



NEW CLIENT SPECIAL

\$69

60-min Massage or Facial



Lakehouse Retreat

Retreats

Explore our website for day retreats, personal escapes, overnight getaways, & exclusive private spa experiences.

Senior Spa Day

On the first Tuesday of each month, guests 55+ can enjoy three services for just \$50 from 10 AM to 2 PM, with refreshments and exclusive senior discounts offered all day.

Monthly Spa Party

Join us on the last Friday of each month for an evening of relaxation and fun! Enjoy three services, food, and drinks for \$60 with RSVP or \$65 at the door- 5 PM to 9 PM!

Private Spa Parties

Throw the ultimate private party for five or more guests at the location of your choice—customized just for you!

For Senior Spa Day RSVP: Text **SENIOR** and your first and last name to **219-440-6612**
For Monthly Spa Party RSVP: Text **PARTY** and your first and last name to **219-440-6612**

Packages

Detox Package	2hrs/\$195
Sauna, Detoxifying Mud treatment, Full Body Steam, Ear Candling, Herbal Soak, Ionic Foot Cleanse	
Renew	2hrs/\$165
30 Min Exceptional Massage, Classic Facial, Ozone therapy, Red Light Therapy & Ionic Foot Cleanse	
Lavender Relaxation Scrub	2hrs/\$165
Swedish Massage, Soothing Mud Treatment, Full Body Scrub, Full Body Steam, Herbal Soak	
Essential	1.5hrs/ \$135
60 Min Exceptional Massage & 30 Min Illuminating Facial	
Relax Package	1.5hrs/\$120
Full Body Steam, Swedish & Herbal Soak	
Restore	1.5hrs/ \$120
Hyperbaric Chamber, Red Light Therapy, Ozone Therapy	
Express Detox	1hr/\$60
30min Sauna & 30 Min Ionic Foot Cleanse	

Book an appointment



Book a Class/ RSVP



Wellness & Retreats Inc.
Healthy change within reach



WellnessNRetreats.com



219-440-6612



7895 Broadway, Suite D Merrillville, IN 46410



Wellness & Retreats, Inc.

Business Hours

Sunday	10:00 AM - 4:00 PM
Monday	10:00 AM - 8:00 PM
Tuesday	10:00 AM - 8:00 PM
Wednesday	9:00 AM - 7:00 PM
Thursday	9:00 AM - 7:00 PM
Friday	8:30 AM - 6:00 PM
Saturday	9:00 AM - 5:00 PM

Appointment only

Exceptional Massage

120 - Min Massage	\$165
90 - Min Massage	\$135
60 - Min Massage	\$95
30 - Min Massage	\$55

Lymphatic Drainage/Post-Op	30 Mins \$65
Neck or Scalp	30 Mins \$45
Sinus Release	15 Mins \$25
Hands & Feet	15 Mins \$25
Facial Massage	10 Mins \$20

Swedish Massage

120 - Min Massage	\$139
90 - Min Massage	\$109
60 - Min Massage	\$79
40 - Min Massage	\$49

Reflexology

60 - Min Massage	\$95
30 - Min Massage	\$55

UPGRADES

Deep Tissue	\$20
Sports	\$20
Hot Stone	\$20
Prenatal	\$20
Aromatherapy	\$10

Skincare

FACIALS

ANTI-AGING	
90 - Min Massage	\$150
ACNE TREATMENT	
60 - Min Massage	\$120
DEEP HERBAL PEEL	
60 - Min Massage	\$120
AMAZING MICRODERM SCRUB	
30 - Min Massage	\$95
ILLUMINATING FACIAL	
60 - Min Massage	\$95
30 - Min Massage	\$55
CLASSIC FACIAL	
15 - Min Massage	\$25

Corrective Skincare

Blemish Removal	\$50
Tag Removal	\$50
Skin Tightening	\$50
Microdermabrasion	\$50

** Consultation required*

Body Sculpting

Inch Loss Body Wrap (2.5hrs)	\$180
Wonder Breast Lift (3 sessions)	\$150
Brazilian Butt Lift (3 sessions)	\$150
Contour Body Wrap (75 mins)	\$120

Detox

Anti-Cellulite Treatment (120m)	\$165
Sore Joint Treatment (120m)	\$165
Raindrop Therapy (120m)	\$150
Detoxifying Mud Treatment (75m)	\$120
Sinus & Congestion Treatment (90m)	\$120
Pelvic/V-Steam	\$65
Advanced Foot Cleanse / TENS	\$65
Full Body Steam	\$45
Ear Candling	\$35
Herbal Soak	\$35
Sauna	\$35
Ionic Foot Cleanse	\$35

Restoration Center

COLONIC	
60 - Min	\$120
HYPERBARIC CHAMBER	
60 - Min	\$95
30 - Min	\$55
OZONE THERAPY	
60 - Min	\$75
30 - Min	\$45
RED LIGHT THERAPY	
20 - Min	\$25

Paraffin Dip

Hands and Feet	\$25
Hands or Feet	\$15

Couples Packages

Hot & Steamy (3.5hrs) \$450

Couples Sauna, 60 Min Hot Stone Massage, Pelvic Steam for Two, Marble Foot Soak, Foot Massage, Chocolate Covered Strawberries & Mimosa's Or Herbal Tea

Hot & Sweet Deluxe (2.5hrs) \$395

Couples 60 Min Hot Stone Massage, 30 Min Facial Ionic Foot Cleanse, Marble Foot Soak, Chocolate Covered Strawberries & Mimosa's Or Herbal Tea

Hot & Sweet (1.5hrs) \$250

Couples 60 Min Hot Stone Massage, Marble Foot Soak, Foot Massage, Chocolate Covered Strawberries & Mimosa's Or Herbal Tea

Sweetheart Package (55-Min) \$130

Couples Swedish Massage & Classic Facial

Waxing

Brazilian	Starting at \$60
Bikini	Starting at \$40
Under Arm	Starting at \$20
Lip, Chin, Sideburns	Starting at \$15
Brows	Starting at \$12
Body Waxing Available	Consultation Required

Total Wellness

Zyto Scan w/ Consultation	\$95
Zyto Scan	\$49

*Customized Wellness Programs Available **