

WE CARE SPA

— SINCE 1986 —

TREATMENTS & SERVICES

“I have made it my own personal mission to connect this profound detox experience with deeply relaxing treatments that transport our guests to a brighter, more vibrant version of themselves.”

- Susan Lombardi, Owner

WE CARE SPA SIGNATURE TREATMENTS

Colonics (Colon Hydrotherapy): **30-45 minutes - \$70**

The colonic exercises the colon and stimulates peristalsis (the breakdown and release of toxic waste, bile, mucus and debris that are lodged deeply in this important organ). Our colon hydrotherapists use a closed system to flush out the toxins. The treatment is painless and an important cornerstone of your cleanse.

Digestive Release: (A Colonic Enhancement): **20 minutes - \$45**

Light abdominal massage to stimulate your colon and may increase the productivity of your colon by 80%.

System Recovery: **90 minutes - \$220 • Series of 3 - \$190**

The power of castor oil may benefit your liver, de-stress the body and increase colonic release. While you relax on our heated amethyst mat, your therapist will give you a 30 minute scalp and foot massage.

Magnesium Detox: **60 minutes - \$125 • 90 minutes - \$175**

This wrap may relieve your stress and calm your overactive nerves. First, your entire body is brushed with a dry brush. Then, a magnesium, aloe and lavender essential oil paste is applied topically for increased trans-dermal absorption (*inhalation is encouraged for extra healing and calming*). The treatment is performed on an amethyst mat and you are encased in a FAR infra-red sauna wrap.

Endermology: **35 minutes - \$110**

The technique of endermology is a non-surgical massage treatment which is highly effective at reducing cellulite and tightening the skin. Mechanized rollers are applied to the skin, which stimulate the body's circulation and help boost lymphatic drainage. This mechanical lymphatic drainage technique reduces the build-up of fluids and toxins in the body, resulting in smoother and firmer skin.

Series of 3 \$105 ea. • Series of 5 \$100 ea. • Series of 7 \$90 ea.

Raindrop Therapy:**75 minutes - \$140**

Synergistically combines 9 therapeutic grade essential oils to simultaneously kill viral and bacterial pathogens. The technique is meditative; oils are dropped in sequence (*like raindrops*) along the spinal column then feathered out along neural pathways using the Tibetan Vita Flex technique.

LED Cell Rejuvenation:**45 minutes - \$135**

This treatment combines infrared LED, BEMER therapy, and Active Air. You will start by laying on the BEMER machine while breathing in active air; next, you will complete the treatment by laying in the red-light bed to energize your cells.

LED Therapy, also known as low level laser therapy (LLLT), is exposing the body to certain colors (wavelengths) that encourage healing (wounds, tendons, muscles, nerves, bones) and reduces inflammation and pain. LED is known to increase collagen and elastin production which helps to diminish wrinkles, acne, and pigmentation.

Series of 2 \$125 • Series of 4 \$115 • Series of 6 \$100

Biofeedback Therapy:**90 minutes - \$250**

This advanced scan examines the whole body by measuring the frequencies of the cells, tissues, and organs. Received frequencies that indicate sick or unhealthy cells appear on a visual representation of your body. After the scan, your results are analyzed, discussed, and a treatment plan can be formed.

Micro-Bubble Immersion**30 minutes - \$75**

Enhance and accelerate your detox as you experience an all-natural and soothing micro-bubble soak in our beautiful garden setting. This warm soak is an all-natural 30-minute immersion in highly oxygenated water that improves the functioning of blood vessels and encourages the release of toxins. The negatively charged micro-bubbles penetrate the skin at the pore level attaching to the positively charged toxins and removing them. The skin then absorbs moisture at the pore level and leaves it silky smooth and amazingly clean.

Series of 3 \$60 ea. • Series of 5 \$50 ea.

MASSAGE

Combination: 60 minutes - \$125 • 90 minutes - \$180

Designed to target areas needing work, deeper muscular and connective tissue work, a variety of techniques are used.

Wellbeing: 60 minutes - \$120 • 90 minutes - \$155

This light-to-medium pressure massage will deliver an overall sense of relief, relaxation, and help with insomnia. This Swedish massage technique warms up the muscles before working out the body's tense or sore areas.

