



# RENEW YOURSELF

## HOURS OF OPERATION

TUESDAY - FRIDAY 10 - 7

SATURDAY 10 - 5

## SPA ETIQUETTE

- As a courtesy to fellow patrons, the use of cell-phones is prohibited within the spa.
- To maintain an atmosphere of serenity, we request that you refrain from bringing children into Renew.
- Guests of Renew must be a minimum of 14 years of age.
- Arrive at least 10 minutes early. Tardiness stresses everyone. If you're late, not only do you inconvenience the staff, you shorten your pampering time.
- Know your modesty limits. Spa therapists are sensitive to privacy issues--to wear or not to wear undergarments is your choice. Our spa can provide disposable undergarments when needed.
- Cancellations require a 48 hours notice. If you fail to show, you will be charged for the full service.
- A credit card number is required to hold any appointment for more than one service or person.
- Divulge any health issues. Conditions such as high blood pressure, diabetes, thyroid imbalances, heart conditions, allergies, varicose veins, pregnancy and claustrophobia require special attention.
- We have had many inquiries on acceptable guidelines for gratuities. Normal gratuity is 15 to 20 percent of the service rendered. However, gratuities are your option.

American Express, Visa and Mastercard are accepted

Gift Certificates May Be Purchased For Either A Dollar Amount Or A Specific Service

### VISIT OUR WEBSITE!

[www.Renewdayspa.com](http://www.Renewdayspa.com)

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# RENEW

## DAY SPA

4347 SHALLOWFORD ROAD

MARIETTA, GA 30062

770-998-8592

RENEWDAYSPA.COM

## RENEW SIGNATURE SPA PACKAGES

### Renew Classic Duos

Choose any 2 of these 4 services:

Renew One Hour Massage  
Classic Facial

Silky Hand and Foot Treatment  
Skin Glow Body Polish

2 - 2 1/2 hours \$155

### Couples Massage

Two Renew One Hour Massages for the lovebirds. Come early, sit in the sauna and enjoy a snack in the Jungle Room or Parrot Room before you retire to your private massage rooms.

1 Hour \$150

### Renew for the Renaissance Man

Designed with the man in mind. Gentleman's Executive Facial plus the Hot Stone Massage

2 1/2 hours \$195

### Renew Half Day

Choose any 3 of these 4 services:

Renew One Hour Massage  
Classic Facial

Silky Hand and Foot Treatment  
Skin Glow Body Polish

3 1/2 - 4 hours \$225

### Give Me A Break

For the wife and mother who always has time for others, but never a moment for herself. Relax Body Booster, Classic Facial plus a Silky Hand and Foot Treatment.

3 1/2 hours \$235

### Tranquility Retreat

Skin Glow Body Polish, Renew One Hour Massage, Classic Facial plus Silky Hand and Foot Treatment

4 1/2 hours \$300

### Day of Renewal

Skin Glow Body Polish, Choice of Body Booster, Renew One Hour Massage, Classic Facial, Silky Hand and Foot Treatment plus Spa Lunch

6 hours \$400

### Gentleman's Day Out

90 Minute Hot Stone Massage, Gent's Executive Facial, Silky Hand and Foot Treatment, Choice of Body Booster plus Spa Lunch

5-6 hours \$390



# RENEW MASSAGES

## Classic Massage

Our signature massage releases stress, stimulates circulation, promotes muscle tone and improves range of motion. The technique utilized (swedish, sports or deep tissue) is personalized to focus on the client's specific concerns.

**60 minutes \$80 90 minutes \$115**

## Aromatherapy Massage

True aromatherapy treatment that combines the power of pure, hand blended essential oils with the comforting bliss of massage--choose from Relax, De-Stress, Revive, Balance or Rose.

**60 minutes \$90 90 minutes \$125**

## Pre-Natal Massage

A specialty massage designed to aid in relaxation and circulation while providing relief of muscle tension for the woman in the final two trimesters of her pregnancy.

