

The Retreat A La Carte Menu

Brandy L.M.T. 903-477-9040 • Shonda L.M.T. 903-477-7298 • Chantal L.M.T. 903-676-4500

1/2 Hr Massage.....	\$30
3/4 Hr Massage.....	\$45
1 Hr Massage.....	\$55
1-1/4 Hr Massage.....	\$65
1-1/2 Hr Massage.....	\$75
1-3/4 Hr Massage.....	\$85
2 Hr Massage.....	\$95

Aromatherapy Facial Massage

By Shonda	3/4 Hr.....	\$40
1/2 Hr	1 Hr.....	\$55
		\$30

Detoxifying Herbal Body Wrap

By Shonda	
3/4 Hr	\$55 (\$50 purchased with 1Hr or more massage)

Spa Nail Care 903-288-6316

Classic Manicure - w/o polish \$15 with polish\$20
Cleansing, shaping and a relaxing massage with moisturizing lotion

Gentlemen's Manicure\$15
Cleansing, shaping, hand massage and nail buffing

Spa Manicure - w/o polish\$25 w/polish..... \$ 30
Energizes and lifts the spirits. The moisturizing ingredients feed the skin while the hot towels sooth the aches away. The nourishing and anti-aging nutrients such as Vitamin E and Aloe Vera, are enhanced by a Hydrating Masque with heated mitts. This gives you a more youthful looking skin that is exfoliated, hydrated, replenished and protected.

Classic Pedicure
Includes cleansing, shaping, exfoliating, cuticle removal and polishing
w/o polish \$25 w/ polish.....\$30

Gentlemen's Pedicure.....\$25
Cleansing, exfoliating, shaping, and foot massage

Spa Pedicure.....w/o polish \$35 w/polish \$40
The path to beautiful feet begins with hot towels wrapped around your feet for blissful relaxation. With sea salts for exfoliation and Vitamin E penetrating to soften and moisturize, including a cooling masque, it leaves feet and legs polished and radiant

Hand or Foot Massage..... 1/2 Hr \$ 25

Hand or Foot Treatment..... 1/4 Hr \$10
A treatment specifically for dry skin and cuticles; includes oiling of cuticles, hand or foot massage, and a rehydration treatment.

Personalized/Customized Nail Art..... \$5

Chair Massage by All Therapists.....	\$1/minute
Lymphatic Massage by Chantal or Brandy (1 hr)	\$55
Reflexology by Brandy, Shonda, or Chantal (1 hr).....	\$55
Detox Foot Spa by Shonda or Brandy (\$30 w/ 1 Hr or more Massage)....	\$35
Couples Massage by Brandy or Shonda.....	\$110

Body Brushing & Rehydrating Massage

By Chantal, Shonda, or Brandy	1-1/2 Hr.....	\$80
	2 Hr.....	\$100

Serenity Hot Stone Massage

By Chantal or Shonda	1-3/4 Hr.....	\$90
----------------------	---------------	------

Facial Care

Whitney • 903-279-5272 • Mon/Thurs/Sat
Sara • 903-275-9139 • Tue/Fri/Sat

The following services are offered for men or women to treat the face & décolleté. They include a skin consultation & analysis, the use of steam, hot towels, cleansing, exfoliation, massage, a treatment mask, and A-Cute Derm® professional products.

European Facial \$60
Restores the natural balance of your skin

Acne Facial..... \$60
Deep pore cleansing plus extractions

Anti-Aging Vitamin C Facial..... \$70
Renews environmentally damages skin and promotes a more youthful appearance

Comforts Inflamed..... \$60
Quality organics by De La Terre Skincare® used to soothe and support inflammatory conditions

Rescues Wounded \$60
Quality organics by De La Terre Skincare® used to repair and restore the tone and texture of your skin

Manual Resurfacing..... \$50
Improves the clarity, texture, and overall appearance of your skin

Express Facial..... \$35
Provides the same benefits as the European Facial without the massage

Rhonda Allison Chemical Peels
Level I..... \$65
Level II..... \$75
Level III..... \$85
Purchase 5 and get one free

Paraffin Wax Facial..... \$50
Similar to the Express Facial with the addition of a paraffin wax mask for a radiant appearance

Body Waxing\$15-\$100
Complete waxing services from brow to bikini area

Eye lash ExtensionsFull set \$200 Half set \$100
Individual strands attached to your natural lashes to increase the length, volume, and fullness for up to 12 weeks

Eye lash or Eyebrow tinting \$20

Pampered hands or feet..... \$20

The Gentlemen's Special \$85
Steamy traditional men's lather and shave with a customized back treatment using an exfoliating scrub, mud mask, and light massage

Ooh la la Facial.....\$90
Indulge in an hour and a half facial with specialized products, hydrating ampoule, pampered hand and foot treatment, and relaxing massage.

Spa Gift Cards Available

Call Ahead — 903-676-4500

or contact individual staff on numbers listed above

Surprise Packages

1

- 1 Hour Massage
 - Classic Manicure
 - Classic Pedicure
- 2-1/2 Hrs \$95

2

- 1 Hour Massage
 - 1 Hour Facial
- 2 Hrs \$105

3

- 1 Hour Facial
 - Classic Manicure
 - Classic Pedicure
- 2-1/2 Hrs \$100

Wonderful Package

- 1 Hour Massage
 - Classic Pedicure
 - 1/2 Hour Facial
- 2-1/2 Hrs \$110

Splendid Package

- 1 Hour Massage
 - Classic Manicure
 - Classic Pedicure
 - 1/2 Hour Facial
- 3 Hrs \$125

Marvelous Package

- 1 Hour Massage
 - Spa Manicure
 - Spa Pedicure
 - 1/2 Hour Facial
- 3-1/2 Hrs \$145

Delightful Package

- 1 Hour Massage
 - Classic Manicure
 - Classic Pedicure
 - 1 Hour Facial
- 3-1/2 Hrs \$150

Fabulous Package

- 1 Hour Massage
 - Spa Manicure
 - Spa Pedicure
 - 1 Hour Facial
- 4 Hrs \$170

Sensational Package

- 1-1/2 Hour Body Brushing & Rehydrating Massage
 - Spa Manicure
 - Spa Pedicure
 - 1 Hour Facial
- 4-1/2 Hrs \$200

Detox Package

- Detox Lavender Body Wrap, 1/2 hour Aromatherapy Facial, 1 hr Massage, and Detox foot spa by Shonda
- 3 hrs \$155
with 1-1/2 hr massage (3-1/2 hrs total) \$175

Ooh La La Package

- 1-1/2 Hour Massage
 - Spa Manicure
 - Spa Pedicure
 - 1-1/2 Hour "Ooh La La" Facial \$ 220
- Body Wrap/Body Brushing added for additional fee

*Call Ahead at 903-676-4500 or 903-677-4211
For one of our Staff to prepare your Spa Gift Cards*

All Spa Services & Spa Packages can include lunch for a \$10 fee. Spa Services, Packages & Gift Cards may require 7 to 10 days for scheduling and/or cancellation of appointments. No show or last minute cancellation will be subject to full service rate and/or voiding of Spa Gift Card service fee. Thank you.

Spa Gift Card Policy

We work with each gift card recipient until services are rendered. However, record cards are deleted after 2 years and therefore, spa gift cards will **NOT** be honored after gift card has been expired for 2 years or more. **MUST** have gift card at appointment time. **NO GIFT CARD/NO SERVICE**. Dollar value of gift card is **NON-REFUNDABLE**, however, gift card services are **TRANSFERABLE** with prior notice.

The Retreat staff awaits your call and are anxious to serve you.