Deep Tissue: 60 minutes - \$140 • 90 minutes - \$180

Deep Tissue Massage uses a strong pressure technique to work both the superficial muscles and those below. This approach may be very helpful for people who suffer with chronic pain or are physically active.

Thai Massage: 60 minutes - \$140 • 90 minutes - \$180

Improve flexibility and release muscular tension through the assisted stretching and acupressure techniques of traditional Thai Massage. This relaxing yet energizing bodywork therapy is performed over loose clothing to allow movement.

Reflex Foot Massage: 45 minutes - \$80

Often-neglected feet are exfoliated with a stimulating foot scrub then wrapped in warm, scented towels and treated to a massage. Using techniques that stimulate reflex points in the feet may bring beneficial changes and overall balance to the body. Often paired with Scalp Therapy.

Scalp Therapy: 30 minutes - \$70

Warm, aromatic oil is applied to the scalp to promote healthy follicles and increase circulation. Scalp massage, using a range of pressure that will relax the mind, may release tension on the neck and shoulders and encourage a sense of well-being.

Lymphatic Stimulation:**60 minutes - \$110 • 90 minutes - \$150**

This is a very light, deeply relaxing, rhythmic treatment that encourages lymphatic circulation and release. (Not a manual lymphatic drainage.)

Outdoor Massage:

Weather permitting you can choose from Wellbeing, Deep Tissue, Thai Massage, Reflex Foot Massage, or Scalp Therapy. This is done in our outdoor Oasis Pavilion.

Massage Enhancements:

Add any of these to a massage treatment for added benefits not included in standard bodywork:

Cupping: +20 minutes - \$45

CBD: \$45

BODY TREATMENTS

Mineralizing Mud Body Wrap: 60 minutes - \$125 • 90 minutes - \$175

Think of this as a mask for the body – starts with dry brushing to exfoliate and open pores, mud is brushed on, dries, and then is removed leaving the skin with a fresh surface.

Sea Results Body Wrap: 60 minutes - \$125 • 90 minutes - \$175

Sea nutrients gently feed skin while Kaolin clay tightens and resurfaces the body; this is a nourishing mask for the body.

We Care Euphoria: 120 minutes - \$235

Includes mineral bath, Lemongrass exfoliation, Algae and Sedona Clay body wrap, finished with an aromatherapy massage – *leaves you euphoric!*

Moroccan Body Silk: 90 minutes - \$230

The treatment starts with a body mask consisting of Rhassoul Clay and organic coconut milk. While the body mask is working on your skin, a face mask made of sandalwood is applied to cleanse and tighten your skin. We will then run a shower for you to rinse the mask off your body. The treatment is finished with a 30-minute massage using CBD oil.

Chocolate-Vanilla Firming Scrub: 60 minutes - \$140 • 90 minutes - \$175

Luxuriate in our most delicious treatment! Your chocolate indulgence begins with a refreshing Chocolate Smoothie made with our 100% Organic Cacao. Our chocolate scrub exfoliates your skin and provides anti-aging antioxidants with cellulite reducing properties. The rich oils found in cocoa beans are natural moisturizers that will smooth your skin. Our 90-min option includes a luxurious skin soak and extended lotion application.

Lemongrass Scrub: 60 minutes - \$140 • 90 minutes - \$175

Our most uplifting scrub, lemon/lime/coconut with omegas and pure natural sea salt. This is like a very brisk Thai scrub – stimulating and exfoliating. Our 90 min option includes a luxurious skin soak and extended lotion application.

Dreaming in Lavender

90 minutes - \$230

The treatment starts with a body scrub using Organic Lavender and coconut oil. While the herbal elements in the scrub permeate your skin, a glacial face mask is applied to cleanse and tighten your skin. We will then run a shower for you to rinse the scrub off your body. The treatment is finished with a 30-minute massage using CBD oil.

Mayan Rejuvenation

90 minutes - \$220

This scrub was inspired by the Mayan Civilization because of their use of bark from the Mimosa tree, called Tepezcohuite. The bark is used with coconut and geranium oil as an exfoliant to bring a lovely glow to the skin. Tepezcohuite is known for its therapeutic properties which can aid in collagen building, eczema, psoriasis, scar tissue, helps firm the skin and contains magnesium for an added detoxifying element.

