



HEALTHY LIVING
BEGINS WITH
A BALANCE OF
MIND, BODY & SPIRIT

The Spa

at L|E|C|O|M

The John M. & Silvia Ferretti
Medical Fitness & Wellness Center

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We invite you to personally experience **The Spa** at the LECOM Medical Fitness & Wellness Center. We offer a comprehensive selection of specialized treatments for women and men including various types of massage, facials and waxing services. At **The Spa** we use products that enable you to achieve balance in mind, body and spirit, an essential part of any lifestyle.

For more information on **The Spa** @ the LECOM Medical Fitness & Wellness Center, visit www.LECOMWELLNESS.com. To book an appointment, please call 814.868.2130.

Hours of Operation

Monday - Thursday: 10 am - 8 pm

Fridays: 10 am - 6 pm

Saturdays: 10 am - 4 pm





Massage Therapy Services

Swedish Massage:

Involves long, kneading strokes, as well as light, rhythmic, tapping strokes on topmost layers of muscles. This is also combined with movement of the joints. By relieving muscle tension, Swedish therapy can be both relaxing and energizing.

	Single	Pkg of 3
30 minutes	\$40	\$111/\$37 each
60 minutes	\$65	\$177/\$59 each
90 minutes	\$90	\$255/\$85 each

Sports Massage:

Geared toward participants in athletics and sports. Used to help prevent injuries, prepare the body for athletic activity, maintain it in optimal condition, and to help athletes recover from workouts and injuries. Sports massage has three basic forms: pre-event massage, post-event massage, and maintenance massage.

	Single	Pkg of 3
30 minutes	\$45	\$123/\$41 each
60 minutes	\$70	\$192/\$64 each
90 minutes	\$95	\$264/\$88 each

Deep Tissue/Myofascial:

Releases chronic patterns of tension in the body through slow strokes and deep finger pressure. Uses greater pressure than Swedish massage and affects deeper layers of the muscle to help relieve chronic tension and emotional stresses.

	Single	Pkg of 3
30 minutes	\$45	\$123/\$41 each
60 minutes	\$70	\$192/\$64 each
90 minutes	\$95	\$264/\$88 each



Hot Stone Massage:

A specialty massage that uses smooth, heated stones that absorb and retains heat well. The heat is deeply relaxing and helps release tight muscles. The therapist may also leave heated stones in specific points along your spine, in the palms of your hand, on your belly, or even between your toes to improve the flow of energy in your body.

	Single	Pkg of 3
60 minutes	\$90	\$252/\$85 each
90 minutes	\$115	\$330/\$110 each

Prenatal Massage:

Designed to help relieve common pregnancy discomforts. Benefits include increased energy, easing of aches and pains, reducing fluid retention and releasing stress. Can help labor preparation by releasing tension in the lower back and abdomen and teaching the mother-to-be relaxation breathing techniques. This service is not offered during 1st trimester of pregnancy.

	Single	Pkg of 3
30 minutes	\$45	\$123/\$41 each
60 minutes	\$70	\$192/\$64 each

Oncology Massage:

Designed for the needs of people dealing with physical and emotional effects of cancer diagnosis and it's treatments by carefully trained staff. An oncology massage can assist your body and spirit, focusing on restoring well being. Please note that a doctor's release is required before treatment can be given.

30 minutes	\$40
60 minutes	\$65

Manual Lymphatic Drainage Therapy:

This customized therapy involving a superficial manual technique of gentle rhythmic movements to encourage and stimulate the natural drainage of the lymph fluid. Please note a doctor, physical therapist, or a chiropractor release is required before service can begin.

30 minutes	Neck & Face only - \$45
60 minutes:	Neck, Abdominal, and upper or lower extremity - \$90
90 minutes:	Full body sequence - \$140



Active Isolated Stretching:

A technique that helps people maximize the effectiveness of stretching. Increases flexibility and strengthens specific muscles and muscle groups. AIS employs physiologically principled exercises that are systemic, progressive and unsurpassed in effectiveness when delivered in an instructive and positively reinforcing environment.

