



MASSAGE THERAPY · ACUPUNCTURE · EUROPEAN FACIALS · MICRODERMABRASION · WAXING  
 FACIAL REJUVENATION ACUPUNCTURE · MICROFACIALS · ELECTROLYSIS · EAR CANDLING

**THE WHOLE YOU SPA | 718.884.9900**  
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## FULL BODY MASSAGES *(except where indicated by \*)*

relax, swedish, deep tissue, therapeutic, shiatsu, pre-/post-natal, neuromuscular, sports <i>(includes hot packs where appropriate)</i>	\$100 / 50 min \$115 / 60 min \$140 / 75 min \$165 / 90 min \$185 / 100 min
hot stone / dry skin therapy / warm bamboo: any massage <i>(advance appointment required for hot stone and dry skin therapy)</i>	\$145 / 60 min \$170 / 75 min
sugar body scrub	\$110 / 40 min \$135 / 60 min
warm candle full body massage: any massage	\$135 / 50 min \$155 / 60 min
the whole you spa <b>basic signature</b> massage <i>(aromatherapy and thermotherapy for hands and feet, up to 10 min scalp massage and up to 15 min hands and feet reflexology)</i>	\$185 any type / 75 min
CBD any type of massage	\$185 / 60 min
lymphatic drainage massage (bodywork)	\$120 / 30 min \$160 / 50 min \$180 / 60 min

## ADD-ONS TO FULL-BODY MASSAGES

aromatherapy <i>(essential oils)</i>	\$20
thermotherapy	\$20 / hands \$30 / feet \$45 / hands & feet
massage: scalp / sinus / t.m.j. / reflexology hands / feet	\$25 / 10 min \$35 / 15 min \$40 / 20 min \$50 / 30 min
paraffin for hands	\$45
wood therapy	\$35
gua sha	\$35

## REFLEXOLOGY

reflexology hands / reflexology feet	\$55 / 20 min \$65 / 30 min \$95 / 50 min
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## SPECIFIC MEDICAL MASSAGE TREATMENTS

upper back: chair ( <i>dressed</i> )	\$30 / 10 min
upper back: chair ( <i>undressed</i> )	\$60 / 30 min \$70 / 40 min
full back: table	\$80 / 40 min
arms/hands/feet/knees/legs	\$55 / 20 min \$65 / 30 min
sinus / t.m.j.	\$55 / 25 min

## DECLÉOR PARIS EUROPEAN FACIALS

mini	\$55 / 25 min
teen ( <i>13-17 y.o.</i> )	\$75 / 40 min
young adult ( <i>18-21 y.o.</i> )	\$95 / 45 min
aromoplastie	\$105 / 50 min
integral	\$125 / 70 min
specific	\$150 / 80 min
mature skin / anti-aging	\$145 / 70 min
acne-buster with extractions ( <i>\$25 per each additional 15 min</i> )	\$175 / 70 min
acne-buster follow-up: hi frequency with light extractions	\$80
whitening / brightening ( <i>no extractions</i> )	\$135 / 70 min
whitening / brightening with light extractions ( <i>\$25 per each additional 15 min</i> )	\$155 / 80 min
back "facial"	\$95 / 40 min \$165 / 80 min
eye "facial"	\$55 / 30 min
express facial with light extractions no mask	\$85 / 40 min

## FACIAL TREATMENTS

eyebrow cleanup	\$22	anti-aging booster	\$40
hi-frequency booster	\$45	galvanic booster	\$45
cream mask	\$20	glycolic exfoliation	\$35
aromoplastie mask	\$25	clay mask	\$20
pumpkin mask	\$35	collagen mask	\$25
glycolic <b>half-back</b> treatment	\$110	pumpkin + glycolic peel mask	\$35-\$55
eyebrow shaping	\$35	glycolic <b>full-back</b> treatment	\$155

## MICRODERMABRASION (microcrystal exfoliation / resurfacing)

full face	\$135 / up to 50 min
micro-facial ( <i>full facial with extractions + full microdermabrasion</i> )	\$195 / 80 min
micro-peel ( <i>light microdermabrasion + light chemical peel; not for every skin type</i> )	\$225 / up to 80 min

***microdermabrasion can be performed on other parts of the body as well; please call or stop by our office for more information and prices.***

## CHEMICAL PEELS (chemical exfoliation / resurfacing)

*our chemical peels and add-ons are based on lactic and fruit acids and customized to address specific problems.*

single peel for face ( <i>includes free consultation</i> )	\$95
enhanced single peel for face ( <i>includes free consultation <u>and</u> one free retinol booster</i> )	\$115
double peel	\$145
triple peel (or more)	\$165
serum add-on to peel ( <i>serums can address: wrinkles, vitamin a &amp; c, rejuvenation, hyperpigmentation, redness, dehydration, renewal, and acne</i> )	+ \$20 / 1 <sup>st</sup> add'l serum + \$18 / each add'l serum
<b>enhanced single peels can be performed on other parts of the body as well; please call or stop by our office for more information and prices.</b>	
intensive peel ( <i>a combination of glycolic acid (strength adjusted to need) and pumpkin (to flood your skin with antioxidants and enzymes)</i> )	\$185 / up to 45 min

## MICROCURRENT / ULTRASOUND FACELIFT

*this is a non-invasive treatment that uses mild electrical current to lift and tone the skin and underlying muscles. because it also enhances the effect of creams and serums, microcurrent is an excellent add-on to microdermabrasion and facials.*

microcurrent (basic) ( <i>with ultrasound add-on : + \$35</i> )	\$150 / up to 45 min
follow-up treatment <b>series</b> : basic microcurrent ( <i>with ultrasound add-on : + \$35 / treatment</i> )	\$120 / each of 3 \$100 / each of 6