**60 minutes \$80**

## Hot Stone Massage

Combine the penetrating warmth and ritual healing energies of smooth basalt stones heated and drenched in warm therapeutic oils with tension-melting massage for the ultimate in relaxation.

**90 minutes \$130**

## Breathe Easy Upper Body Massage

Massage and sinus trigger point technique combined with Breathe Inhalation Essence relieves headaches, stuffiness and congestion.

**45 minutes \$70  
as 30 minute add-on to massage or facial \$50**

## Reflexology Massage

The ancient healing art of massage combined with pressure point massage targeting specific areas of the feet corresponding to individual parts of the body to release energy and relieve stress.

**45 minutes \$70  
as 30 minute add-on to massage or facial \$50**

# WAXING SERVICES

Eyebrow	<b>\$15</b>	Back	<b>\$50</b>
Lip or Chin	<b>\$12</b>	Bikini	<b>\$35</b>
Cheeks	<b>\$20</b>	Extended	<b>\$50</b>
Full Face	<b>\$55 (includes brows)</b>	Half Leg	<b>\$40</b>
Underarm	<b>\$15</b>	Full Leg	<b>\$60</b>
Half arm	<b>\$25</b>	And Bikini	<b>\$90</b>
Full arm	<b>\$40</b>		

## Eyelash and Brow Tinting

An excellent and safe alternative to eye make-up. Great for athletes, contact lens wearers and anyone who wants to look good morning or night. Only natural vegetable dyes used. Recommended once every 3-4 weeks.

**Brow only \$20 Eyelash only \$25 Brow and Lash \$40**

# BODY TREATMENTS

## Skin Glow Body Polish

Shed old skin and glow anew with our light touch exfoliation. Then just relax while our Vichy shower with its six showerheads rain lightly across your body.

**60 minutes \$85**

## Rose Renew Body Booster

Rich oils and creams of damask rose, geranium, evening primrose and frankincense are smoothed into freshly exfoliated skin leaving you glowing and revitalized. A relaxing scalp massage completes this pampering experience.

**60 minutes \$95**

## Muscle Release Body Booster

Say goodbye to aches and pains with this warming treatment to loosen tired, tense muscles and ease joint discomfort. Phenomenal treatment for fibromyalgia sufferers and weekend warriors.

**60 minutes \$95**

## Breathe Easy Body Booster

Comforting treatment combining the clearing and strengthening aromas of antiviral Eucalyptus and Pine to ease breathing and boost your natural healing powers. Also effective for symptoms of seasonal allergies.

**60 minutes \$95**

## Detox Body Booster

Feel cleansed inside and out with this powerful treatment. Following exfoliation, stimulating massage and foot reflex points aid the release of fluid retention and the elimination of toxins.

**60 minutes \$95**

## Relax Body Booster

Relax and unwind. Sink into a soothing cocoon of fragrance as the skin is gently exfoliated then smothered in calming oils. An extra relaxing scalp massage quiets the mind as the body is eased.

**60 minutes \$95**

## Anti-Age Body Booster

After a revitalizing body exfoliation, the age-old preservative powers of Frankincense oil are used to help firm, smooth and rejuvenate body skin while lifting the spirits. An Ayurvedic inspired scalp massage revives the mind. A great treatment to complement the Vit C Rejuvenating Facial!

**60 minutes \$95**

## Mother-To-Be Body Booster

For total bliss during your pregnancy, relax in this fragrant cocoon. After skin is exfoliated, rich, nourishing creams and rose oils are applied from top to toe to pamper the body and the senses. Tension is eased with a scalp massage as the body is gently enveloped.

**60 minutes \$95**

# FACIAL TREATMENTS

## Classic Facial

Our signature facial is ideal for any skin type. This facial includes cleansing, skin analysis, gentle exfoliation, professional extractions and a deep pore clarifying mask, as well as a shoulder, neck and foot massage.

**60 minutes \$80**

## Gentleman's Executive Facial

A facial designed for men's special needs by soothing rough sensitive skin with a special emphasis on pore congestion, razor blade irritation and folliculitis.

