

Lakeshore Massage Therapy

Health & Wellness Clinic

Come experience the diversity of health and wellness specialties at our clinic.

We wish to connect you with a sense of total well-being and the ritual of renewed relaxation.

All of our treatments are customized to your needs, making your experience at our clinic exclusively yours!



MASSAGE THERAPY TREATMENTS

Registered Massage Therapy (RMT)

Individually designed to suit your specific needs. Includes an assessment, treatment, and home care recommendations as required. Each treatment safely compliments medical treatments for conditions such as, but not limited to: headaches, tendonitis, carpal tunnel syndrome, lower back pain, sciatica, sports and work related injuries. Prenatal, Deep Tissue & Sports Massage available.

15 minutes	\$43	60 minutes	\$103
30 minutes	\$73	90 minutes	\$163
45 minutes	\$88		

Relaxation Massage (Not RMT)

15 minutes	\$38	45 minutes	\$78
30 minutes	\$68	60 minutes	\$93

Hot Stone Massage (RMT)

Smooth volcanic river rocks are heated and incorporated into this massage. The transfer of heat relieves aching muscles, joints, and tension within the body, providing a deep relaxation of both the body and mind.

Additional	\$10
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Cranial Sacral Therapy (RMT)

This treatment is one of the most gentle yet powerful forms of holistic healing. Working with the rhythmic wave-like motion of the cerebral spinal fluid, restrictions are gently released throughout the body to give an overall body balance. Conditions that respond well to this treatment are migraines, ADD (Attention Deficit Disorder), ADHD (Attention Deficit Hyperactivity Disorder), chronic back and neck issues, depression, and fibromyalgia.

30 minutes	\$73	60 minutes	\$103
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Osteopath

Initial Visit	\$115	Subsequent Visits	\$100
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Reiki Healing Treatments

Reiki is a natural healing technique that is used to aid the body in releasing stress and tension. This meditative treatment assists the body to heal and create balance. Beneficial for relieving mental, emotional and physical distress, anxiety, headaches, fatigue and chronic pain.

30 minutes	\$35	60 minutes	\$55
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AromaTouch Technique

An effective very light touch treatment using 100% pure certified therapeutic grade essential oil/oil blends on the back, neck, earlobes and feet. This treatment provides a deep sense of relaxation, balance and overall well-being.

40 minutes \$55 *AromaTouch Hands* \$30

Ayurvedic Head Massage

Practiced for over a thousand years, this ancient treatment is used to relieve stress and help balance the body in a harmonized way. Focusing on the neck, shoulders, scalp, and face, this treatment is truly beneficial in helping to eliminate tension, headaches, migraines, and insomnia.

\$40 *Add Facial Mask* \$45

Registered Reflexology

This treatment is an ancient healing art based on the principles that there are reflexes in the feet that correspond to every part, organ, and gland in the body. Reflexology increases circulation, detoxifies, reduces tension, and stimulates the bodies own healing abilities. Reflexology is excellent for migraines, sinus pain, infertility, and stress reduction.

Reflexology Foot \$55 Hot Stone Foot Reflexology \$60
Reflexology Hand \$50

REGISTERED MEDICAL ACUPUNCTURE

Acupuncture is an ancient Chinese treatment that has been practised for over a thousand years. It is completely safe, effective, and painless. Medical Acupuncture uses fine needles precisely throughout the body, to help the body activate its own natural pain control and healing mechanisms. This allows diseases or disorders of the body to become naturally treated or cured. Medical Acupuncture has been proven effective for a wide range of medical conditions including migraines, headaches, TMJ dysfunction, pain management, anxiety, carpal tunnel syndrome, and tendonitis.

30 minutes **\$73**
45 minutes **\$88**
60 minutes **\$103**

CUSTOMIZED BODY TREATMENTS

Each wrap is customized to address your individual needs using an Eminence Organic Body Mask. While wrapped, we enhance your experience with a deeply relaxing scalp and foot massage using customized organic lotion. Each wrap is completed with a customized full body massage. Leave with skin feeling hydrated, radiant, and totally relaxed!

Chocolate Truffle Hydrating Body Wrap **\$110**

Add an Eminence Organics enzyme treatment **\$125**

Fight the signs of aging deliciously with this calorie free body wrap. Indulge your senses while your body is polished with highly nutritious cocoa while macadamia, almond and jojoba oils deeply hydrate the skin leaving it refined and delightfully sweet!

Tropical Melon & Blueberry Soy Slimming

Body Wrap **\$110**

Add an Eminence Organics enzyme treatment **\$125**

Drench your body in the most potent antioxidant known to nature, the beautiful blueberry. Tone and tighten while circulation is stimulated to refine cellulite.

