radiant. *60 minutes*

Pearl Therapy Face Treatment – Inspired by the rhythms of the moon and sea, this exquisite treatment brings radiant beauty to the skin through crushed black pearls and mineral-rich oyster shell extracts. Evocative fragrances and sumptuous textures envelop the senses as this treatment intensely hydrates, firms, tones and improves tissue oxygenation. Deep relaxation is achieved as you experience a head, shoulder and upper arm massage with hot volcanic energy stones. *60 minutes*
in combination with the Pearl Therapy Body Treatment: 2 hours

Corrective Facial Treatments

Acne Treatment* – Normalize the imbalance of your skin by interrupting the process of acne formation and its proliferation. This treatment features a lymph massage and three different masks: one for calming inflammation, a gentle enzymatic cell renewal and a purifying/balancing mask. Enriched with three kinds of natural clay and other powerful, purifying and balancing ingredients, the results heal the skin's imperfections, reduce and balance sebum secretion and soothe the skin. **75 minutes**

Rosacea Soothing Treatment – Calm and strengthen the most delicate and irritated skin through a carefully selected cocktail of 18 different plant extracts, complexes and lipids. Soft, subtle aromas and a gentle, specialized massage restore inner peace and balance. The skin is deeply nourished, hydrated and refreshed. This is the definitive solution for fragile, sensitive skin. **60 minutes**

Deep Hydrating Treatment – Dehydrated skin tends to look prematurely aged and is noticeable by feelings of tightness and discomfort, a dull tone, dryness and fine lines. Preserve your face's youthfulness while achieving and maintaining maximum levels of hydration with powerful technology and ingredients like hyaluronic acid, various minerals, ceramides, lactic acid and volcanic thermal water. After cleansing, toning and exfoliating, an ultra-concentrated serum and cream are massaged into the skin to restore optimal hydration. This is followed by a mask and finishing emulsion. The Deep Hydrating Treatment is especially useful when extra hydration is needed such as pre- and post-aesthetic surgical treatments, seasonal changes, periods of extreme stress, transoceanic journeys, pregnancy and post-birth recovery. Your face regains a healthy and luminous appearance. **75 minutes**

Dark Spot Correction Treatment* – Specially created for preventing and correcting hyperpigmentation. A combination of seven natural plant extracts such as liquorish root and a vitamin C derivative, work to minimize the color and frequency of dark spots. The skin is treated to a deep exfoliation and peel using micro-precious stones and fruit acids. Next, active ingredients in an ampoule, mask and finishing cream fight the intensity of the hyperpigmentation. Thanks to its regenerative and anti-oxidizing properties, this facial leaves the skin looking calm, luminous and more even-toned. Light extractions performed if necessary. **75 minutes**

Cosmetic Face Lift Treatment* – Regain the perfect harmony of your facial features, synonymous with youthful beauty. This revolutionary formula based on the ancient wisdom of Oriental culture, uses kombucha and sesame extracts along with plant oils to remodel the facial outline, and is enhanced with ionization. The skin becomes firmer and re-densified, with new luminosity and balance. Includes exfoliation, light extractions, shoulder and hand massage. **75 minutes**

Wrinkle Correcting Treatment* – Help turn back the clock and give your skin a smooth, youthful appearance. Through the powerful action of amino peptides, soybean seed extract and an exotic blend of plant oils, the skin is rejuvenated and fine lines are minimized. Firmness and suppleness return to the skin. A specialized massage with two separate masks for the face and neck deeply revitalize and smooth the skin. This luxurious treatment helps bring skin the look of timeless, flawless beauty. Can be used as a non-invasive alternative to injectables or to prolong the results of your Botox treatments. **75 minutes**

Microdermabrasion Treatment* – These treatments performed with special crystals have become a popular way of smoothing rough skin, eliminating age spots, reducing fine lines, diminishing hyper-pigmentation and improving scarring. The treatment begins with a cleansing and toning and ends with the application of a treatment cream and mask. A series of six treatments is recommended. **face only: 1 hour**
Body (prep and finishing additional) 1 hour

LED Photo Light Therapy Treatment* – Light Therapy has been clinically proven to heal and repair the skin. Suitable for all skin types, the light waves flow through the skin's surface to increase blood and lymph circulation, collagen production and detoxify the skin. Treatments include facial cleansing, exfoliation, appropriate ampoules and finishing cream. Choice of face treatment for oily or blemished skin, redness or hyperpigmentation. **50 minutes**

Lumi Microcurrent Lifting Treatment* – A combination of Extreme Super-Luminous LEDs, Micronized Currents and H.F. Polarized Currents work together to achieve facial lifting, wrinkle smoothing and a revitalization of the skin. Specifically, these Microcurrent treatments rejuvenate skin tissues, lift muscles and help wrinkles in a safe, comfortable and effective way. Your face, eye contours and neck will appear more firm while your hands and chest receive a youthful rejuvenation. Treatments include facial cleansing, exfoliation, appropriate ampoules and finishing cream. **50 minutes**

** For 5 of this same facial treatment received once a week, paid for and scheduled in advance, Harmonia gifts you with a home care product to enhance the results of your treatment. Gift selected by Harmonia and valued at up to 10% of the series' cost.*

Specialty Treatments

Executive Facial – A customized, express facial for the man who wants a polished look in minimal time. After an analysis to select the best products especially for your face, your skin is cleansed, buffed and massaged. The face is refreshed with the appropriate mask and complemented with an eye and finishing cream to protect the skin from external aggressions. **30 minutes**

