



**Danielle Barker Alvarado,
Proprietor**

OTR, RMT, MTI, cnmi

For inquires or to schedule an appointment
please contact us at

409-762-8199

**2114 Sealy
Galveston, Texas 77550**

www.TherapeuticHealthWorks.com

Payment Methods

Cash, Check, MasterCard, Visa, and
American Express are honored.

Prices subject to change – 11/2003

Day Spa for Skin and Body Care



amenities}

A relaxing waiting area . . .

with complimentary Herbal Teas and Spring Water is provided. Additionally, a private shower is available for use either before your session to begin loosening tight muscles, or after body treatments.

Please plan . . .

to arrive 15 minutes before your appointment to complete a client information form and to prepare for your body treatments and massage. If you must reschedule or cancel your appointment, please notify us at least 24 hours in advance. If we do not receive notice prior to your appointment, 50% of the service scheduled will be charged.

Featuring . . .

skin and body treatments with the exclusive Source Vital Product Range – Botanical extracts from the sea rich in proteins, vitamins, minerals, and essential oils of flowers, plants and herbs carefully blended to promote the health and beauty of your skin and body.

Retail . . .

products carefully selected to maintain a natural balance between visits. Natural bath and skin care products, aromatherapy, and music are available to recreate the calming atmosphere of the Spa at home.

massage}

Swedish Massage

Traditional relaxation and therapeutic full body massage of long, gliding strokes and kneading techniques. Improves circulation, lowers blood pressure, relives muscle tension-leaving you feeling relaxed and rejuvenated. A healthy way to start your week or weekend. Also a great maternity massage.

60 MINUTES: \$65 90 MINUTES: \$90

Mini-Massage

Swedish massage with concentration on the neck, back, and shoulders. A short but effective session designed for those that are pressed for time.

30 MINUTES: \$35

Deep Tissue Massage

This therapeutic massage targets the deeper layers of the muscles, using slow movements and deep trigger point pressure on contracted areas to release chronic tightness and tension. A massage designed to break your cycle of spasm and pain.

60 MINUTES: \$70 90 MINUTES: \$95

Sports Massage

This invigorating massage increases flexibility, aids in conditioning and promotes the release of toxins responsible for muscle soreness. Complete with assisted stretches. An excellent addition to a regular fitness regimen, as well as pre-event, post-event and rehabilitative. Please wear comfortable shorts.

60 MINUTES: \$70 90 MINUTES: \$95

Aromatherapy Massage

A gentle massage using the natural essential oils of plants to bring balance and harmony to the body and mind. Ideal for the tense, restless, overworked individual. Choose an aromatherapy blend from our selection to revive you.

60 minutes: \$70 90 minutes: \$95

Buy multiple massages and save!

Baby Massage Class

Let our certified newborn massage instructor teach you the concept and value of nurturing, systemic touch. Call for details.

On-site Corporate Massage

Therapeutic seated massage can be incorporated into just about any size business. Please contact us to discuss how we can design a plan to include on-site therapeutic massage into your company's wellness/benefit program.

body care}

Sea Plant Body Wrap

From the botanical essences of the sea, micronized seaweed and algae are blended with aromatherapy to detoxify, remineralize, and promote lymph drainage and skin toning. The body is gently exfoliated, covered with a warm body masque, rinsed, then lightly massaged to balance and refresh you.

75 MINUTES: \$85

Share the gift of massage and body care treatments with friends, family, co-workers, business clients and employees.

Sea Salt Glow

Feel stress melt away as your skin is dry brushed, then gently massaged using a blend of mineral rich Dead Sea Salt and rare essential oils to remove dead skin cells, stimulate circulation and provide deep moisturization. Followed by a light hydrating massage to leave your skin smooth and glowing. Choose detoxifying, nourishing or firming blend.

60 MINUTES: \$70

Paraffin Wax Treatments

Comforting warm wax is applied to provide soothing, fast-acting deep heat. This treatment delivers temporary pain relief from chronic arthritis, joint stiffness, sports injuries, and inflammation. Also moisturizes dry skin. Followed by massage of the area.

HANDS OR FEET (20 MINUTES): \$25

HANDS AND FEET (30 MINUTES): \$35

Steam Embrace

Relax in our private steam cabinet, combining the therapeutic benefits of steam and aromatherapy to purify the skin, increase circulation and metabolism, release toxins, reduce water retention and relieve the pain and stiffness of arthritis.

15 MINUTES: \$20

ADD BEFORE TO CONDITION AND MOISTURIZE THE BODY FOR MASSAGE AND BODY CARE OR AFTER TO CLEANSE TOXINS FREED DURING TREATMENT: \$15

Gift Certificates Available!

skin care}

Rejuvenating Facial

Begin with a warm facial wrap and aromatic pressure point massage of the neck and shoulders for relaxation and lymphatic circulation. Multiple deep cleanses, gentle exfoliation, toning and a soothing masque are applied to nourish and revitalize. Your skin is hydrated and balanced, leaving you feeling soft, refreshed and radiant.

60 MINUTES: \$70

Refresher Facial

Efficiently addresses the skin of your neck, shoulders, and face, with an algae activated cleansing, gentle exfoliation, and reviving masque to nourish and replenish. The results are clean, healthy, glowing skin. An ideal facial alone, or accompaniment to any body treatment.

30 MINUTES: \$40 ADD-ON TREATMENT: \$35

Gentleman's Facial

Deep cleansing and nourishing therapeutic facial designed for the skin care needs of men, including an invigorating masque to refine pores. Addresses sensitivity and aids in the prevention of shaving irritation. Relaxing massage of the neck, shoulders, and arms.

60 MINUTES: \$70

All facials are blended and customized for your skin's needs, and include warm and cool compresses and gently active products in lieu of mechanical extractions.