



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



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



Wellness & Retreats, Inc.
Healthy Change Within Reach

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

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

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

COUPLES PACKAGES

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

**For details and service descriptions visit
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