## HAIR REMOVAL

*electrolysis (advanced computerized permanent hair removal)*

up to 5 min	\$24	<i>(after 5 min: each additional min, add \$3.00)</i>	
15 min	\$50	60 min	\$165
30 min	\$85	90 min	\$245
<i>needle change during long treatments may be recommended for best results (@ \$5).</i>			

**speed-waxing for body and face**

regular bikini	\$50	hairline at back of neck ( <i>women</i> )	\$25
brazilian bikini	\$80	hairline at back of neck ( <i>men</i> )	\$30
bikini trim	\$25	shoulders	\$45
full legs	\$80	full arms	\$60
full legs with regular bikini	\$120	upper or lower arms	\$45
full legs with brazilian bikini	\$145	underarms	\$30
upper or lower legs	\$50	chest ( <i>women / men</i> )	\$30 / \$55
upper/lower legs with reg bikini	\$90	abdomen ( <i>women / men</i> )	\$25 / \$50
upper/lower legs w/brazilian	\$120	chest & abdomen ( <i>women / men</i> )	\$50 / \$95

upper thigh	\$30	full back	\$85
upper thigh with regular bikini	\$75	upper back	\$65
upper thigh w/brazilian bikini	\$105	lower back ( <i>women / men</i> )	\$30 / \$45
full body	\$225	buttocks ( <i>women / men</i> )	\$35 / \$55
knees ( <i>only</i> )	\$25	fingers or toes	\$20
knees ( <i>add-on</i> )	\$20		
women only: chin / lips / cheeks / hairline around face / sideburns / neck / forehead			\$25 <u>one</u> area

## EYEBROW / EYELASH GROOMING & COLORING / TINTING

<i>eyebrow grooming</i>		<i>semi-permanent coloring</i>	
waxing only	\$25	eyebrows	\$30
waxing & cutting	\$35	eyelashes	\$40
waxing & tweezing	\$40	eyebrows & eyelashes*	\$65
tweezing ( <i>cleanup</i> )	\$30		
tweezing + thinning ( <i>shaping</i> )	\$35		
re-shaping	\$65		

## EYELASH EXTENSIONS

*extensions are applied individually; they may contain one or multiple lashes, depending on degree of "fill" required*

"awake" (regular) or "party" (decorative) eyes (up to 12 extensions per eye)	\$120 / up to 40 min
upper full set / upper + lower full set (up to 40 extensions per eye)	\$270 / up to 70 min
upper and lower full set ("hollywood")	\$360 / up to 90 min
touch up ( <i>first week</i> )	Free
touch up ( <i>3 wks after initial full set</i> )	30% of full cost
touch up ( <i>5 wks after initial full set</i> )	40% of full cost

*upgrades (decorative lashes) are available; please call us or inquire at the front desk for more information*

## BODY TANNING

### *spray tanning*

full body	\$75
upper or lower body	\$55
face	\$35

### *lotion tanning*

with brush exfoliation	\$115
with scrub exfoliation	\$145
face	\$45
face + neck + decollete	\$65

## ACUPUNCTURE (*times are approximate*)

*acupuncture can help many different conditions; please call or inquire at the front desk for more information*

first visit ( <i>includes consultation &amp; treatment</i> )	\$95 / 80 min
follow-up visit	\$80 / 50 min
add-on tui-na chinese massage	\$20
ear seeds	\$35
quit smoking	\$65 / 40 min
facial rejuvenation acupuncture – first visit	\$135 / 80 min
facial rejuvenation acupuncture – follow-up visit	\$110 / 60 min

## EAR CANDLING

*ear candling treatments can be modified according to individual needs and will be priced accordingly*

up to 25 min (1 candle per ear, brief face massage)	\$55
up to 40 min (1 candle per ear, full face massage)	\$75

## PACKAGES

*packages cannot be combined with coupons, gift certificates, or specials. services are non-interchangeable*

package of 5 equal treatments (excl. microdermabrasion, peels & acupuncture)	5% off
package of 10 equal treatments (excl. microdermabrasion, peels & acupuncture)	10% off
any full facial and any full body massage on the same day	10% off massage

## CONSULTATIONS *(times are approximate)*

*consultations that are followed immediately by a treatment are free*

acupuncture stand-alone consultation	\$50 / 30 min
all other services stand-alone consultation	\$25 / 15 min

## IMPORTANT INFORMATION

### **Gift certificates**

*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— please 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; or 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**

*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.*

### **Cancellation policy (missed or late appointments)**

*For Monday appointments changes must be made by 4pm the Saturday before the scheduled appointment. For Tuesday through Saturday appointments changes must be made 24 hours before the scheduled appointment. For late cancellations and no-shows you will be charged the full cost of the reserved appointment: both the type and length of the reserved treatment will factor into the charge; gift certificates and vouchers will be forfeited. Please note, 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.*

### **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. For acupuncture: we accept some insurance. Call for information. For medical massage, we can provide you with statements that may help you get insurance reimbursement.*

### **Hours**

*Monday –Saturday : 10 am - 6 pm                      Sunday : home visits only  
Home visits : 7 days a week; advance appointments only; surcharges apply.*

### **Location**

*Our office is conveniently located in central Riverdale, on Riverdale Avenue near West 238th 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 (W239th street on Henry Hudson Parkway).*

For more information, please call or stop by our office. Prices subject to change without notice.

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