

Massage

THERAPEUTIC HERBAL MASSAGE

30 min. \$40 / 60 min. \$65 / 90 min. \$90

A combination of therapeutic massage with clinical grade essential oils and plant extracts. The application of specific, rhythmic massage movements combined with these potent aromatherapy and herbal oils produces a truly therapeutic effect

Rest

This deeply relaxing treatment featuring long connective strokes, is designed to ease fatigue and soothe over-stressed nervous system. Voluptuous Lavender blossoms are blended with sweet Lavandin to calm and soothe the mind, body and spirit.

Renew

Energizing treatment help to promote circulation and relieve muscle soreness, stiff joints or edema. This warm oil blends Arnica, traditionally used by herbalists for muscle soreness, with camphorous Rosemary, Basil and Bay Laurel for deep relaxation.

Detox

This detoxifying treatment aids in the elimination of toxins from congested circulatory, lymphatic or respiratory systems. Infused with intoxicating Evergreen notes of Balsam, Fir, Pine and Juniper and laced with Sicilian Bergamot, this purifying oil is traditionally used to cleanse and rebalance the body.

Add on:

Hot Stone to a Focus area.....\$10
(included in a 90 min massage)

Holistic Skin Care



My holistic approach to attaining beauty taps into the best of nature by combining natural and organic ingredients certified by ECOCERT with breakthrough Naturoceuticals: herbal enzymes, glycolic acids, plant stem cells and antioxidants for truly effective results.

PURE RESULTS FACIAL

Customized, Classic.

30 min. \$40 / 60 min. \$65

Enhance your Facial

Add a boost of Lactic or Glycolic and double cleanse with Clarasonic.....**\$20**

Add ultrasonic and microcurrent technologies with a Plant Stem Cell Serum to improve the health and vitality of the skin. This natural face lift treatment delivers deep hydration and gently firms and tones the skin.....**\$20**

JADE STONE FACIAL.....\$85

A luxury, holistic facial featuring semi precious stones, known for their bio-energetic properties. Rich in antioxidants, aroma therapeutic extracts and Hot & Cold stones this treatment delivers deep relaxation, detoxification, anti-aging and a luminous complexion. The ultimate treatment for Body, Mind, & Soul!

Specialty Treatments

JADE STONE MASSAGE

Jade is a protective stone believed to heal stressed organs and discharge toxins. It slows the aging process and strengthens the body's natural defenses. The soothing green color of Jade also helps the body to self-heal.

60 min. \$85 / 90 min. \$110

HERBAL WRAP.....\$40

This treatment is a perfect add on to your facial. Relax while you are wrapped in sheets soaked in a warm infusion of the oils of your choice.

Detox: with Juniper and Cypress

Renew: with Arnica

Rest: with French Lavender

Enjoy a scalp massage with the same essential oils to top off this wonderful treatment

BACK FACIAL.....\$70

A back facial treatment will help to cleanse, exfoliate the skin, while treating any congestion and reveal a brighter and smoother skin. A customized mask is applied to clarify and soften the skin while providing a deep moisturizing treatment. Massaging of the back, feet and scalp, sends you to a place of peace and relaxation.

CranioSacral Therapy.....\$60

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

About

After a successful career in retail management and experiencing cancer through her mother's diagnosis, Raquel was made even more aware about the importance of tending to one's health and achieving balance and serenity on one's life. This experience compelled her to change lifestyle and career by pursuing and obtaining her Aesthetics license from Tucson College of Beauty in 2005.

Since then she has owned her business, received her Instructor's license while teaching at Pure Aesthetic and is a current graduate of Cortiva Massage Institute with her license in massage therapy. As a believer that a healthy lifestyle reflects beautiful skin, Raquel Rzepecki has dedicated her skin care and massage practice to be one that follows a Holistic approach to Health & Beauty. Her passion for natural products has introduced her to be a partner spa with Naturopathica Holistic Health, a company dedicated to inspiring healthy lifestyles through innovative natural products and wellness education.

She has experience in giving a wide range of Esthetic services, ranging from customized facial treatments for all skin types and skin conditions; Peels, Microdermabrasion, Body Treatments, Hot/Cold Stone Facials, Aromatherapy, Lymphatic Stimulation, Facial/Body Waxing. Her advanced training includes: Dermatologica Chinese Face Diagnosis, CranioSacral Therapy Level I (Upledger), International Certification in Aromatherapy (Pacific Institute of Aromatherapy).

Massage Modalities: Swedish Massage, Myofascial, Trigger point, Muscle Energy Techniques, Prenatal considerations, Hydrotherapy, Chair Massage and CranioSacral Therapy.

Waxing

Eyebrow.....	\$15	Bikini.....	\$20
Chin.....	\$12	Full Leg.	\$50
Lip.....	\$10	Half Leg	\$30

Packages

Series of 5 -- 60 Minute Massage	\$300
Series of 5 -- 90 Minute Massage	\$400
Series of 5 -- 60 Minute Facials	\$350



Gift Certificates Available

520-232-0534



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studio**

*...Return to the pure
essentials of well-being.*



**Holistic Spa Services
by Raquel**



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