Anti-Wrinkle Eye Treatment – A quick face treatment featuring an effective way to restore beauty and vitality to the eye contour area. Expression lines, wrinkles and bags are minimized through the combination of an eye contour massage and the special active ingredients in the Timexpert eye mask, which are pushed to deeper layers of the skin via iontophoresis. To refresh your whole appearance, the treatment includes a facial cleansing, exfoliation and application of an appropriate treatment cream and face mask. **30 minutes**

Glycolic Treatment – Renew your skin in no time through the use of glycolic and AHAs from natural extracts. Your face is cleansed and exfoliated in preparation for a glycolic ampoule, which stimulates an exfoliation process to progressively eliminate the outermost layer of the skin. The treatment finishes with a hydrating and protective facial cream. Weekly treatments are recommended until you achieve your desired results. **20 minutes**

Facial Massage – Detoxify, nourish and refresh your face. The skin is cleansed and toned, followed by an appropriate facial massage with products custom-picked to give you the best results. Leave looking healthy, glowing and balanced. **30 minutes**

Back Facial – For a smooth, healthy-looking, beautiful back. The skin is cleansed then exfoliated and prepared for extractions, if necessary (Purifying Back Facial). Afterward, relax as the skin is massaged with appropriate products, treated to a mask and then left hydrated and comfortable. *Choose from one of the following:*
Nourishing & Hydrating Back Facial Treatment: 45 minutes
Purifying Back Facial Treatment (with extractions): 60 minutes

Bust Firming Treatment** – Achieve a tightened, lifted effect through the most professional and non-invasive therapy against the effects of gravity. The application of highly effective products with extracts of shitake and green wheat, along with passive muscle strengthening movements, battle the loss of firmness in the bust—both on the cutaneous and muscular level. Also includes a scalp and foot massage. **60 minutes**

Body Care

Body Treatments Enhanced with Cutting-Edge Technology

Hydrotherapy with Underwater Jet Massage – Harmonia's hydrotherapy treatments are performed by a therapist in a deep tub with specially treated water and an underwater jet massage. Like a body massage combined with heat, the sensation of water, the aroma of the products and the deep vibrating stimulus of this massage relaxes the body and greatly increases blood and lymphatic circulation. The therapist manually controls the pressure and flow of the water according to the varying needs of your body. Underwater jet massage is extremely detoxifying, relieves soreness and stress in the mind and body. Perfect against locomotor disorders, nerve diseases as well as for the after-effects of accidents and circulatory disorders. The treatment is also greatly enhanced by the properties of the selected products used in the water. **60 minutes**

Supplementing the massage are the beneficial properties of various products that can be incorporated into the treatment. Choose from the following:

- **Spa Bath Milk in Powder** – A classic beauty ritual to make you feel like royalty. The combination of milk proteins and marine collagen create a silky mousse and a delicate fragrance which invite you to a sense of peace and well-being. The bath provides your skin with long-lasting hydrating and nourishing effects.

- **Marine Bath with Seaweed** – Contains a selection of algae and a very high concentration of marine elements which have been specially treated to dissolve in bathwater. This marine bath has a great ability to replace the body's vital elements and boost healing and detoxification. This bath can be personalized with essential oils to enhance a specific desired effect.

- **Essential Oil Marine Bath** – A 50% concentration of natural aromatic plant essences in a dissolving base specially designed to totally disperse in water and leave no oily residue. The appropriate blend is chosen to provide you with the best results for your body.

- **Vanilla Bath** – A pleasurable bath made from vanilla which invites deep relaxation for the body and serenity for the mind. Its delicious color, singular penetrating fragrance and light foam create a tranquil bathing ritual to induce well-being.

***For 5 of this same body treatment received once a week, paid for and scheduled in advance, Harmonia gifts you with a home care product to enhance the results of your treatment. Gift selected by Harmonia and valued at up to 10% of the series' cost.*

Body Treatments Enhanced with Cutting-Edge Technology

Body Wraps on the Wet Bed with Steam Sauna – Body treatments performed on Harmonia's wet bed give you the convenience of not having to get up and shower off your mask. Additionally, our Steam Sauna cocoons you as you enjoy the benefits of moist heat, including relief of joint pain and muscle soreness, improved circulation and detoxification, and relief from allergies and asthma. Enjoy a scalp massage with the following body treatments which may be given on the Wet Bed. Alternatively, these treatments may also be received with the heat blanket coupled with a shower. **60 minutes**

Choose from the following:

- **Remineralizing-Fitness Treatment** – On freshly exfoliated, smooth skin, enjoy a soothing body massage with a warm, velvety butter created from mineral-rich marine mud, invigorating essential oils such as mandarin, lemon, nutmeg and lime, and a renewing body cream. These products reactivate and revitalize the skin by replenishing it with necessary substances such as trace elements, minerals and vitamins. Escape away in a comforting warm body wrap and finish with a mineral-rich seawater splash.
- **Deep Relaxing Dynamic Comfort Treatment** – Stress is more harmful to us than we realize, especially if it's experienced on a regular basis. If you're feeling run down and out of balance, then this is the treatment for you. It features a self-heating mud, marine algae and concentrated essential oils which transport you to an incredibly deep level of relaxation. As a result, your body's immune system is boosted, your energy reserves are replenished and you're shifted to a place of well-being.
- **Energizing Coffee Body Mask** – Recharge and resculpt your body. Begin with a gentle and nourishing exfoliation, after which you are enveloped in a body wrap made from toasted green coffee, yerba mate, caffeine and silanol. With diuretic, energizing properties, this treatment helps the skin recover its suppleness and firmness.
- **Deluxe Chocolate Body Mask** – For a taste of chocotherapy enjoy this body treatment based on cocoa that helps reduce contours, smooth orange-peel skin and eliminate stress. Cocoa induces the production of endorphins, which activate the natural process of fat elimination. Endorphins also release tension and produce a feeling of well-being. A body exfoliation based on cocoa pieces is included with this treatment.
- **Anti-Aging Red Grape Mask** – Based on red grape extract, this anti-oxidizing, anti-aging therapy restores the skin's most youthful appearance thanks to the effect of polyphenols: powerful anti-free radicals found in grape pulp and seeds. Exfoliation of the body is included with this rejuvenating treatment that helps the skin remain youthful and neutralizes oxidative damage.

