

## Add On Treatments at Arcadia

*Upgrade your 30, 60 or 90 minute treatment with one or more of the following:*

### **Reparative Hand Treatment**

30 minutes, \$35

Dry, cracked nails, torn cuticles, and red, irritated skin are signs that your hands are in need of serious repair. This non-invasive but thorough treatment uses Neem, a powerful plant extract which strengthens the nails, softens the cuticle and penetrates into the nail bed to encourage healthier future nail growth. Gentle lymphatic stimulation encourages the body to heal the damage from within, while gentle hand and arm massage increases circulation, increasing flexibility and speeding the healing process further. A hot wax treatment completes the treatment, leaving your hands looking and feeling healthy and whole.

Products used include: Neem Nail Oil, Hand Cream, Lavender Bath, Rosemary Leg and Arm Toner, Rose Body Moisturizer, paraffin wax.

### **Reparative Foot Treatment**

30 minutes, \$35

Dry, cracked, difficult nails, tough, rough, callused skin and tired muscles are signals for help. This treatment combines elements of reflexology, lymphatic stimulation and advanced skincare treatments to begin the process of healing. This therapeutic treatment leaves your feet feeling refreshed, clean, and ready to take you anywhere.

Products used include: Neem Nail Oil, Rosemary Foot Balm or St. Johnswort Foot Cream, Sage Bath, Rosemary Leg and Arm Toner, Rose Body Moisturizer.

## Scalp Treatment

Appointment: 15 minutes, \$30

Far beyond merely an invigorating scalp massage, this wonderful treatment stimulates the follicles of your scalp, helps heal dry and flaky or oily skin, environmentally damaged hair and even helps prevent split ends. Neem products strengthen hair follicles, rebalances the moisture and oil level of the skin and generally promotes rapid healing and repair gently and naturally. Scalp massage using reflexology and lymphatic stimulation techniques further enhances the power of this therapeutic treatment, encouraging increased circulation and healthy lymphatic flow to optimize scalp health.

Products used include: Neem Hair Oil, Neem Hair Lotion, Lemon Bath.

## Eye Treatment

Appointment: 15 minutes, \$30

An intensive, gentle treatment for the most delicate skin on your body. Environmental damage combines with stress and lifestyle choices to produce a wide variety of negative effects reflected in the area surrounding the eyes. Special attention to the eye area helps to relieve swelling, darkness, puffiness and general signs of aging through the use of Reflexology and Manual Lymphatic Drainage techniques combined with bio-rhythmic treatments.

Products used include: Eye Contour Day Balm, Revitalizing Eye Cream, Firming Mask, Lavender Bath, Lemon Bath.