

# The Whole You Spa

3765 Riverdale Avenue • Riverdale NY 10463

Tel. (718) 884-9900

Fax (718) 884-9922

Email: thewholeyou@yahoo.com

www.thewholeyouspa.com

The path to wellness begins here . . .



## MASSAGE THERAPY

### FULL BODY MASSES

	1 Hr	1¼ Hr	1½ Hr	2 Hr
Relax massage .....	\$75	\$95	\$105	\$145
Therapeutic massage .....	\$85	\$105	\$120	\$160
Shiatsu .....	\$85	\$105	\$120	\$160
Pre-natal massage .....	\$85	\$105	\$120	\$160
Lymphatic drainage massage .....	\$85	\$105	\$120	\$160
Deep tissue massage .....	\$90	\$110	\$125	\$170
Neuromuscular massage .....	\$90	\$110	\$125	\$170
Sports massage .....	\$90	\$110	\$125	\$170

### MEDICAL MASSAGE TREATMENTS

Upper back (chair) 30 min. ....	\$45
Full back (table) 40 min. ....	\$65
Shoulder (one) 30 min. ....	\$45
Shoulders (both) 40 min. ....	\$60
Arm/hand (one) 20 min. ....	\$35
Arms/hands (both) 30 min. ....	\$45
Foot/leg/knee (one) 20 min. ....	\$35
Feet/legs/knees (both) 30 min. ....	\$50
Feet/legs/knees (both) 40 min. ....	\$65
TMJ 20 min. ....	\$35
TMJ 30 min. ....	\$45
Sinus 10 min. ....	\$25
Reflexology hands 10 min. ....	\$25
Reflexology hands 20 min. ....	\$35
Reflexology hands 30 min. ....	\$45
Reflexology feet 20 min. ....	\$40
Reflexology feet 30 min. ....	\$50
Reflexology feet 60 min. ....	\$90
Scalp massage 10 min. ....	\$25
Scalp massage 20 min. ....	\$35

### Hot-stone/Dry-skin Therapy Massage (Advance appointments required)

Hot-stone relax massage* .....	\$105	\$125	\$145	\$195
Hot-stone therapeutic massage .....	\$120	\$145	\$165	\$225
Hot-stone deep tissue massage** .....	\$125	\$150	\$170	\$240
Dry-skin therapy relax massage* .....	\$105	\$125	\$145	\$195
Dry-skin therapeutic massage .....	\$120	\$145	\$165	\$225
Dry-skin deep tissue massage** .....	\$125	\$150	\$170	\$240

\*30-min. Hot-stone/Dry-skin relax massage ..... \$60

\*\*30-min. Hot-stone/Dry-skin deep tissue massage ..... \$75

Hot-stone Reflexology with Semi-precious Stones (20 min/30 min) ..... \$55/\$75

### Add-ons to Full-Body Massage (Please specify when making appointment)

Aromatherapy Paraffin	1 foot.....\$15	2 feet ..... \$27	1 hand ....\$12	2 hands ..... \$20
Aromatherapy/Thermotherapy	Hands & feet ..... \$35	Hands only .....\$15	Feet only..... \$25	
Sinus massage (10 min) .....				\$20
Reflexology: Hands (10 min/20 min/30 min).....				\$20/\$30/\$40
Reflexology: Feet (20 min/30 min/60 min) .....				\$35/\$45/\$85
Scalp massage (15 min/20 min).....				\$25/\$30

### The Whole You Spa SIGNATURE MASSES

“Basic” (75 minutes): Relax .....	\$135	Therapeutic.....	\$145	Deep Tissue.....	\$155
“Plus” (2 hours): Relax .....	\$195	Therapeutic .....	\$215	Deep Tissue.....	\$225

#### “Basic” Signature

Aroma-/Thermotherapy for	Herbal creams/oils +
Hands & Feet .....	→ heated mitts & boots
Scalp massage.....	→ Up to 10 min
Reflexology for Hands & Feet ..	→ Up to 15 min (combined)
Face massage .....	→ --

#### Signature “Plus”

Herbal creams/oils +
heated mitts & boots
Up to 15 min
Up to 20 min (combined)
Up to 15 min

**HOME VISIT FOR MASSAGE:** Available Mon-Fri & SUNDAY. Minimum: one hour-long massage (not Hot-Stone/Dry-Skin/Signature). Requires: advance appointment; prepayment; surcharge(s).

## --EUROPEAN FACIALS AND SKIN EXFOLIATION/RESURFACING REATMENTS--

Our treatments are customized to individual needs and skin types. We feature plant-based DECLÉOR Paris products in our facials and microdermabrasion treatments. Our non-glycolic chemical peels are based on lactic and fruit acids.