We Care Ginger Bomb

90 minutes - \$230

The treatment starts with a body scrub using Calendula flower, powdered ginger in organic coconut oil. While the herbal elements in the scrub permeate your skin, a glacial face mask is applied to clean and tighten your skin. We will then run a shower for you to rinse the scrub off of your body. The treatments are finished with a 30-minute massage using CBD oil. You are then treated with a drink that is a blend of organic apple juice and organic ginger juice.

Calendula is known to reduce inflammation, help with varicose veins and other skin related issues. Ginger is known to calm nausea and dizziness, relieve gas and bloating, reduce inflammatory, and lower cholesterol. The combination of all these elements is sure to relax your nervous system, allowing your cares to slip away.

We Care Spa Body Splash:

50 minutes - \$185

From an age-old Asian tradition that recognizes that a third of the body's toxins are eliminated through the skin, this full-body, warm water splash removes dead skin cells and opens pores with an exfoliating mitt so your skin can release toxic waste during your fast. Set in our new exotic, tropical outdoor gazebos with scents of Thai Lemongrass, this treatment also includes a vanilla wash, a scalp massage and a soothing vanilla lotion application.

Desert Date Polish:**60 minutes - \$140 • 90 minutes - \$175**

Our mildest exfoliating scrub: local dates produce soft sugar. This is combined with sea salt to remove surface skin cells, while juniper and sage stimulate the entire system. Our 90 min option includes a luxurious skin soak and extended lotion application.

Coffee Delight:**90 minutes - \$220**

The Coffee Delight begins with a light massage of warm coconut and grapefruit oil. Proprietary coffee is used to exfoliate the body, aiding in skin tightening, and cellulite breakdown. After the scrub, you are warmly wrapped to reduce any water retention. While wrapped your feet are exfoliated, the scalp is massaged with warm coconut oil, and your face is gently exfoliated.

SPIRITUAL TREATMENTS

Psych-K The Psychology of Change:

60 minutes - \$150

Remap your thoughts and beliefs to achieve your highest good. Learn how to dramatically reduce resistance to change in the subconscious and live to your best potential! This treatment takes place in your suite.

Reiki & Crystal Healing:

60 minutes - \$150 • 90 minutes - \$225

Using various holistic techniques including meditation, ancient mantras, breathwork, journal-making, art therapy, and aromatherapy. Have a private session customized for you using one or more of the following: Karuna reiki, sound & crystal healing and ancient shamanic practices. Clear the negative energy that has been blocking you!

The Reset:

90 minutes - \$250

This hypnoanalysis approach, which combines psychology, hypnosis, and neurolinguistic programming will guide you through a deep exploration of self. This process allows you to get in touch with your passion and inner strength to manifest your intentions and desires.

This is a safe and powerful method for removing subconscious blockages to activate natural healing processes. The Reset brings clarity of purpose and readiness for action.

Numerology & Card Reading:

60 minutes - \$175 • 90 minutes - \$260

Like astrology, numerology is a Spiritual Law that can reveal your life purpose and destiny via your birthday and name. Using a combination of your birthdate, name, and the choices you make selecting from a grouping of Oracle Cards, we can determine your destiny. For a reading session she will work with your birthday unless the guest requests working with their name. The name does require a longer calculation time.

Breakthrough to Success:

Series of 3 (90 minute) sessions - \$675

Reconnecting with your Higher Self creates a state of inner balance, providing clarity of purpose. In this state of bliss, you discover endless possibilities and your power to execute them.

Oracle Cards:**90 minutes - \$250**

The Past Life Oracle Cards helps clear confusion, disharmony, and focuses on past, present, and future. The Romance Oracle Cards, along with the numbers helps to address issues in relationships. And the Power Animal Spirit Guides gives understanding to your strengths to overcome weaknesses. From the loss of a loved one there may be many unanswered questions. Talking to Heaven Oracle Cards relay messages from those who have transitioned, which can help answer these questions bringing closure and peace.

Hypnosis for Weight Management:**90 minutes - \$250**

The subconscious mind is the control center for habits, decisions, and beliefs that lead you to emotional responses related to food. Your healer will guide you into the process of shifting your mindset, releasing the unhealthy impulses and reprogramming for motivation to follow the lifestyle that promotes weight management.