Exfoliating Full Body Treatment **\$90**

Exfoliating Back Treatment **\$60**



HAIR REMOVAL TREATMENTS

Depilatory Waxing

Eyebrow Reshaping	\$15
Chin, Cheeks, Upper Lip or Neck	\$15
Stomach	\$15
Under Arm	\$20
Full Arm	\$50
Half Arm-Lower	\$30
Chest	\$40+
Half Leg-Lower	\$45
Full Leg	\$65
Top of Foot & Toe Wax	\$10
Toe Wax	\$5
Full Back	\$50+
Bikini Line	\$30
Brazilian	\$60

Laser Hair Removal

Laser Hair Removal at Lakeshore Massage Therapy is the most effective method in permanent removal of unwanted hair. It is a gentle process with amazing results. Treatments are scheduled every 6 weeks. On average, 6-8 treatments are required.

Upper Lip	\$40
Chin	\$50
Ears	\$50
Under Arms	\$50
Men Arms	\$60
Women Arms	\$60
Chest	\$200
Half Leg	\$180
Upper Leg	\$220
Full Leg	\$350
Feet & Toes	\$20
Back	\$200
Regular Bikini	\$85
Artistic Bikini	\$100-\$125
Brazilian	\$150

FOOT TREATMENTS

All pedicures include soaking, exfoliation, proper filing, cuticle treatment, callus removal, hydrating foot and lower leg massage, finishing with polish.

Spa Pedicure **\$50**

Spa Pedicure with Gel or Shellac Polish **\$60**

Signature Spa Pedicure **\$65**

Includes a deeply hydrating paraffin wax foot treatment.

Gel or Shellac Polish Removal **\$15**

Add Gel or Shellac Polish **\$10**

Add French Polish **\$5**

Regular Polish Change **\$20**

Gentleman's Foot Treatment **\$40**

Youth Pedicure **\$35**

It's never too young to treat your feet. Designed for ages 12 and under.

"On The Go" Express Pedicure **\$40**

Designed for those on the go. This treatment focuses on calluses and nails only.

Paraffin Wax Treatment **\$15**

Relieves joint pain, increases circulation, and eliminates extreme dryness by drenching the skin in moisture. Used as a treatment on its own or combined with any other treatment.

Nail Fungus Treatment **starts at \$50**

Treat nail fungus with our newest yet natural and effective natural photodynamic light machine. \$5 for each additional toe.



HAND TREATMENTS

All manicures include soaking, proper filing, cuticle treatment, hand exfoliation, hand and arm massage, finishing with polish.

Spa Manicure	\$35
Spa Manicure with Gel or Shellac Polish	\$45
Spa Manicure with Dip Powder	\$55

Signature Spa Manicure **\$45**
Includes a deeply hydrating paraffin wax hand treatment.

Mini Gel or Shellac Manicure **\$40**
Mini Dip Powder Manicure **\$50**
Gel and Shellac polish comes in an array of colors. Applied like a polish but cured with a LED lamp. Completely safe for the nails, Gel or Shellac polish stays on nails for 3 weeks with no peeling, chipping, or dulling in color.

Gentleman's Hand Treatment **\$30**

Youth Manicure **\$25**
Designed for ages 12 and under.



FACIAL TREATMENTS

Facials at Lakeshore Massage Therapy are more than just beauty treatments. Each facial supports the skin's natural functions to support regeneration, stimulate repair, and restore balance. Each facial includes a personal consultation with our experienced esthetician. Whether you have acne, mature skin, or the most sensitive skin, we will customize each facial using a unique organic skincare product to suit your needs and unveil beautiful glowing skin.

Classic Organic Spa Facial **\$95**

Designed to deeply cleanse, exfoliate and hydrate. Eyebrow waxing is included if desired.

Classic Organic Signature Spa Facial **\$110**

Similar to our Classic Spa Facial, with the addition of soothing back massage.

Organic Anti-Aging Facial **\$105**

Designed to fight the signs of aging. Providing the essentials of our Classic Spa Facial, with the addition of an Eminence Organic enzyme peel.

Signature Organic Anti-Aging Facial **\$120**

Similar to our Anti-Aging Facial, with the addition of a soothing back massage.

Purifying Detox Facial **\$135**

Designed to deeply cleanse, exfoliate, purify and renew. Includes a deeply purifying back massage & Eminence Organic enzyme peel to help skin rejuvenate and glow.

Luxurious Spa Facial **\$165**

This treatment is unlike any other facial ever experienced. This treatment treats the entire body. Begins with a back exfoliant, includes a full body massage and ends with a deeply beautifying facial treatment.

Ultimate Face Treatment for Men **\$85**

Youth Facial **\$55**

Designed for ages 12 and under.

On The Go Express Facial **\$65**

Dermaplaning Facial **\$130**

Organic Back Facial Treatment **\$80**

FACIAL ENHANCEMENTS

Professional Eyelash Extensions

Transform your lashes to get the long, lush, and noticeable lashes you've always longed for. By applying one lash at a time to your existing lashes, we can transform your lashes into beautiful longer lashes to enhance your natural beauty. These lashes are semi-permanent, waterproof, sweat proof, and will last the life span of your natural lashes. Great for special occasions or for everyday wear! Offering lashes at varying lengths, thickness's, and curls! We customize the lashes to suite your individual style.