Lympho Pressure Therapy**

Detoxify and improve your body's circulation for relief of cellulite, water retention and fat deposits. The treatment begins with a body analysis from your therapist to determine which one of 10 programs is most suitable for your needs. Next, the body is prepared with a gentle, manual lymph drainage massage performed with natural essential oils. Then, your feet up to your midsection are placed into pressure therapy boots which continue to stimulate the lymph flow with a unique hypnotic, rhythmic motion. In the meantime, the healing hands of your therapist work to complete your treatment with the appropriate massage. Alternatively, this treatment can be performed on the arms when there's a need for improved circulation. **45 minutes, upper and lower body: 70 minutes**



Foot Detox** – Detoxifying the body regularly is essential for optimal health. Enjoy this comfortable, thorough and efficient way of cleansing the body of pollutants. While your feet soak in a warm bath, special equipment generates a stream of charged atoms which attach themselves to all types of toxic particles inside of you. These toxins are then drawn out through the pores of your feet to cleanse and detoxify the whole body. At the close of the treatment, your therapist informs you of what wastes have been removed based on the appearance of the water. You'll feel lighter and more energetic as you are relieved of all that weighs you down. **30 minutes**

Slim Tone** – Receive benefits of exercise like toned muscles, stimulated lymph and blood circulation and detoxification without intentionally moving a muscle. This passive exercise involves attaching pads to the body which stimulates the muscles, causing them to contract. Relax and receive a scalp and essential oil foot massage as your muscles are strengthened and sculpted. **60 minutes**

Far Infrared Sauna – Traditional saunas heat the air, and thereby warm the skin's surface. This can become uncomfortable and make it difficult to breathe as temperatures can rise to greater than 200°F. Far infrared light, experienced as heat, is a naturally occurring output of the sun, without harmful UV rays. While operating at a more comfortable heat of 100–150°F, the Far Infrared Sauna heats the body at its core instead of just the skin, creating a sweat at the cellular level where most toxins reside. Penetrating 2–2.5 inches into the body, far infrared light creates a detoxification that is seven times more effective than a traditional sauna. Also, by raising the core body's temperature, the Far Infrared Sauna produces a sweat comprised of 20% toxins versus 3% toxins resulting from traditional saunas. In addition to purifying the body, Far Infrared Sauna sessions regulate blood pressure, boost the immune system, aid in pain relief and help heal skin conditions like acne, eczema and psoriasis. Harmonia's Far Infrared Saunas sessions are personal and private for your comfort. **up to 45 minutes**



Body Maintenance

Body Polish Treatment – Experience a gentle surface massage with a body exfoliator to eliminate dead cells, stimulate circulation, and improve the elasticity of the skin. After a refreshing shower, a hydrating and nourishing cream is applied onto your body. Imperfections are minimized and you'll be left smooth and soft. **45 minutes**

Body Polish with Self-Tanner – A safe alternative for more color without the harmful effects of tanning beds or sun rays. Receive a surface massage on your body with an exfoliator to prepare the skin. Next, a double-acting self-tanner is applied to the body which immediately gives a caramel color as it activates the skin's own pigmentation. Please wear washable clothing. **body: 45 minutes, face & body: 60 minutes**

Essential Oil Body Cocoon – Re-establish harmony between mind, body and spirit through a comfortably warm wrap of essential oil blends in one of five formulas—relaxing, hydrating, purifying, energizing or circulation-activating. Each blend is comprised of various natural aromatic plant essences. Experience feelings of bliss while receiving a scalp and foot massage to stimulate reflexology points and send healing messages to your body. **45 minutes**

Body Maintenance

Moisturizing Body Treatment – Provide your skin with the necessary moisture for it to feel comfortable and velvety smooth. An algae and sea salt-based exfoliator are combined with coriander, African geranium, and patchouli essential oils for an invigorating body massage. Receive a scalp and essential oil foot massage while luxuriating in a warm body wrap. Helps prepare the skin for sun exposure, rehydrates it afterward and keeps it looking its best. **45 minutes**

Foot Detox** – Detoxifying the body regularly is essential for optimal health. Enjoy this comfortable, thorough and efficient way of cleansing the body of pollutants. While your feet soak in a warm bath, special equipment generates a stream of charged atoms which attach themselves to all types of toxic particles inside of you. These toxins are then drawn out through the pores of your feet to cleanse and detoxify the whole body. At the close of the treatment, your therapist informs you of what wastes have been removed based on the appearance of the water. You'll feel lighter and more energetic as you are relieved of all that weighs you down. **30 minutes**

