

CITY CLUB OF BUCKHEAD  
ATHLETIC CLUB & SPA

SPA TREATMENT MENU

**MASSAGE SERVICES**

Therapeutic massage incorporates a variety of body manipulation techniques to promote relaxation, reduce stress and increase energy and vitality. Our certified massage therapists will evaluate and customize your treatment to fit your specific needs.

SWEDISH MASSAGE 30 min. \$40 60 min. \$70 90 min. \$105

This massage technique reduces stress and tension in the body with gentle manipulation of the muscles creating a feeling of overall relaxation and peacefulness.

SPORTS MASSAGE 30 min. \$45 60 min. \$75 90 min. \$110

Helps to minimize fatigue, alleviate pain and enhance recovery of muscle tissues. Service recommended for physically active people and athletes.

HOT STONE MASSAGE 30 min. \$50 60 min. \$80 90 min. \$115

This relaxing massage incorporates warm volcanic stones to soothe and relax tense, tight muscles in the body.

DEEP TISSUE MASSAGE 30 min. \$50 60 min. \$80 90 min. \$120

This massage is recommended for specific problem areas that may need more intense manipulation and is ideal for chronic conditions that need regular attention.

MOTHER TO BE MASSAGE 30 min. \$50 60 min. \$80 90 min. \$120

This soothing, gentle pre-natal massage helps to relieve aches and pains associated the pregnancy. Pre-natal massage only recommended for women in their second and third trimester.

REFLEXOLOGY 30 min. \$50 60 min. \$80 90 min. \$120

Reflexology stimulates pressure points in the hands, feet and ears which relieves tension and restores balance throughout the body. This treatment promotes a deep sense of relaxation and well being.

## **THERAPEUTIC MASSAGE SERVICES**

SHIATSU – 30 min \$50

60 min \$80

90 min \$125

Shiatsu technique refers to the use of fingers and palm of one's hand to apply pressure to particular sections on the surface of the body for the purpose of correcting the imbalances of the body, and for maintaining and promoting good health.

LYMPHATIC DRAINAGE – 30 min \$55

This massage is designed to promote the healthy flow of lymph, the clear fluid which supports immune system function, by flowing through the body and sequestering foreign material like toxins and viruses.

FOOT / HAND MASSAGE – 30 min \$45

The perfect way to release stress and relax the body. Session promotes calmness and will improve circulation using slight friction and pressure around the toes and fingers.

ADD AROMATHERAPY TO ANY MASSAGE \$10

## **BODY TREATMENTS**

Glow with radiance after these exfoliating treatments! Our body scrubs slough away dead skin, stimulated the circulation and leave your body soft, smooth and radiant! Great treatment prior to spray tanning! (Please do not shave before this treatment!)

LEMON SUGAR BODY TREATMENT 30 min. \$50

An invigorating treatment that uses the exfoliating properties of sugar and the polishing affects of lemon to soften and refresh tired dull skin.

EXOTIC FRUIT SALT SCRUB 60 min. \$75

This body treatment incorporates a powerful enzymatic salt scrubs and a nourishing body cream to smooth and hydrate you from head to toe.

LEMONGRASS AND GREEN TEA SALT SCRUB 60 min. \$75

This treatment utilizes the power of enzymes and intensive hydration to cleanse, detoxify and nourish the skin and body. Leaves you refreshed and revitalized.

LAVENDER HERB SALT SCRUB 60 min. \$75

This body treatment stimulates circulation, removes dull, flaky skin and moisturizes the skin leaving it soft and glowing.

## WAXING AND HAIR REMOVAL

EYEBROW ARCHING \$12	BIKINI \$35	ABDOMEN \$10
EYEBROW TWEEZING \$15	FRENCH BIKINI \$45	UNDERARMS \$10
LIP OR CHIN \$8	BRAZILIAN \$55	NECK \$10
CHEEKS \$10	CHEST \$35	BACK \$35
HALF LEG \$35	FULL LEG \$60	

## SKINCARE

SIGNATURE FACIAL 60 min. \$65

The Signature Facial sets the pace for all facials. Begin with a skin analysis followed by a deep cleansing, steam and Mandarin Bead exfoliation along with a neck and shoulder massage. Extractions, an essential oil facial massage and skin specific masque are applied and a hand, arm or foot massage are performed. Afterward a moisturizer is applied leaving your skin hydrated, supple and glowing!