**60 minutes \$80**

## Calming Facial

Specialty facial designed to "get the red out." This unique facial will calm, clean and soothe your sensitive skin while easing blotchiness and redness. Perfect for rosacea, irritated, inflamed or traumatized skin.

**60 minutes \$100**

## Renew Rose Facial

Our signature luxurious aromatherapy facial using organically grown, hand blended rose preparations enhanced with geranium, evening primrose, frankincense and sandalwood to renew and regenerate the skin. An exquisite treatment for more mature skin.

**60 minutes \$100**

## Problematic Facial

A therapeutic treatment intended for both inflammatory and non-inflammatory acne cases. Exfoliation and deep pore cleansing are utilized to clarify and heal current acne lesions and facilitate healthy skin.

**60 minutes \$100**

## Marine-Algae Detox Facial

Revitalizes complexion by improving circulation to promote cleansing and detoxification. Re-mineralizes skin while providing overall hydration. Ideal after illness, travel, over-indulgence or stress.

**60 minutes \$100**

## Vit C Rejuvenating Facial

A potent combination of Vitamin C with kojic acid and B5 reduces fine lines, fortifies and gives a radiant glow to all complexions. Helps to reduce hyperpigmentation and strengthen elasticity. Has been touted as the facial that reverses the aging process.

**60 minutes \$100**

## Hydrating Facial

Designed for all skin types (except sensitive) that have been compromised by sun exposure and environmental factors. This unique facial restores, rejuvenates and hydrates dry or mature skin.

**60 minutes \$100**

## Oxygenating Facial

Designed to treat demanding skin conditions by promoting oxygen absorption. Excellent for tired, sallow or congested skin.

**60 minutes \$100**

## Glycolic Facial

A glycolic treatment designed to exfoliate the superficial layers of the skin and treat a variety of skin conditions including sun damage and uneven appearance and texture. Also excellent for reducing the appearance of fine lines and wrinkles while giving the skin new hydration and clarity. Recommended in a series for maximum benefit.

**60 minutes \$100**

## Enzyme Peels

An alternative to the glycolic treatment. Non-irritating purees of pumpkin and cranberry erase sun damage and smooth fine lines and uneven texture. Excellent for sensitive skin. Choice of Pumpkin or Cranberry

**60 minutes \$100**

## Microdermabrasion

A non-surgical, exfoliating procedure to treat acne scars, age spots, sun damage and fine lines. A soothing facial is combined in this treatment resulting in an immediate improvement in skin texture and appearance. Recommended in a series.

**60 minutes**

**Introductory Treatment \$135**

**Individual Treatment \$160**

**Series of 3**

**\$420 (\$140.00 per treatment)**

**Series of 5**

**\$650 (\$130.00 per treatment)**

## Back Facial

Relaxing treatment for an overlooked area that is just out of reach. Includes deep pore cleansing, exfoliation, extractions and a clarifying mask followed by moisturizing lotion.

**60 minutes \$80**

## Special Eye Treatment

Relax and enjoy this soothing treatment with any facial. Chamomile & Lavender eye pads refresh and reduce "puffiness," a mask smoothes fine lines and diminishes "dark circles," and specialized massage relieves sinus pressure.

**as an add-on to any facial \$25**

## Hand Rejuvenation Treatment

Targets textural changes, dryness, and discoloration of aging and sun damaged hands. Noticeable improvement in skin tone and texture is immediate.

**as an add-on to any facial \$25**

## Décolleté Renewal

A specialized treatment for this often neglected and overexposed area. Exfoliation, application of a skin lightening serum followed by a hydrating mask improve elasticity, lifting and smoothing the skin resulting in a healthy, more youthful appearance.

**45 minutes \$70**

**as an add-on to any facial \$50**

# HAND & FOOT TREATMENTS

## Silky Hand and Foot Treatment

A facial for the extremities! This polish-free treatment incorporates exfoliation, a moisturizing masque and paraffin dip performed while your hands and feet are gently massaged. Excellent treatment for dry, cracked cuticles. Great for men, too!

**60 minutes \$80**