	Single	Pkg of 3
60 minutes	\$65	\$177/\$59 each
90 minutes	\$90	\$255/\$85 each

Thai Massage:

Thai is a unique alternative massage. Good for athletes, fitness enthusiasts, or anyone who could use more stretching. During this massage joints are opened, muscles and tendons are stretched, internal organs are toned, and energy is balanced. The overall effect is deep relaxation and rejuvenation. A Deep Tissue massage is strongly recommended following the Thai massage.

	Table	Floor
30 minute	\$40	\$55
60 minute		\$90

Hand, Feet and Scalp:

Begin with an Aromatherapy scalp massage, followed by nurturing massage for your hardworking hands and feet. Removal of any clothing is not required.

	Single	Pkg of 3
50 minute	\$55	\$147/\$49 each

Neck and Shoulder:

This focused massage releases tension and restores comfort to this typically tense area.

	Single	Pkg of 3
30 minute	\$40	\$111/\$37 each



Manicures

The Spa Buff Manicure

\$15.00 Pkg of 3 \$39/\$13 each

Nail and cuticle care, massage, and buff, for a natural looking manicure without polish

The Spa Manicure

\$20.00 Pkg of 3 \$54/\$18 each

Nail and cuticle care, massage and nail polish

Shellac Manicure

\$28.00 Pkg of 3 \$75/\$25 each

Manicure service with incomparable high-gloss shine and extended wear

The Spa Signature Manicure

\$45.00 Pkg of 3 \$123/\$41 each

Sugar scrub, treatment mask, nail and cuticle care, massage, and nail polish

Shellac Polish Removal

\$10.00

Add French Polish

\$10.00

Polish Change *

\$15.00

**Excludes Shellac Polish*



Pedicures

The Spa Buff Pedicure

\$30.00 Pkg of 3 \$81/\$27 each

Nail and cuticle care, massage, and buff, for a natural looking pedicure without polish

The Spa Pedicure

\$35.00 Pkg of 3 \$96/\$32 each

Nail and cuticle care, massage and nail polish

Shellac Pedicure

\$45.00 Pkg of 3 \$123/41 each

Nail and cuticle care, massage and shellac finish

The Spa Signature Pedicure

\$60.00 Pkg of 3 \$162/\$54 each

Sugar scrub, treatment mask, nail and cuticle care, massage, and nail polish





Esthetician Services

The Express Facial:

Created specifically for people on the go. A deep exfoliating facial cleansing designed for men or women providing efficient results in minimum time.

30 minutes **\$40**

The Spa Body Polish:

Polish skin to lustrous silken glow. This nourishing, exfoliating treatment hydrates and smoothes skin.

60 minutes **\$70**

The Spa Body Envelopment:

True indulgence, the spa experience begins with our signature back massage followed by full-body exfoliation, then our body mask, finishing with our aromatic warm oil massage. You're left rejuvenated, refreshed and radiant all over.

90 minutes **\$95**

The Spa Signature Facial:

This treatment has been specifically designed for all skin types. It provides a gentle cleansing, exfoliation, extractions and masque, designed to rejuvenate and nourish the skin. It is ideal for everyone, including men and teens.

	Single	Pkg of 3
60 minutes	\$65	\$177/\$59 each

The Spa Purifying Facial:

This customized deep pore treatment will provide a thorough cleaning of your skin. Your Esthetician designs this facial to treat your individual skin type, which includes cleansing, enzyme exfoliation, extractions, and a masque to enhance your skin health.

	Single	Pkg of 3
60 minutes	\$68	\$183/\$61 each



The Spa Age Defying Facial:

An extraordinary facial designed to deliver the ultimate anti-aging treatment for your skin. A customized facial will be created to address your specific skin care concerns using a variety of highly specific ingredients. This is the ultimate anti-aging solution for your skin.