PUMPKIN ENZYME FACIAL 60 min. \$75

This results oriented facial combines natural fruit enzymes to digest dead skin cells and a nourishing anti-oxidant masque that revitalizes and soothes the skin. This facial will leave your skin soft, dewy and radiant.

AGE DEFYING FACIAL 60 min. \$75

This potent anti-aging treatment helps revitalize mature, dry skin by stimulating cellular regeneration and providing protection from free radical damage and dehydration. Smooths softens and restores a youthful radiance to the skin.

LACTIC ACID CORRECTIVE FACIAL 60 min. \$100

This facial utilizes a 20 to 30 % acid peel that gently softens dead skins cells, combats sun damage and helps to reduce the appearance of fine lines and wrinkles. Then a collagen masque and skin specific serum is applied to calm, soothe and help increase natural cellular turnover. This facial is recommended for all your skin care concerns.

GENTLEMAN'S CUSTOM FACIAL 60 min. \$60

This customized facial is ideal for imbalanced, stressed skin. After a consultation, your esthetician will design a facial to fit your specific skincare concerns. Includes cleansing, steam, repairing masque and massage to face, back and neck.

CLEANSING BACK FACIAL 30 min. \$50

This purifying back facial includes a skin analysis, cleansing, exfoliation and steam. A relaxing back massage is followed by a masque to draw out impurities leaving the skin clean, toned and smooth.

EXPRESS FACIAL 30 min. \$50

Great for all skin types, this refreshing introduction to facial treatments includes skin analysis, cleansing, exfoliation, treatment masque and hydration.

ADD AROMATHERAPY TO ANY FACIAL \$10

DELUXE LIP TREATMENT \$15

This anti-aging lip treatment naturally enhances the volume, structure and contours of the lips. The sugar exfoliant sweeps away dead skin cells leaving them smooth and silky. Next, a calming masque is applied to nourish the lips and then a luxurious lip renewal treatment is applied to provide relief from dry, dehydrated and chapped lips. A great add-on to any facial or body treatment.

## MICRODERMABRASION

\$125 per session or purchase 5 receive the 6<sup>th</sup> for free

Microdermabrasion offers the newest option in the quest for more youthful, vibrant skin. A true desire for men and women of all ages!

- Treatments are individualized to your needs
- Results are immediate, skin feels rejuvenated
- There is little or no discomfort
- Treatments are affordable
- There is no inconvenience to your busy schedule

For best results, a series of 6 treatments is recommended. (One treatment every other week.)

## ADD ON SERVICES

DELUXE LIP TREATMENT \$15

This anti-aging lip treatment enhances lip structure, improves contour, adds volume and creates definition. Our emollient lip exfoliation gently sweeps away dead skin cell leaving lips silky smooth. The nourishing masque is applied to soothe and then a Shea butter, mango and aloe lip treatment is applied to pulp and hydrates the lips leaving them soft and silky smooth.

HYDRATING PARAFFIN TREATMENT \$10 Hands or Feet

Enjoy this deep moisturizing and warming treatment with any service.

## SPA PACKAGES

MINI SPA DAY 90 min. \$125

Includes a 60 minute Swedish massage and 30 minute express facial.

INDULGENCE PACKAGE 3HRS.30 min. \$190

Includes a 60 minute Hot Stone massage, 60 min Signature Facial and Classic Manicure/Pedicure combo with paraffin.

ZEN FOR MEN PACKAGE 3HRS. 30 min. \$190

Includes a 60 minute Sports massage, Gentlemen's Custom Facial and a Classic Manicure and Pedicure.

CUSTOM PACKAGES ARE ALSO AVAILABLE AT A 10% DISCOUNT

## NAIL SERVICES

CLASSIC MANICURE 30-45 MIN. \$25

All the essentials for beautiful nails. Treatment includes nail shaping, cuticle care, moisturizing hand and arm massage, high shine buff or polish color of your choice

FRENCH MANICURE \$28

The Classic Manicure with a lovely French tip.

HOT STONE MANICURE 60 min. \$30

A soothing and relaxing treatment for the hands. Nails are shaped and cuticles are softened and moisturized. Warm smooth stones are massaged over fingers, hands and arms to relieve tension and stimulate circulation. Nails are buffed to a perfect finish or polish color of your choice.