### EUROPEAN FACIALS (Times are approximate)

Mini facial (25 min) .....	\$45	<b>Acne-buster facials:</b>	Back "facial" (45).....	\$85
Teen [13-17] facial (45) ...	\$65	Light extraction (75) .....	Back "facial" (80).....	\$155
Young-adult [18-21] .....		(each additional 15 mins.	Eye facial (30) .....	\$45
facial (50) .....	\$85	add \$25)		
Aromaplastie facial (60) .....	\$90	<b>Follow-ups:</b>		
Integral facial (75).....	\$115	Hi-frequency only .....		\$45
Specific facial (90).....	\$135	w/ very light extraction ....		\$65
Mature skin/Anti-aging		<b>Whitening/Brightening</b>		
facial (75) .....	\$125	<b>facials:</b>		
Anti-aging "booster"		No extractions (75) .....		\$115
facial (w/2 serums) .....	\$150	Light extraction (90) .....		\$140
		(each additional 15 mins.		
		add \$25)		

### Add-ons to Facial Treatments (Times are approximate)

Eyebrow cleanup.....	\$18	Cream mask .....	\$15	Neck massage (15) .....	\$15
Eyebrow shaping.....	\$28	Aromaplastie mask .....	\$20	Scalp massage (10).....	\$15
Vitamin C.....	\$12	Clay mask .....	\$20	Scalp massage (15).....	\$20
Anti-aging booster .....	\$30	Pumpkin mask .....	\$20	Shoulder massage (15) .....	\$25
Mature upgrade .....	\$10	Collagen mask .....	\$25	Hands reflexology (20) ....	\$20
Hi-frequency booster .....	\$35	Pumpkin+Glycolic Peel	\$35-	Feet reflexology (30).....	\$40
Glycolic exfoliation .....	\$35	mask .....	\$55	Eye treatment .....	\$15
Glycolic <b>back</b> treatment .....		½ back .....	\$80	Full back .....	\$105
Aromatherapy paraffin (Please specify					
with facial appointment).....		Feet .....	\$28	Hands.....	\$20

### GLYCOLIC APPLICATION ONLY (Deep Exfoliation)

Full face (not a facial)—approx. 30 min.....	\$65	Hands.....	\$80
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### *The Whole You Spa Signature Facial*

A full facial (about 1 ½ hours long), that includes the following:

- Extractions
- One healing serum, aimed at addressing a single problem\*
- A hi-frequency treatment or paraffin mask to boost the effects of the serum

Basic price (one serum included) .....	\$155.00
First additional serum .....	+\$15.00
Each additional serum .....	+\$10.00

\*Healing serums for •Wrinkles •Vitamin A & C •Rejuvenation •Redness  
•Hyperpigmentation •Dehydration •Renewal •Acne



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## **MICRODERMABRASION TREATMENTS**

Full face (includes cream mask-- <u>no</u> extraction)—approx. 60 min .....	\$125
With Seaweed Paraffin Healing Booster (up to 1 ½ hours) .....	\$180
Full face + Neck .....	\$175
Full face + Neck and V-Neck .....	\$245
Full face + Neck and Full Chest .....	\$290
T-zone .....	\$95
Upper lip .....	\$50
Neck .....	\$75
V-neck (chest) .....	\$75
Full chest .....	\$125
Hands (both) .....	\$75
Half back .....	\$125
Full back .....	\$150
1 spot .....	\$50
2 spots .....	\$85

**Micro-facial** (full facial with extractions + full microdermabrasion) up to 105 min. .... \$185

**Micro-peel** (light microdermabrasion + light chemical peel; up to 90 min.; **ONLY** if recommended by our esthetician) ..... \$215

## **CHEMICAL PEELS**

These chemical peels and add-ons are based on lactic and fruit acids and are customized to address specific problems. Recent research suggests that lactic-acid-based peels produce longer positive effects on skin. Because they are based on a natural substance that is recognized by the body, they are also safer: your skin is less likely to produce defensive reactions, such as inflammation. These treatments produce a delayed peeling action. Proper follow-up and home care will maximize and prolong the effectiveness of the treatments.