Wellness Hands with Polish – Hands are essential in daily life but they are also tremendously vulnerable and delicate, as their skin is thin and lacking in sebaceous glands. Continuous exposure to external agents and environmental changes like cold, wind, sun, using detergents and frequent contact with water, often cause severe dehydration and desquamation of the hands. The Wellness Hands treatment features a eucalyptus bath, sugar exfoliation, hydrating mask and nourishing cream to maintain the beauty of the hands, slow down the effects of the passing of time, and protect them from external aggressions and evident signs of premature aging. A polish of the nails ends the treatment. **45 minutes**

Wellness Feet with Polish – Feet suffer from rubbing and hard skin which can lead to complications, cause painful cracks and other podiatry problems. Treat your knees to your toes with immediate relief and long-lasting comfort. Your experience begins with a soak in a warm eucalyptus bath. Next, they receive a treatment of salicylic and lactic acids to eliminate hard skin. Then into a mask they go, to activate circulation through medicinal plant extracts. Finally, the treatment finishes with a cream to nourish, strengthen and repair the skin while protecting it from environmental stress. A polish of the nails ends the treatment. **60 minutes**

Shaping/Sculpting

Lymph Pressure Therapy** – Detoxify and improve your body's circulation for relief of cellulite, water retention and fat deposits. The treatment begins with a body analysis from your therapist to determine which one of 10 programs is most suitable for your needs. Next, the body is prepared with a gentle, manual lymph drainage massage performed with natural essential oils. Then, your feet up to your midsection are placed into pressure therapy boots which continue to stimulate the lymph flow with a unique hypnotic, rhythmic motion. In the meantime, the healing hands of your therapist work to complete your treatment with the appropriate massage. Alternatively, this treatment can be performed on the arms when there's a need for improved circulation. **45 minutes, upper and lower body: 70 minutes**

Heavy/Tired Legs Treatment** – Give immediate and lasting relief to your tired legs. This treatment improves blood and lymph circulation. Water retention is decreased and aching legs are soothed, making it ideal for pregnant ladies and those who are on their feet all day. After a gentle exfoliation, a personalized massage is used to apply products containing extracts of plants, algae and several essential oils. While relaxing in a body wrap, you'll experience the sensation of cool and warm temperatures which result in refreshed, energized legs. Scalp and essential oil foot massage complete this remedy. **lower body: 60 minutes, full body: 75 minutes**

Cellulite Solution Treatment** – New information on the cause of cellulite, combined with active ingredients like lotus and ivy extracts, caffeine and innovative lipo-reducing aromacosmetics, make this the most effective and comfortable treatment yet for combating cellulite and fat. A waxy exfoliator with papaya extract is massaged onto your skin to eliminate dead cells and begin the lipo-reducing action. A light, no shower body mask with anti-oxidizing, draining and anti-cellulite properties is then applied to your body. As the wrap works its magic, enjoy a soothing scalp or foot massage. The treatment completes as your body is coated with an ultra-concentrated emulsion with powerful lipolytic action. Achieving a smoother and slimmer physique has never been more simple. **lower body: 60 minutes, full body: 75 minutes**

Reducing/Shaping Treatment** – An excellent treatment for cellulite and fat deposits, this treatment sculpts your body and helps your skin regain vital minerals and trace elements, while cellulite, fat deposits, toxins and water retention are naturally eliminated. Feel relaxed and revived through various massage techniques combined with the use of specific plant and marine extracts, essential oils of cedar, juniper and sage. A pleasantly warm marine body mask and scalp and essential oil foot massage reinforce better body function. **90 minutes**

Firming

Stretch Mark Body Treatment** – Experience an effective and enjoyable solution for stretch marks through a body exfoliation, potent serum and a no-shower body wrap. The combination of seven powerful ingredients like bio-peptides, rutin and centella paired with an exclusive massage help improve the appearance of stretch marks, prevent the formation of new ones and combat the loss of firmness and suppleness in the body. Also enjoy a scalp and foot massage during the treatment. **lower body: 60 minutes, full body: 75 minutes**

Coffee Body Contouring Treatment** – Slim your silhouette and recover skin firmness and youthfulness with the power of coffee, yerba mate extracts, caffeine and silanol. While you relax and enjoy the aroma of roasted coffee, this treatment works to firm and define your body's contours, reinvigorate your skin, stimulate fat elimination and drain liquids and toxins. Especially recommended for after childbirth, weight loss or any time you need better skin tone. Includes a scalp or essential oil foot massage. **75 minutes**

Spa Firming Treatment** – Turn back time by regaining firmness, improving elasticity and preventing skin flaccidity in your body. This treatment begins with well-exfoliated skin, followed by a gentle but firm massage to improve circulation and penetrate tightening and detoxifying products with mineral-rich marine elements and essential oils of mandarin, lemon, nutmeg and lime. A scalp and essential oil foot massage compliment your marine-based gel body mask. Finish with a nourishing and refreshing seawater splash. **75 minutes**

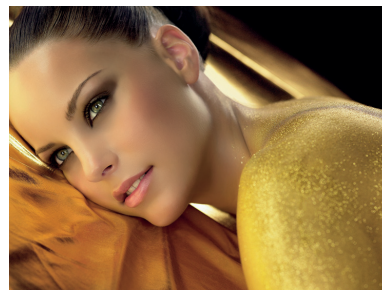
Bust Firming Treatment** – Achieve a tightened, lifted effect through the most professional and non-invasive therapy against the effects of gravity. The application of highly effective products with extracts of shitake and green wheat, along with passive muscle strengthening movements, battle the loss of firmness in the bust—both on the cutaneous and muscular level. Also includes a scalp and foot massage. **60 minutes**