PEPPERMINT DELIGHT MANICURE 30-45 min. \$30

This stimulating treatment starts with a warm hand soak with essential oils followed by a peppermint infused hand scrub that leaves your hands soft and tingling. Then finish with a moisturizing peppermint hand therapy cream. Polish or high shine buff.

CLASSIC MANICURE/PEDICURE COMBO 90 min. \$50

HOT STONE MANICURE/PEDICURE COMBO 120 min. \$75

PEPPERMINT DELIGHT MANICURE/PEDICURE COMBO 90 min. \$75

POLISH CHANGE HANDS \$10 FEET \$12

ADD MOISTURIZING PARAFFIN TREATMENT TO ANY SERVICE \$10

ACRYLIC NAILS Full Set \$40 Fill in \$25

Acrylic is a polymer that is used to extend and protect the nails with a virtually indestructible coating. It helps to preserve your polish and lasts up to 2 weeks before maintenance is needed. Perfect for busy people who don't have time for a weekly manicure.

GEL NAILS Full Set \$40 Fill in \$25

Gel nails are the perfect answer for busy people who still want to be fashion forward. These liquid plastics are brushed onto natural or acrylic nails and then cured under a UV lamp forming a hard but flexible coating. Just brush, cure and go!

GEL POLISHES \$20 with Manicure \$40

All your favorite polishes colors are now available in gel form! No more chips, smudges peeling or dry time. Available in a variety of colors from clear to crimson.

## **ABOUT YOUR SPA EXPERIENCE**

Welcome to the City Club of Buckhead Athletic Club and Spa. We are pleased to offer the ultimate spa experience, which includes use of our full amenity locker rooms, including steam rooms and sauna. There is a \$10 per-day, non-member usage fee for the Athletic Club and Spa with the purchase of a spa treatment. Members may bring up to 4 guests per day for a \$10 guest fee per day.

### ***Appointments and Reservations***

We strongly recommend that you schedule spa appointments prior to your arrival. Reservations are subject to availability and must be guaranteed with a Membership Number or Credit Card.

### ***Cancellation***

Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 24 hours in advance for single services and 48 hours in advance for multiple treatments. A 50% charge will be applied to your credit card for failure to follow this policy. No show appointments will be charged in full.

### ***Do you have special health considerations?***

Please notify our reservation department if you have high blood pressure, allergies, any physical ailments or special needs, or if you are pregnant that would affect your choice of services. This information may also be completed on your Personal Care Guide upon arrival.

### ***Arrival***

We suggest that you arrive 20 minutes before your appointments time to sign in and enjoy a steam and shower in our well-appointed locker rooms.

### ***Late Show***

As a courtesy to following clients, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

### ***Do you need help choosing your treatment?***

Our receptionists will help you plan the perfect spa experience based on your specific needs.

***What should you wear?***

A robe, slippers and day locker will be provided for you upon arrival. Disrobe to the level of your comfort. Undergarments are not necessary, but you may wear them during your treatment if you prefer. Our licensed therapists are trained to drape a sheet or towel over your body in a discrete manner, assuring your privacy at all times. For facials, we provide body wraps to cover the lower and upper half of your body.

***Should you shave before a treatment?***

Shaving is not recommended prior to any body exfoliation treatments or hair removal services. We do, however, recommend that MEN SHOULD SHAVE 2 HOURS PRIOR to their scheduled facial treatment.

***Is there an age requirement to use the spa?***

All members and guests must be 16 years or older to schedule a treatment, use the Fitness Center, or purchase a daily guest pass or parental.

***Cellular Phones***

In consideration of our other guests, we ask that you turn your cell phone and/or pager to vibrate before entering the spa.

***Payment and Service Charges***

We accept all major credit cards, personal checks, cash and traveler's checks.

***Are Gift Certificates available?***

Spa Gift Certificates are a wonderful way to give the gift of health, relaxation and beauty to the special people in your life. We will be more than happy to assemble a group of services that fit any personalities or special occasions. Gift certificates may be purchased at the reception desk or by phone and may not be redeemed for cash; only for product and services please.

***Valuables***

City Club of Buckhead is not responsible for damage or loss of your personal belongings. Our recommendation is not to bring valuables to the spa.

***Join us today for a blissful hour, half day or full day of pampering. Thank you and we look forward to your visit!***