

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 healing properties of castor oil benefit more than just the digestive track; when applied in this complete body wrap it begins working through your whole system. Improvements are seen in liver function, fluid retention, arthritis, and 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 and aloe paste is applied topically for increased trans-dermal absorption. The treatment is performed on an amethyst mat and you are encased in a FAR infra-red sauna wrap. While wrapped, enjoy a scalp and shoulder massage which ends with lotion application.

## **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. Choose from one of the following packages, or consider additional enhancements:

**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 • \$250 for all 9**

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 mat 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 - \$125**

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.**

**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.)*

**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 Balinese and Swedish massage technique warms up the muscles and eases 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.

**Five Point Massage:** 90 minutes - \$210

Hands and feet are exfoliated and then nourished with essential oils and emollients. Finally, enjoy a scalp massage with warm aromatic oil, facilitating healthy hair growth and relaxation.

**Reflexology:** 60 Minutes - \$160

Through application of pressure on the reflex points over the hands, feet, and ears, this healing therapy relieves tension, improves circulation, and helps to promote the natural function of the related areas of the body.

## Massage Enhancements:

Cupping Therapy:	\$45 - No extra time
CBD Application:	\$45 - No extra time
Scalp, Hand, or Foot Massage:	\$75 - 30 mins ea.

# BODY TREATMENTS

## **We Care Euphoria:**

**120 minutes - \$235**

An immersive experience combining practices and treatments from our 35-year history. Indulge in a full body lemongrass exfoliation before a hydrating mineral bath, pulling toxins out of the body. Then, a mineralizing mud body wrap is paired with a scalp massage. Finally, 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.

## **Chocolate-Vanilla Firming Scrub:**

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

Luxuriate in our most delicious treatment! 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 aromatherapy calms the mind. The treatment is finished with a 30-minute massage using CBD.

## **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. While wrapped, enjoy a warm coconut oil scalp massage.

### **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 your body. The treatments are finished with a 30-minute massage using CBD.

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 Desert Sage, this treatment also includes a vanilla wash, a shampoo and conditioning wash before a soothing vanilla lotion application.

### **Lemongrass Scrub:**

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

Our most uplifting scrub, lemongrass is an incredible source of 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. Our 90 min option includes a luxurious skin soak and extended lotion application.

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

The Coffee Delight begins with an application 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 before Kaolin clay and minerals are brushed on, dried, and then removed leaving the skin with a fresh surface. The 90-minute option includes a lavender lotion application.

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

After a dry brushing to remove dead skin and open pores, seaweed nutrients gently feed skin while Kaolin clay tightens and resurfaces the body. This is a nourishing mask for the body, full of antioxidants and minerals. The 90-minute option includes a sage lotion application.

**Body Treatment Enhancements:**

CBD Application:	\$45 - No extra time
Foot Massage:	\$75 - 30 mins
Hand Massage:	\$75 - 30 mins
Scalp Therapy:	\$75 - 30 mins



# SPIRITUAL TREATMENTS

**Psych-K: Psychology of Change:**      **60 minutes - \$150 • 90 minutes - \$200**

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.

**Shamanic Healing & Reiki:**      **60 minutes - \$250 • 90 minutes - \$300**

We begin with a brief discussion for the focus of the session, followed by relaxing on the table as you experience deep peace using Reiki energy, sound from various instruments, drum, rattles, bowls etc. The body and spirit are deeply cleansed, balanced, and uplifted, this is powerful for clearing trauma and old energy to renew and refresh your life.

**Couples Session:**      **90 minutes - \$400**

This treatment provides the space to relax together with a shared intention for balancing and harmonizing. Begins with check in to find the focus for the session, and then relaxing to a Sound Healing and balancing of the body.

**The Reset:**      **90 minutes - \$300**

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.

**Couples Session:**      **60 minutes - \$325**

**Breakthrough to Success: Series of 3 (90 minute) sessions - \$810**

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.

**Hypnosis & NLP for Weight Management: 90 minutes - \$300**

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.

**Crystal Healing: 60 minutes - \$250 • 90 minutes - \$300**

Relax into a crystalline sound healing session. This treatment is a balancing of the energy centers with crystals that are placed on and around the body. To magnify the effect of deep relaxation and balancing, you will also receive a sound healing using various instruments.

**Couples Session: 90 minutes - \$400**

This treatment provides the space to relax together with a shared intention for balancing and harmonizing. Begins with check in to find the focus for the session, and then relaxing to a Sound Healing and balancing of the body.

**Sacred Healing & Spiritual Journey: 60 minutes - \$250 • 90 minutes - \$300**

In this experience, the shaman guides you through doors and dimensions where right in front of you lie answers to your life. This powerfully conscious healing clears your past trauma and pain, as well as the energy you may have taken on from others. Your journey allows you to discover divine wisdom about how to improve your relationships, to know your direction in life and how to heal your body. You will leave with tools, insight, and awareness to see yourself differently and to see others differently as your newfound vibration allows your world to rearrange itself around you.

**Couples Session: 90 minutes - \$400**