Slim Tone** – Receive benefits of exercise like toned muscles, stimulated lymph and blood circulation and detoxification without intentionally moving a muscle. This passive exercise involves attaching pads to the body which stimulates the muscles, causing them to contract. Relax and receive a scalp and essential oil foot massage as your muscles are strengthened and sculpted. **60 minutes**

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Experiential Treatments

Gold Therapy Treatment – Harness the power of the sun as it unites with mineral-rich golden algae in this revitalizing, anti-aging body treatment. Your journey begins with aromatic, energizing essential oils combined with a series of soothing, pressing movements along your body to put you into a relaxed state. Next, your skin is polished with a gentle exfoliation. You are then wrapped in a thick, glistening liquid with a sublime aroma that enriches the skin with vitality and nourishment. While in the mask, enjoy a massage with special Pindas; warmed volcanic energy stones that transmit positive energy. The treatment concludes with the application of an illuminating nectar that leaves you shining from the inside-out. **60 minutes**



Pearl Therapy Face & Body Treatment – Inspired by the rhythms of the moon and the sea, this luxurious treatment for the face and body nourishes and oxygenates the tissues and provides a detoxifying effect. Sumptuous textures, evocative fragrances and a unique protocol are paired with crushed pearls, which are rich in nutrients like amino acids

and proteins. Enjoy a massage with Pindas of hot energy stones to help release physical and emotional tension. The skin is left firm, supple, smooth, hydrated and sparkling; you are left with a feeling of peace and serenity. The facial and body treatment can be performed simultaneously or individually. **2 hours, just body: 60 minutes**

Candlelight Massage – Disconnect from the world and spend some time by candlelight. Alleviate the tensions of your mind and body as a candle melts a warm, fragrant massage oil of lavender, mandarin and sal butters onto your body. With hypnotic movements, the essences are massaged into the skin, leaving it glowing, nourished and hydrated. Enveloped in the enchanting fragrance, you'll experience complete physical and mental relaxation. **60 minutes**
with chakra-balancing, self-heating stones, front only: 75 minutes
with chakra-balancing, self-heating stones, front & back: 90 minutes

Experiential Treatments

Multi-Sensory Odyssey – Experience the magical world of well-being. Breathe deeply and let yourself be carried away by the exotic fragrances of coriander, clove and ylang-ylang. These spices along with cinnamon, vanilla, ginger and myrrh mix with oriental resins and woods for a rich exfoliation while rice and sesame oils nourish the skin. Next, a soft body wrap based on hydrolyzed silk extract veils your body. Its smooth texture works like a second skin, leaving it incredibly beautiful, smooth and silky. A scalp massage and essential oil foot massage add additional pleasure while you're in the wrap. *60 minutes*

Turkish Mystery Massage – Transport yourself to a place of profound relaxation. As you close your eyes, take a deep breath and allow yourself to be captivated by exotic fragrances and soft textures. Your body is massaged with an anti-inflammatory, anti-aging cream based on saffron extract, vitamin E-rich cereal germ oil and the essential oils of cardamom, coriander and ylang-ylang. Bring relief to your back, neck, arms, abdomen, legs, shoulders and ankles as your whole body is caressed, wrapped and gently stretched with the assistance of a long, silky cloth. Pressure points are further stimulated to aid in the release of deep-seated tension and bring a sense of calm, peace and comfort to the body and mind. *60 minutes*

Cinnamon Delight Massage – Cinnamon provides the body with energy and normalizes its temperature. Enjoy the benefits of this anti-oxidizing treatment as your body is massaged with warm sea shells. You are first treated to the application of a cinnamon massage gel, rich in vitamin E. Then warm shells are used to perform a body massage and pressure points are stimulated to bring the body into balance. Emerge feeling harmonized and revitalized. *60 minutes*

For Men: Escape Away Body Treatment – Begin your experience with an invigorating surface massage using a Mediterranean body scrub of argan shell, olive stones and grape seeds. Rough skin is smoothed while the body is intensely nourished and hydrated. After, a fresh mint and aloe vera body wrap is applied with deep, relaxing movements. Also containing essential oils of lemon, cyprus and olive, the wrap provides immediate sensations of well-being and comfort. An aromatic steamed towel compress completes the treatment. *75 minutes*

Massage Therapy

Chair Massage – This treatment is ideal for people who want the benefits of massage in a short period of time. Using a special padded chair with a face cradle, your therapist focuses on releasing tension in the neck, shoulders and back. This therapy is performed through your clothes. *15 minutes*

Swedish Body Massage – Uses gentle yet firm pressure to promote deep relaxation, release muscle tension and encourage circulation. Utilizes gliding, stroking movements as well as kneading, stretching, friction and tapping. Specific problem areas can be focused on. *60 or 90 minutes, essential oils, cinnamon or saffron massage formulas are available*

Therapeutic Full Body Massage – For more than achieving a relaxed state, the Therapeutic Massage is a personalized treatment performed to relieve chronic and long-term issues. Your therapist uses movements selected specifically to help with the problems you're experiencing. Expect deeper pressure than in a Swedish massage and cross-fiber friction in order to release muscle knots. For accomplishing the best results, this massage incorporates a customized essential oil cocktail to stimulate the body's function. *60 or 90 minutes*