### **Face and Body Peels**

*Single Peel for Face* (includes free consultation) ..... \$90.00

### **Enhanced Peels (include free consultation & individual customization)**

*Enhanced Single Peel* (includes one free Retinol serum):

Face only .....	\$110	Neck and V-neck .....	\$110
Face and V-neck .....	\$150	Neck and décolleté .....	\$160
Face and neck .....	\$160	V-neck .....	\$60
Face and décolleté .....	\$200	Décolleté .....	\$110
Face and neck and V-neck .....	\$210	Hands .....	\$110
Face and neck and décolleté .....	\$250	Half Back .....	\$160
Neck only .....	\$70	Full Back .....	\$220

## **PUMPKIN PEEL**

A relatively mild glycolic peel combined with pumpkin to flood your skin with antioxidants and enzymes (up to 45 min)..... \$165

## **Seaweed Paraffin Healing Booster Follow-up Treatment to Microdermabrasion/Chemical Peels**

One to two weeks after your microdermabrasion/peel, your brand new skin will be ready to receive one of our healing serum treatments encased in a nourishing, calming, and hydrating seaweed paraffin mask. The serum will be targeted at a specific problem area or need. The paraffin mask will “push” the serum into your skin and will provide additional benefits as well. Serums can address the following:

Wrinkles • Vitamin A & C • Rejuvenation • Hyperpigmentation • Redness • Dehydration • Renewal • Acne

Seaweed Paraffin Booster Follow-up (includes one serum) (approx 35 min) .....	\$65
First additional serum .....	+\$15
Each additional serum .....	+\$10

## -----HAIR REMOVAL-----

### ELECTROLYSIS

After 5 min., times are calculated to the minute. Each additional min: add \$2 (example: 32 min. = \$58).

Up to 5 min. ...\$15	10 min. .... \$25	15 min. .... \$30	30 min.....\$54	45 min. ....\$76
60 min. ....\$95	75 min. .... \$119	90 min. .... \$143	105 min.....\$166	120 min. ....\$185

### SPEED-WAXING FOR BODY AND FACE--Fast Hair Removal With or Without Strips

-----Body Waxing-----		-----Facial Waxing (women only)-----	
Full body .....	\$195	Knees .....	\$20
Full legs .....	65	Knees (add-on).....	+\$15
<i>With regular bikini</i> .....	85	Hairline at back of neck	
<i>With Brazilian bikini</i> .....	95	(women/men).....	\$15/20
<i>With full Brazilian</i> .....	110	Shoulders .....	35
Upper or lower legs .....	40	Full arms .....	50
<i>With regular bikini</i> .....	65	Upper or lower arms .....	35
<i>With Brazilian bikini</i> .....	75	Underarms .....	20
<i>With full Brazilian</i> .....	90	Chest .....	45
Upper thigh.....	20	Abdomen (women/men) .....	20/35
<i>With regular bikini</i> .....	50	Chest and abdomen .....	70
<i>With Brazilian bikini</i> .....	60	Full back .....	75
<i>With full Brazilian</i> .....	70	Upper back .....	55
Regular Bikini .....	40	Lower back (women/men) .....	20/30
Brazilian bikini .....	50	Buttocks .....	35
Full Brazilian bikini .....	65	Fingers or toes.....	15
		Chin <u>or</u> lips <u>or</u> cheeks <u>or</u> hairline	
		around face <u>or</u> sideburns <u>or</u> neck <u>or</u>	
		forehead .....	\$15
		<i>Combination of two</i> .....	25
		<i>Combination of three</i> .....	40
		<i>Combination of four</i> .....	50
		<i>Combination of five</i> .....	60
		<i>Combination of six</i> .....	80
		<i>All seven (full face)</i> .....	90
		Eyebrows	
		<i>Waxing only</i> .....	\$15
		<i>Waxing and tweezing</i> .....	\$35
		(Also see Eyebrow Grooming	
		below)	

## EYEBROW GROOMING & COLORING

### Eyebrow Grooming:

Tweezing only (cleanup) .....	\$25
Tweezing and thinning (shaping) .....	\$35
Thinning only .....	\$15
RE-shaping .....	\$55

### Semi-Permanent Coloring:

Eyebrows only .....	\$25
Eyelashes only .....	\$35
Both Eyebrows and Eyelashes* .....	\$55

\*10% off with any Eyebrow Grooming

## -----AROMATHERAPY PARAFFIN (Advance appointment required)-----

Without massage or facial.....	1 foot.....\$18	2 feet..... \$30	1 hand ..... \$15	2 hands ..... \$25
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## -----ACUPUNCTURE (Call or inquire within for more information)-----

FIRST VISIT (up to 90 min.).....	\$90	Follow-up visit (up to 50 min.) .....	\$70
Add-on Tui-Na (Chinese) Massage .....			\$15
QUIT SMOKING (up to 40 min.) .....			\$65
CONSULTATION ONLY (up to 30min.) .....			\$50

## -----FACIAL REJUVENATION ACUPUNCTURE-----

FIRST VISIT (approx. 90 min.).....	\$135	Follow-up visit (approx. 90 min.) .	\$110
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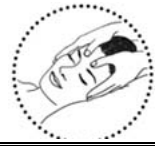
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## **PACKAGES (Can NOT be combined with coupons, gift certificates, or specials)**

**SINGLE-SERVICE Packages** (*Exceptions: microdermabrasion, chemical peels, and acupuncture. Services are not interchangeable.*): Buy 5 of the same service . . . get 5% discount. Buy 10 of the same service . . . get 10% discount.

