



#### MONTHLY SPA PARTY

### *You are invited*

Join us throughout the month for pampering and relaxation.  
Visit our website for service details.  
RSVP preferred for all events.

#### Senior Spa Day

First Tuesday of the month  
65 and over. \$45  
3 services, food & drinks  
10am - 2pm

Discounted services for seniors ALL DAY

#### Grab & Go Spa Day

Second Friday of the month  
\$45  
Massage, Foot Detox & Sack Lunch  
10am - 2pm

#### Monthly Spa Party

Last Friday of the month  
\$60; \$55 w/RSVP  
3 services, food, drinks & fun  
5pm - 9pm

RSVP at  
[WellnessNRetreats.com](http://WellnessNRetreats.com)



#### NEW CLIENT SPECIALS

## *\$69*

60-min Massage or Facial

#### HOURS

Sunday	9:00 am - 4:00 pm
Monday	9:00 am - 7:00 pm
Tuesday	9:00 am - 8:00 pm
Wednesday	9:00 am - 6:00 pm
Thursday	10:00 am - 8:00 pm
Friday	9:00 am - 7:00 pm
Saturday	8:00 am - 5:00 pm

BY APPOINTMENT ONLY

For details and service descriptions visit  
[WELLNESSNRETREATS.COM](http://WELLNESSNRETREATS.COM)



Wellness & Retreats, Inc.  
Healthy Change Within Reach

7895 Broadway, Suite D  
Merrillville, IN 46410  
219 - 440 - 6612

[WELLNESSNRETREATS.COM](http://WELLNESSNRETREATS.COM)

# SERVICES

## EXCEPTIONAL MASSAGE

90 - Min Massage	\$120
60 - Min Massage	\$95
30 - Min Massage	\$55
30 - Min Reflexology	\$55
UPGRADES	
Deep Tissue	\$20
Hot Stone	\$20
Prenatal	\$20
Aromatherapy	\$10

## DETOX AND RESTORE

Rain Drop Therapy	\$150
Sinus Treatment	\$120
Sore Joint Treatment	\$120
Advance Infrared TENS Foot Detox	\$65
Pelvic Steam	\$65
Full Body Steam	\$35
Ionic Foot Detox	\$35
Sauna	\$35

## PEACE OF MIND

Emotional Cleansing Baths	\$150
75 - Min Reiki	\$95
30 - Min Reiki Plus	\$45
Chakra Testing	\$10

## TOTAL WELLNESS

30 Day Weight Loss/Wellness Program	\$1695
ZYTO Wellness Scan w/Consultation	\$95

## RETREATS

Visit our website for day, personal and overnight retreat options, getaways and private spa parties.

## ILLUMINATING FACIAL

60 - Min Facial	\$95
30 - Min Facial	\$55
Mini Facial	\$25

## ANTI-AGING & CORRECTIVE

Age Reversal Facial	\$150
Acne Treatment	\$120
Deep Herbal Peel	\$120
All Natural Microderm Facial	\$95

## BODY SCULPTING

Inch Loss Body Wrap includes steam & massage	\$180
Vacuum Breast Lift*	\$150
Vacuum Butt Lift*	\$150
Contour Body Wrap	\$120
Skin Tightening*	Starting at \$50

\*Requires Consultation

## WAXING

Brazilian	\$60
Bikini	\$40
Under Arm	\$25
Lip, Chin or Sideburns	\$15
Brows	\$15
Full Body Waxing Available	

## BROWS

Microblading	\$325
Sculpted Ombre Brow Tint	\$50

## PARAFFIN DIP

Hands and Feet	\$20
Hands	\$12
Feet	\$12

## PACKAGES

<b>Renew</b> 60 Min Massage, 30 Min Facial & 30 Min Steam	<b>\$165</b>
<b>Relax</b> 60 Min Massage, 30 Min Steam & Ionic Foot Cleanse	<b>\$149</b>
<b>Essential</b> 60 Min Massage 30 Min Facial	<b>\$135</b>
<b>Express Detox</b> 30 Min Steam 30 Min Ionic Foot Cleanse	<b>\$65</b>

## COUPLES PACKAGES

<b>210-Min Hot &amp; Steamy</b> 60 Min <b>Couples</b> Hot Stone Massage, Full Body Steam, Pelvic Steams, Marble Foot Soak, Chocolate Covered Strawberries & Mimosas	<b>\$430</b>
<b>150-Min Hot &amp; Sweet Deluxe</b> 60 Min <b>Couples</b> Hot Stone Massage, 30 Min Facial, Ionic Foot Cleanse, Marble Foot Soak, Chocolate Covered Strawberries & Mimosas	<b>\$415</b>
<b>90-Min Hot &amp; Sweet</b> 60 Min <b>Couples</b> Hot Stone Massage, Marble Foot Soak, Chocolate Covered Strawberries & Mimosas	<b>\$250</b>
<b>55-Min Sweetheart Package</b> 40 Min <b>Couples</b> Swedish Massage 15 Min Mini Facial	<b>\$135</b>

**For details and service descriptions visit  
WELLNESSNRETREATS.COM**