Deep Tissue Body Massage – Aimed at the deeper tissue structures of the muscle and fascia (connective tissue), this massage uses more intense pressure than any of the other massages offered, aiming to release chronic muscle tension or knots. It aids in the recovery of the muscle tissues after intense stress or activity. For truly releasing chronic muscle tightness, a regular massage program is recommended in combination with exercise, work on posture and body movements and relaxation techniques. *60 or 90 minutes, essential oils, cinnamon or saffron massage formulas available*

Pre-Natal Massage – Using extra cushioning and support for your body, this massage focuses on making you feel as comfortable during your pregnancy as possible. Gentle, relaxing movements are used to deeply soothe, improve circulation, reduce foot swelling, relieve lower back tension and comfort the mother and the child for a healthy pregnancy. This treatment also relieves stress on joints, relaxes and provides flexibility to birthing muscles, aids the circulatory and lymph systems to keep blood flowing to mother and baby and stimulates glands to stabilize hormone levels. Especially beneficial in the second and third trimester when the extra belly weight puts a strain in the back. Harmonia's therapists are specially trained to provide this service. *60 minutes*

Body Sculpting Massage – Refine your figure or reshape it after weight loss in a treatment created just for you. Partake of a personalized therapy utilizing a combination of special massage techniques, a mix of plant extracts, an active body cream and essential oils of cedar, juniper, lavender, sandalwood, patchouli, violet and ylang-ylang. Stimulate blood and lymphatic circulation so that nutrients feed your cells and toxins are more rapidly eliminated from the tissues. *60 minutes*

Anti-Stress Detoxifying Massage – Experience utmost relaxation to your core. This treatment uses a combination of 16 essential oils like lavender, sandalwood, violet, cinnamon leaf, mint, juniper, cedar and sage to release physical and nervous tension and allow the body to eliminate toxins. Begin with a gentle yet effective exfoliation with nourishing properties and antioxidants. This prepares your body for the special chakra-balancing massage which creates harmony in the energy channels of the body. Finish with a massage to soothe your psyche. *75 minutes*

Manual Lymphatic Drainage Massage – The lymphatic system promotes a healthy immune system by clearing your body of harmful wastes and substances. In addition to its natural flow through the body, lymph can be manually stimulated through this special massage technique. This detoxifying massage incorporates gentle, precise pumping and stretching movements that follow the direction of the lymph circulatory system. Lymph Drainage is ideal for maintaining optimal health and is especially beneficial if you've undergone surgery, experienced serious trauma, infections or radiation treatments. It flushes out excess water, helps with obesity, insomnia and high blood pressure. Essential oils are used in specific areas. *30 or 60 minutes*

Four-Handed Massage – For maximum contact in minimum time, a Four-Handed Massage features two therapists who work simultaneously with techniques and pressure that are customized for your body. With one therapist focusing on the upper-half and one on the lower-half of your body, you'll not only receive the best therapeutic results but also reach deeper states of relaxation. *45 or 60 minutes*

Reflexology – Bring the body back into its natural balance with Reflexology—a pressure point massage on the feet. Based on the fact that the end points of the body's energy meridians are located along the feet, gentle pressure stimulates and opens energy blockages along these pathways. Reflexology benefits everything from circulation, digestion, respiratory problems to hormonal imbalances, high stress levels, headaches and more. It is also said to improve concentration, is an excellent source of relaxation and balances the body's functions. *45 minutes*
Reflexology can also be added on to several treatments, including facials



Holistic Stone Massage – Release emotional and muscular tension through this exclusive massage. Cold onyx and hot obsidian stones from Mexican volcanic land are massaged and pressed on different areas of the body with a certain rhythm and pattern. The exchange of energy between your body, the stones and the therapist's energy and the special massage techniques used, work in combination with the thermal stimuli and natural essential oil blends to restore the body's vitality, eliminate toxins and fight stress and anxiety. *60 or 90 minutes*

Acupuncture

Acupuncture – A Chinese medical practice which balances the flow of the body's energy through fine needles, which are the width of a single hair. Inserted only a few millimeters into the skin, the needles are placed on points along energy pathways called meridians, to increase the flow of energy to the body. Clearing these blockages treats pain disorders, digestive problems, anxiety, depression, stress, fatigue, sleeping disorders, asthma, allergies and gynecological disorders. Additionally, you'll feel more energetic, more able to deal with stress, a heightened sense of awareness and an overall sense of well-being.

Acupuncture and Cancer Treatment – If you're receiving cancer treatments, acupuncture is a safe, natural and effective way of minimizing the side effects and strengthening your body. It helps decrease nausea associated with chemo and radiation, strengthens the immune system and increases red blood cell production, which is often depleted by traditional cancer therapy. Additionally, acupuncture greatly reduces the pain, fatigue and stress associated with your treatments.

Acupuncture for Infertility – Acupuncture can improve fertility by increasing blood flow to the uterus, regulating hormone levels, promoting thickening of the uterine lining to improve implantation, aiding in follicular maturation and generally reducing the stress associated with fertility problems. Studies have shown when acupuncture is combined with IVF, success rates were significantly increased from 26% to 42%*. Acupuncture can be used throughout pregnancy to reduce morning sickness, minimize back and leg pain and decrease swelling and discomfort. It can also be safely used in place of hormone treatments to induce labor. Post-partum, acupuncture can increase healing associated with natural birth or cesarean sections, post-partum depression, fatigue and can increase and prolong milk production.

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Acupuncture with Reiki – Reiki is a Japanese technique used for stress reduction that also promotes healing. It is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress. If it's high, we are more capable of being happy and healthy. A treatment feels like a wonderful glowing radiance that flows through and around you. Reiki treats the whole person and creates many beneficial effects including feelings of peace, security and well-being. When combined together, acupuncture and reiki accelerate the healing process.

