

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:

+20 minutes - \$45

Light abdominal massage to stimulate your colon and may increase the productivity of your colonic 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 relaxing 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.

Lymphatic Stimulation:

60 minutes - \$110 • 90 minutes - \$150

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

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.

Intramuscular Vitamin Therapy:

10 minutes - \$125

Intramuscular Vitamin Therapy works through the administration of vitamins and nutrients directly into the bloodstream via a shot by a certified practitioner. This delivery into the body bypasses the digestive system which provides increased cell absorption and 100% bioavailability of the vitamins.

Bright Eyed Boost: A great alternative (or addition) to your daily energy regimen! Our B vitamin mix with added Inositol & Choline Chloride increases energy and stamina. The Bright Eyed Boost is great for chronic fatigue or anyone needing a quick “pick me up”.

Vital C Boost: Power up your immune system with this amazing cocktail! Good for cold sores, cold and flu viruses, and immune support. Super immune has all the components of our traditional injections with an added boost of Vitamin C!

Skinny Shot: Methionine Inositol Choline (MIC) Injections, also referred to as Lipotropic Injections, are used to help release fat throughout the body by specifically targeting its primary fatty deposits.

Liver Lover: Glutathione, aka “the great protector”! This injection works by enhancing the body’s ability to remove free radicals and detoxify the liver. Great for those looking to bolster their body’s toxin removal.

Happy Shot: With the addition of B12 vitamins to the mix, added taurine and magnesium, this is a great shot if you’re looking to increase your energy, brain function, focus and combat mood changes while detoxing.

Additional Enhancements:

\$35 per vitamin

B-12, Biotin, B-Complex, BCAA, Vitamin C, Vitamin D, Taurine, Glutathione, MIC

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. This treatment is 100% non-invasive. LED is known to increase collagen and elastin production which helps to diminish wrinkles, acne, and pigmentation. LED improves the health of joints, tendons, and bones.

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.

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.

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

Wellbeing: **60 minutes - \$140 • 90 minutes - \$180**

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 - \$150 • 90 minutes - \$200**

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.

Massage Enhancements:

Cupping: \$45

CBD: \$45

BODY TREATMENTS

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.

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, 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.

Lemongrass Scrub:

60 minutes - \$140 • 90 minutes - \$175

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

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

Think of this as a mask for the body. It 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.

