



MASSAGETHERAPY · ACUPUNCTURE · EUROPEAN FACIALS · MICRODERMABRASION · WAXING
 FACIAL REJUVENATION ACUPUNCTURE · MICROFACIALS · ELECTROLYSIS · EAR CANDLING
THE WHOLE YOU SPA | 718.884.9900
 THEWHOLEYOUSPA.COM · 3765 RIVERDALE AVE · RIVERDALE · NY · 10463

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Senior Citizens (62 and over) and Veterans can use \$10 discount for MASSAGE on weekdays, please present ID

FULL BODY MASSAGES (except where indicated by *)

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|---|---|
| relax, swedish, deep tissue, therapeutic, pre-/post-natal, neuromuscular, sports (includes hot packs where appropriate) | \$110 / 50 min \$125 / 60 min \$150 / 75 min \$175 / 90 min \$195 / 100 min |
| hot stone / dry skin therapy / warm bamboo: any massage (advance appointment required for hot stone and dry skin therapy) | \$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 basic signature massage (aromatherapy and thermotherapy for hands and feet, up to 10 min scalp massage and up to 15 min hands and feet reflexology) | \$185 any type / 75 min |
| CBD any type of massage | \$185 / 60 min |
| brazilian lymphatic drainage body sculpting massage | \$120 / 30 min \$160 / 50 min \$180 / 60 min \$200 / 75 min \$220 / 90 min |
| brazilian facial lymphatic drainage massage | \$75 |

ADD-ONS TO FULL-BODY MASSAGES

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|--|--|
| aromatherapy (essential oils) | \$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 |
| chinese cupping | \$25 |
| gua sha | \$35 |
| brazilian facial lymphatic drainage massage add-on | \$50 / up to 25 min |
| kinesiology taping | \$25 |

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| kinesiology taping – bring your own tape | \$15 |
| microcurrent-infrared light therapy for lymphatic drainage | \$50 |
| anti-cellulite oil | \$15 |

REFLEXOLOGY

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| reflexology hands / reflexology feet | \$65 / 20 min \$75 / 30 min \$105 / 50 min |
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SPECIFIC MEDICAL MASSAGE TREATMENTS

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| upper back: chair (<i>dressed</i>) | \$40 / 10 min |
| upper back: chair (<i>undressed</i>) | \$70 / 30 min \$80 / 40 min |
| full back: table | \$90 / 40 min |
| arms/hands/feet/knees/legs | \$55 / 20 min \$65 / 30 min |
| sinus / t.m.j. | \$55 / 25 min |

DECLÉOR PARIS EUROPEAN FACIALS

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|---|---------------------------------|
| 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 |
| aromaplastie | \$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

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

MICRODERMABRASION (microcrystal exfoliation / resurfacing)

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| 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.

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| 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 & c, rejuvenation, hyperpigmentation, redness, dehydration, renewal, and acne</i>) | + \$20 / 1 st add'l serum + \$18 / each add'l serum |

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.

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|---|----------------------|
| 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 |
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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.

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| microcurrent (basic) (<i>with ultrasound add-on : + \$35</i>) | \$150 / up to 45 min |
| follow-up treatment series : 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)

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|-------------|------|---|-------|
| up to 5 min | \$24 | <i>(after 5 min: each additional min, add \$3.00)</i> | |
| 15 min | \$54 | 60 min | \$189 |
| 30 min | \$99 | 90 min | \$279 |

needle change during long treatments may be recommended for best results (@ \$5).

speed-waxing for body and face

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|------------------|------|--|------|
| regular bikini | \$50 | hairline at back of neck (<i>women</i>) | \$25 |
| brazilian bikini | \$80 | hairline at back of neck (<i>men</i>) | \$30 |

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|---|-------|-------------------------------|----------------------|
| 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 (women / men) | \$30 / \$55 |
| upper/lower legs with reg bikini | \$90 | abdomen (women / men) | \$25 / \$50 |
| upper/lower legs w/brazilian | \$120 | chest & abdomen (women / men) | \$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 (women / men) | \$30 / \$45 |
| full body | \$225 | buttocks (women / men) | \$35 / \$55 |
| knees (only) | \$25 | fingers or toes | \$20 |
| knees (add-on) | \$20 | | |
| women only: chin / lips / cheeks / hairline around face / sideburns / neck / forehead | | | \$25 <u>one</u> area |

EYEBROW / EYELASH GROOMING & COLORING / TINTING

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

ACUPUNCTURE (times are approximate)

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

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| first visit (includes consultation & treatment) | \$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 |

PACKAGES

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

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|---|-----------------|
| 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

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|---|---------------|
| 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.

FOR NEW CLIENTS: for all massage and esthetician services a deposit of 50% of service price is required upon booking.

FOR ACUPUNCTURE: a \$50 deposit is required towards the service upon booking.

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

We welcome cash and all types of credit and debit cards. The minimum charge/debit is \$20. 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. Call for information. For medical massage or acupuncture, we can provide you the statements of services received 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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