Facial Rejuvenation Acupuncture – Attain a toned face in a natural way. Facial Rejuvenation Acupuncture reduces the signs of aging and gives you a healthy-looking face by addressing the physical, mental and emotional patterns that contribute to aging. It brings out your innate beauty while balancing your body and helping your organ systems function properly. Visible results include: reduction of fine lines and wrinkles, decrease in puffiness, lifting drooping eyelids, brow lines, sagging jowls and double chins, diminishing bags under the eyes, tightening pores, improving muscle tone, boosting collagen and elastin production, increasing the circulation of blood and lymph to the face, balancing skin color.

Treatments are recommended once a week for six weeks for noticeable results and once a week for twelve weeks for lasting results. Afterward, treatments once every few months maintain the results.

Light Therapy for Pain – MedLight is a safe, effective alternative to pain relief medications. Using Low-Level Laser technology, it truly eases feelings of discomfort. Near Infrared energy floods the treated area, increasing local blood circulation, creating a gentle warming sensation and temporary alleviation from minor pains such as: arthritis, stiffness, joint soreness, muscle soreness and muscle spasms. Utilizing NASA-developed technology, the MedLight delivers pain-relieving energy directly to the source. Within minutes, you'll experience increased local blood circulation, resulting in reduced swelling/inflammation and pain. The energy from MedLight will not damage any tissue, has no side effects and is perfectly safe. Results are cumulative. *No charge if combined with an Acupuncture treatment*

Guasha – A healing technique in which the skin is pressed with a piece of porcelain which results in the appearance of small, red patches. Guasha stimulates the immune system, detoxifies the body, improves circulation, manages pain, diminishes fatigue and burn-out, rebalances emotions, relaxes and promotes clarity of mind. Guasha is ideal in fighting colds, flu, bronchitis, asthma, as well as any chronic and painful disorder. It swiftly brings relief to head, neck, shoulder, joint and back pain, fibromyalgia, sciatica, migraine, PMS, osteoporosis and rheumatism.

Cupping and Cupping Massage – Cupping detoxifies, promotes circulation, regulates pain and diminishes stress, fatigue and burnout. During this treatment the cups are placed at various positions along the same energy lines as used in acupuncture. It's particularly well-suited for respiratory disease, as well as digestive and gynecological disorders, headaches and dizziness, lymphatic blockages and knee pain. The common cold, bronchitis and pneumonia can be treated with cupping, as can insomnia and soft tissue injuries. Cupping Massage softens and tones tight muscles, drains excess fluids, brings hydration and blood flow to body tissues. It stimulates healthy elimination of accumulated debris in the tissues, organs and systems.

Essential Oils

The essential oil blends used in Harmonia's treatments are from *Germaine de Capucini*. They are absorbed by the body through the skin and by inhalation through the sense of smell. Through the sense of smell, essential oils act mainly on the nervous system, having comforting effects on moods and emotions, acting on the memory, learning capacity and our state of mind. When applied to the skin, essential oils penetrate rapidly and spread through the body until a widespread effect is created on the physical and psychological state of the individual.

Natural aromatic essences are used to re-establish balance between body, mind and spirit. The five balanced blends include:

Active: enhances micro-circulation and creates a feeling of lightness with extracts of spearmint, clary sage and cinnamon

Aqua: natural moisturizing and renewal featuring extracts of geranium, patchouli and coriander

Relax: calming for body and mind through extracts of lavender, sandalwood, patchouli, violet and ylang-ylang

Svelte: purifying thanks to extracts of cedarwood, juniper and lavender

Vitality: toning and energizing from extracts of mandarin, nutmeg, lime and Italian lemon

A Day at Harmonia

An Enchanted Day – Pamper yourself by indulging in some of our most sumptuous and pleasurable treatments. Package includes: Deluxe Chocolate Body Mask, 60 min. Swedish Massage, lunch, Pearl Therapy Face Treatment, Manicure, Pedicure and Day Make-Up. *approximately 6 hours*

Revitalizing Package – Look rejuvenated, feel refreshed and support your body in staying that way from head to toe. Package includes: Anti-Aging Red Grape Mask, Harmonia Signature Facial Treatment with anti-aging collagen mask, lunch, Wellness Hands with Polish and Wellness Feet with Polish. *approximately 5.5 hours*

Maternity Bliss – Help prepare your body and expect to look radiant after these renewing treatments. Package includes: Pre-Natal Massage, Personalized Deep Pore Cleansing Facial, lunch, Pedicure, Manicure and Day Make-Up. *approximately 4.5 hours*

New Mother's Package – Baby yourself for a change and relax as we get your skin and body back into shape. Package includes: Body Sculpting Massage, Personalized Deep Pore Cleansing Facial, lunch, Manicure, Pedicure, Day Make-Up. *approximately 4.5 hours*

The Ultimate Unwind – Put your worries and frustrations aside as you experience a sense of peace and well-being. Package includes: Anti-Stress Detoxifying Massage, Personalized Deep Pore Cleansing Facial, lunch, Manicure and Pedicure. *approximately 4 hours*

Gentleman's Package – For the man who knows that self-care is key to personal and professional success. Package includes: 60 min. Deep Tissue Body Massage, Gentleman's Facial Treatment, lunch, Gentleman's Manicure and Gentleman's Pedicure. *approximately 5 hours*

The Great Escape (for couples) – Create a day of wellness and connection for you and your loved one. Package includes: Couple's Far Infrared Sauna session, two 60 min. Therapeutic Full Body Massages, lunch, one Harmonia Signature Facial Treatment, one Gentleman's Facial Treatment. *approximately 4 hours*

If you choose to enjoy your "A Day at Harmonia" package all at once, you'll receive a nourishing and healthy lunch and gift, courtesy of Harmonia. Alternatively if you receive a gift certificate for A Day, you may use the monetary amount of the package toward whichever services you wish.