**MASSAGE & FACIAL Packages:** 10% off any full-body or medical massage (excludes reflexology) on same day as FULL facial (excludes services such as back facials, glycolic treatments, chemical peels, microdermabrasion/micropeels).

**MICRODERMABRASION Packages:** Buy 5 of same treatment, get a 6<sup>th</sup> treatment free (treatments are not interchangeable).

**CHEMICAL PEEL Packages:** For Enhanced Single Peel—buy 5 of same treatment and get a 6<sup>th</sup> treatment free (treatments are not interchangeable).

**CONSULTATIONS** followed by treatment are free. Stand-alone consultations are charged at the following rates:

**Acupuncture ..... \$50**

**All other services ..... \$25**

**GIFT CERTIFICATES** are available starting at \$15. They may be used to purchase any service or product sold by *The Whole You Spa* and are good for one year from date of purchase (some restrictions may apply—ask when purchasing your gift certificate). Gift certificates for special offers or packages revert to face value if date of offer expires before appointment or if terms of offer/package are broken.

- You can purchase a gift certificate at the front desk, or order one over the phone and we can mail it to you or to the recipient.

## **Making Appointments**

*Please notify us when you make your appointment if you are pregnant, if you have or ever had cancer, if you have a heart condition, a skin condition, any communicable illnesses, or an implant (pacemaker, breast implant, etc.) that may affect your treatment. If a particular treatment is contraindicated by your condition, we may recommend an alternative or modified treatment. All of our treatments are customized to individual needs.*

• Appointments are required for all services. We will do our best to accommodate walk-ins, but we cannot guarantee an opening. • When making an appointment, it is important for us to know how much time you will need, whether you want a service that requires special preparation (e.g., paraffin, hot-stone, dry skin treatments), and whether you will be using a gift certificate or coupon • Please arrive a few minutes prior to your appointment, or call us if you are running late.

## **Securing Appointments, Arriving Late, Late Cancellations, and Missed Appointments**

We respect your time and value your patronage. We ask you to secure your appointments in order to guarantee you the time and treatment you need. We hope you will honor your commitments to us, just as we strive to honor ours to you.

• A credit card number (not a debit card number), cash deposit, or gift certificate number is required to secure all appointments. • If the value of a gift certificate is less than that of your scheduled appointment, we may also require a credit card number.

• **Deadlines for changes or cancellations** • For Monday appointments: by 4pm the Saturday before the scheduled appointment. • For Tuesday through Saturday appointments: 24 hours before the scheduled appointment.

• If you are late for an appointment, we reserve the right to offer a shorter treatment (if time permits) for the full price of the scheduled appointment. • **Late cancellations and no-shows will be charged at the full cost of the reserved appointment. Both the type and length of the reserved treatment will factor into the charge. Gift certificates will be forfeited.**

## **Payments and Insurance**

• We welcome cash and all types of credit and debit cards except American Express. • The minimum charge/debit is \$20. • Checks are not accepted unless we have a valid credit card number on file (we will validate your card). • All treatments must be paid for at time of service. • We do not issue refunds for services (credit only). There is no refund or credit for facial and pain-relief products. • We accept some insurance for Acupuncture. Call for information. • For medical massage, we can provide you with statements that may help you get insurance reimbursement.

## **Office Hours**

• Monday–Friday ..... 10am–8pm  
• Saturday ..... 10am–6pm

• Sunday: Home visits only; advance appointments;  
surcharge(s) apply.

## **Location**

Our office is conveniently located in central Riverdale, on Riverdale Avenue near West 238<sup>th</sup> Street. Facing the main door to the Riverdale Medical Pavilion, our entrance is one door to the left. The Bx7 bus stops in front of our office (coming from the Henry Hudson Parkway) and directly across the street from our office (coming from Broadway). The Bronx-Manhattan Express Bus also stops nearby (W239<sup>th</sup> Street on Henry Hudson Parkway).

For more information, please call or stop by our office.