	Single	Pkg of 3
60 minutes	\$75	\$202/\$67 each

The Spa Ultrasonic Facial:

With the use of a hand held device utilizing ultrasonic vibrations, this facial is highly effective in penetrating into the deeper layers of the skin to encourage cellular renewal and repair, while having a tightening and lifting effect on the skin's surface. A reduction in discoloration can also be expected. Best results are achieved after several treatments.

	Single	Pkg of 3
75 minutes	\$80	\$220/\$74 each

The Spa Signature Peel Treatment:

The peel treatment will improve the skin tone, leaving it feeling soft and smooth. Skin looks radiant, brighter and more youthful.

	Single	Pkg of 3:	Pkg of 5:
45 minutes	\$85	\$245/\$82 each	\$410/\$82 each

The Spa Supplifying Facial:

A decadent facial designed to nourish and replenish deprived skin. This is a wonderful ritual providing your skin with all the elements for ideal hydration. You'll love how vibrant your skin looks and feels.

	Single	Pkg of 3
60 minutes	\$68	\$183/\$61 each

The Spa Back Treatment:

Clarify skin for a healthy, even finish with this purifying, balancing back treatment.

60 minutes	\$60
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Esthetician Add-on Services

The Spa Lip Treatment

Diminish the appearance of fine vertical lines around the lip area. This treatment will leave the lips feeling and looking silky smooth.

15 minutes

\$15

Beautiful Eyes

A gentle exfoliation and masque helps reduce the appearance of fine lines and wrinkles, tired eyes and dark circles. An ideal add-on with any facial.

20 minutes

\$25

Extended Extractions

15 minutes

\$15

Waxing

Waxing Services	Starting at		
Bikini-sides only	\$28	Sides of face	\$25
Bikini-front and sides	\$40	Brow tint	\$14
Bikini-full Brazilian	\$68	Lash tint	\$22
Brows	\$15	Full leg	\$75
Upper lip or chin	\$12	Underarms	\$25
Brows, lip and chin	\$30	Full arms	\$40
Chin	\$12	Upper back & shoulders	\$55
Nose	\$15	Full back	\$70
Toes	\$12	Chest & abs	\$70
Feet & Toes	\$22	Stomach	\$30
1/2 Leg	\$40	Buttocks	\$30



Spa Etiquette

Check In: Please arrive 10 minutes before your appointment to review your schedule and answer general health questions. Should you arrive late, your appointment may be shortened or rescheduled to allow the therapist to be on time for his/her next appointment.

Cancellation Policy: A 24-hour notice of cancellation is required. Failure to provide 24-hour notice will result in a charge for the full scheduled service.

Comfort: Massage and body treatments may require removal of clothing. Undergarments may be worn if preferred and careful draping procedures will be observed.

Cell Phones: To preserve a peaceful environment, cell phones should be turned off.

Personal Belongings: Lockers are provided for personal items. We are not be responsible for lost or stolen items.

Prices: From time to time, it may be necessary to adjust our prices. These changes may occur without notice.

Age Requirements: Guests must be at least 18 years of age. Childcare is available for a nominal fee, however, this service is subject to availability.

Gift Cards: These make an ideal gift for any occasion and may be purchased in any denomination. Gift cards are non-refundable.

Gratuities: Prices do not include gratuity. Cash tipping is at your discretion between you and the spa professional.

Payment Methods: We gladly accept personal checks, VISA, MasterCard, American Express and Discover. A fee of \$35 will be assessed for returned checks. Members may also House Charge to their account.

Visit our website at www.LECOMWELLNESS.com

The background of the entire page is a soft, light blue-tinted image of lavender flowers. The flowers are in various stages of bloom, with some showing their characteristic whorled structure. The stems are thin and green, and the overall effect is a calm and soothing natural aesthetic.

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