Complement Treatments

May be added on to any service

Ampoule (a concentration of active ingredients)
Stem Cell upgrade
Lip Rejuvenating Treatment
Anti-Wrinkle Eye Treatment
Collagen Mask
Firming Et Smoothing Mask
LED Photo Light Therapy (Rosacea, acne, oily, dark spots)
Lumi Microcurrent Lifting Treatment
Microdermabrasion
Bust Firming Treatment with Facial
Scalp, Foot or Hand Massage with Essential Oils (15 minutes)
Lympho Pressure Therapy Treatment
Slim Tone Treatment

Finishing Touches

Waxing

Lip or Chin
Eyebrow
Face
Underarm
Lower Arm
Full Arm
Thigh
Lower Leg
Full Leg
Full Leg with Bikini
Bikini
Brazilian Bikini Wax

Manscaping

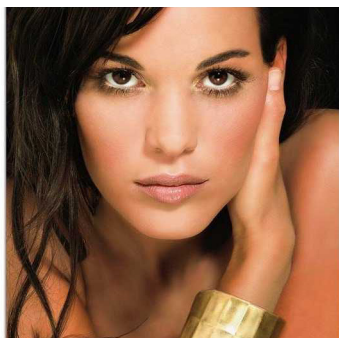
Chest Wax
Back/Shoulder Wax
Eyebrow Trimming/Waxing

Make-Up Services

Eyebrow Dye
Eyelash Dye
Day Make-Up
Evening Make-Up
Make-Up Lesson and Application
Bridal Make-Up (includes trial and wedding day application)

Nail Services

Manicure
French Manicure
Shellac Manicure
Shellac Removal
Manicure with Glycolic Ampoule
Gentleman's Manicure
Wellness Hands with Polish*
Nail Polish Change on Hands
Pedicure
French Pedicure
Pedicure with Glycolic Ampoule
Gentleman's Pedicure
Wellness Feet with Polish*
Nail Polish Change on Feet



**Please see "Body Maintenance" for a description of this treatment*

About Us

Harmonia Healing Arts Spa is taking spa services to the next level by offering a holistic approach to the spa experience. We provide our clients with innovative, results-oriented and healing treatments that combine ancient wisdom with new technology. We are dedicated to the well-being of our clients by focusing on rebalancing and restoring the skin, body, mind and spirit. Our highly trained staff assures complete confidentiality and privacy that will make you feel right at home.

Appointments

Appointments are required for spa services, but walk-ins are also welcome, and we will do our best to accommodate you. To secure your appointment, a credit card number is required at the time of booking.

The times listed for each appointment reflect the amount of working time. Therefore, please arrive 15 minutes prior to your scheduled appointment to check-in, relax, prepare for your treatment and give yourself enough time to change and check-out after your treatment has been completed. Please understand that if you are late, you may not receive an extension on your scheduled treatment time and you will be charged for the session.

A change in therapist from time-to-time can be refreshing. Please do not assume that our therapists' feelings will be hurt if you need or decide to use another person for your service. At Harmonia, we work as team and all therapists are extensively trained by Ilona.

If two people would like to receive their services simultaneously in the same room, please be sure to request the Couple's Room when booking your appointment.

Harmonia strives to create a serene environment free from outside stresses. Because ringing and buzzing is disruptive to this kind of mood, please be sure to turn off your cell phone or pager upon entering the spa.

Privacy

During your body treatment, undergarments are not necessary but may be worn if you prefer. Please note that our therapists are professionally trained in proper draping techniques to ensure your privacy and comfort throughout the treatment. Disposable undergarments are available.

Gift Certificates

Our gift certificates make the perfect gift for any occasion. They may be purchased for denominations in any value or for particular treatments. They are non-refundable, not redeemable if lost or stolen, cannot include gratuities and must be presented prior to your service. Gift certificates may also be safely bought on our website, harmoniaspa.com.

Pregnancy

The majority of our services can be enjoyed by mothers-to-be. However, please let us know if you are expecting so that the appropriate modifications can be made to your treatment, if need be. Body Treatments that are particularly recommended during the pre-natal stage which strengthen, hydrate, nourish the skin and create circulation to prevent stretch marks include: Remineralizing Fitness Treatment without stream, Heavy/Tired Legs Treatment, Moisturizing Body Treatment, Pearl Therapy Face and Pearl Therapy Body Treatment and the Multi-Sensory Odyssey.

Cancellation Policy

Please understand that we put aside hours for your treatments and that each therapist can only do a few treatments per day. Because of this, if you are unable to keep your appointment, we ask that you give us at least a 24-hour advance notification for every hour of your appointment. Late cancellations or no-shows will be billed to your credit card on file.

Gratuity

If you were happy with the services you received, it is customary to provide your spa therapist with a 15-20% gratuity. Gratuities are accepted in cash or a check written out to your therapist.

Loss or Damage

We are not responsible for any loss or damage of personal articles, so please leave all valuables at home.

Harmonia reserves the right to refuse service and to change services and prices without prior notification.