Initial Application	\$110.00
Touch Up Pricing	
30 minute	\$25
45 minute	\$45
60 minute	\$65
75 minute	\$80
Eyelash Removal	\$20
Other Spa Eyelash Removal	\$35
Eyelash Tinting	\$25
Eyebrow Tinting	\$20
Eyelash & Eyebrow Tinting Combined	\$40
Lash Lift with Tint	\$70
Lash Lift without Tint	\$60
Henna Brow with Brow Wax	\$40
Henna Brow alone	\$25
Brow Lamination with Tint	\$70
Brow Lamination without Tint	\$60



HEALTH & WELLNESS PACKAGES

These are our suggestions, although we would be pleased to assist you in customizing a package to meet your specific needs.

Mom To Be **\$150**

Add Mom To Be Organic Spa Facial **\$245**

A must before any baby arrives! Your visit begins with a 45 minute prenatal massage. Our pregnancy cushion is used to provide comfort and support. This treatment will focus on reducing swelling, tension and relieving unwanted discomfort. Your treatment is complete finishing with our Signature Spa Pedicure.

Mom & Me **\$95 / person**

12 and under **\$75**

Sit back and enjoy pure relaxation while sipping on a virgin spritzer. This treatment includes a hydrating paraffin foot treatment, express tropical pedicure, finishing with a spa tropical manicure. This treatment is guaranteed to create total relaxation, beauty, and a beautiful bond between any mother and daughter.

Cinderella **\$100**

It's never too early to experience the tranquility of relaxation and beauty. This package is designed for girls 12 and under. Unwind with a 15 minute massage, followed by a mini pedicure and mini manicure. Dazzle your nails with our unique choices of glitter and gems for both your fingers and toes. Enjoy all this pampering while sitting back and sipping on a cool glass of lemonade!

Spa Celebration **\$265**

Celebrating a birthday, anniversary, wedding, special achievement, or simply looking for an excuse to treat yourself? This package is the perfect choice! Begin your day with a 1 hr relaxation massage, followed by our popular Classic Organic Spa Facial and Signature Spa Pedicure. No celebration would be complete without a take-home bath bomb.

Ultimate Getaway **\$105**

Add Classic Organic Spa Facial **\$200**

Replenish the body and rebalance the soul. This getaway begins with a relaxing 1 hr relaxation massage with Hot Stones. Following your massage, let your tired feet be hydrated with a paraffin wax foot treatment. While your body relaxes and your feet are soothed, satisfy your taste buds with a signature chocolate treat.

Head to Sole **\$105**

This treatment covers you from head to toe. Unwind with a Reflexology Foot Treatment while your hands are hydrated with a deep hydrating paraffin wax hand treatment. Finishes with a deeply relaxing Ayurvedic Head Massage.

Tropical Escape **\$220**

Add Tropical Breeze Pedicure **\$270**

Come to the islands to awaken your senses. This tropical escape includes a yummy Mango Enzyme Treatment & Blueberry Slimming Body Wrap to soften you from head to toe. A Tropical Spa Facial that will leave you looking positively rejuvenated.

Chocolate Bliss Getaway **\$170**

Add Chocolate Mousse Manicure **\$210**

This getaway is all about Chocolate! Our Chocolate Truffle Body Wrap will detoxify and hydrate your body leaving you feeling silky smooth, just like chocolate! Concludes with a yummy Chocolate Mousse Pedicure Treatment. Totally non-fattening and extremely YUM!

Refreshed & Renewed **\$220**

Add 45 Minute Relaxation Massage **\$298**

This package has what it takes to be refreshed and renewed! Unwind and un wrinkle those unwanted fine lines with our Anti-Aging Signature Facial. Renew your hands with our Anti-Aging Spa Manicure and refresh your tired toes with our Signature Spa Pedicure. You will leave looking as young as you feel!

Cancellation Policy

Please keep in mind that these treatments are reserved especially for you. To cancel an appointment and avoid a full fee charge, we require 24 hours advance notice for individual treatments and 48 hours notice for half and full day packages.

Arrival Time

To relax and enjoy your treatment, we ask that you arrive a few minutes prior to your treatment. As courtesy to our guests, late arrivals may result in customizing your treatment to fit the remaining booking time.

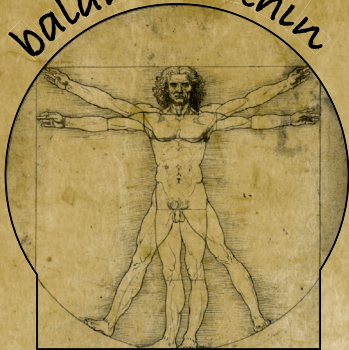
Gift Certificates

All of our treatments and packages are available in the form of a gift certificate for any occasion. Our gift certificates may be transferred or exchanged for other treatments or products. Sorry, no refunds!

Price, Policies and Treatments are subject to change without notice.

Taxes are included in prices, Gratuities are not.

*Reaching the
balance within*



**LAKESHORE MASSAGE THERAPY
HEALTH AND WELLNESS CLINIC**

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