



Massage therapy has long been known to improve mental and physical relaxation, reduce stress and help promote physical healing.

Come experience the benefits of **massage therapy** and **skin care** at Summit Healthcare



Call or email today and schedule an appointment with our professional licensed staff.

**928-537-6985**

[serenityspa@summithealthcare.net](mailto:serenityspa@summithealthcare.net)

**WALK-IN'S WELCOME** (When Available)

Morning and Evening  
Appointments Available  
Open Monday through Saturday

*Closed All Major Holidays*

We accept:  
Cash—Check—VISA—MasterCard—Discover  
and employee badge

**BOOKING APPOINTMENTS**

Please arrive at least 10 minutes prior to your scheduled appointment to allow time to fill out the Health Questionnaire. If you need to cancel your appointment please call the spa. We would like to accommodate other clients on our waiting list.

**GIFT CARDS**

Gift Cards are available for all Spa Services and products from Serenity Spa. Gift Cards are not redeemable for cash or refund. Not responsible for misplaced Gift Cards.

**CANCELLATION POLICY**

We require a 24-hour notice for any cancellation. If you are 15 minutes or more late for your appointment, your massage will be cut short by the amount of time you are late. If you are ill, please cancel as soon as possible.

**AGE REQUIREMENTS**

The minimum age for any therapy is 18 years. Those under 18 may receive therapy with a doctor's order. Parent must be present to sign a Health Questionnaire for anyone under 18.

**GRATUITIES**

Gratuities are greatly appreciated and are at client discretion.

**SERVICES, PRODUCT & PRICES**

All services, product, and prices are subject to change without prior notice.

*We do not bill any insurance companies, but we will provide you with a receipt for you to submit to your insurance company.*



2200 E Show Low Lake Rd • Show Low, AZ 85901  
928-537-4375 • [www.summithealthcare.net](http://www.summithealthcare.net)

# Serenity Spa

*A Wellness Center*



AT SUMMIT HEALTHCARE REGIONAL MEDICAL CENTER  
TRUSTED TO PROVIDE EXCEPTIONAL, COMPASSIONATE CARE

## MASSAGE SERVICES

Swedish	60min	\$55
	30min	\$35
	90min	\$90
Deep Tissue	60min	\$60
	30min	\$40
	90min	\$100
Reflexology	30min	\$35
Lymphatic	60min	\$50
Mom To Be	60min	\$50
	<i>Obstetrician Order Required</i>	
Detox Foot Bath	30min	\$35



## SPECIALTY MESSAGES

Warm Stone Massage	60min	\$75
	90min	\$95
Raindrop Technique	60min	\$75
Cranial Sacral	60min	\$50
Shiatsu (clothed modality)	60min	\$60
	30min	\$35
Myofascial	60min	\$60
	30min	\$35
Oncology	60min	\$60
	30min	\$35

## FACIAL SERVICES

Customized Facial	60min	\$60
O <sub>2</sub> Lift Facial	60min	\$70
Dermaplaning Facial	75min	\$75
Dermafile Facial	75min	\$75
Men's Facial	60min	\$60
Back Facial	30min	\$45
Teen Facial	60min	\$50
Express Facial	30min	\$45
Organic Facial	60min	\$70
Dermaroller Facials:		
Acne Scar Treatment	75min	\$75
Pore Refining Treatment	75min	\$75

## BODY TREATMENTS

Dermaroller:		
Scar Treatments	15min	\$25
	30min	\$45
	60min	\$60
Stretch Mark Treatment	15min	\$25
	30min	\$45
	60min	\$60
Cellulite Treatment	15min	\$25
	30min	\$45
	60min	\$60
Herbal Body Wrap	60min	\$50
Full Body Salt Scrub	60min	\$50
Full Body Sugar Scrub	60min	\$50

## WAXING SERVICES

Eyebrows	\$12
Lip - Chin - Nose or Ear	\$8
Face	\$20
Half Arm	\$25
Full Arm	\$35
Underarm	\$15
Lower Leg	\$30
Full Leg	\$50
Back	\$45
Chest	\$45
Bikini (women only)	\$35
Brazilian (women only)	\$50
Belly	\$20

## ADD TO ANY SERVICE

Essential Oils	\$5
Salt Scrub (Feet or Hands only)	\$8
Sugar Scrub (Feet or Hands only)	\$8
Paraffin (Feet or Hands only)	\$8
Trigger Point (massage services only)	\$10
High Frequency (facial services only)	\$10

## ENHANCEMENT SERVICES

Eyelash Extensions	\$100
Lash Fills	\$50
Eyelash Tinting	\$15
Eyebrow Tinting	\$15
Eyelash and Eyebrow Tinting	\$25

## Benefits of Massage Therapy

- ▶ Helps to improve range of motion.
- ▶ Assists with shorter, easier labor for expectant mothers and shorten maternity hospital stays.
- ▶ Ease medication dependence.
- ▶ Enhance immunity by stimulating lymph flow - the body's natural defense system.
- ▶ Exercise and stretch weak, tight, or atrophied muscles.
- ▶ Improve the condition of the body's largest organ - the skin.
- ▶ Increase joint flexibility .
- ▶ Promotes tissue regeneration, reduces scar tissue and stretch marks.
- ▶ Helps to pump oxygen and nutrients into tissues and vital organs, improving circulation.
- ▶ Reduce spasms and cramping .
- ▶ Relax and soften injured, tired, and overused muscles.
- ▶ Release endorphins - amino acids that work as the body's natural painkiller.
- ▶ Relieve migraine pain.

## Benefits Of Facial Treatments

- ▶ Assist in maintaining a youthful appearance and give your skin a healthy glow.
- ▶ Facial treatments help to improve and restore circulation to facial skin layers, increasing the flow of oxygen-enriched blood to skin cells.
- ▶ Helps keep the skin supple, firm and elastic by stimulating the production of collagen in the skin.
- ▶ Improves the skins ability to cleanse itself from certain toxins and impurities.
- ▶ Helps make the skin feel more radiant and also improves evening out your skin tone.
- ▶ Prevents the skin from having acne, which is an infection of the skin due to clogged pores.
- ▶ Facials promote relaxation.
- ▶ Regular facials can help fight the affects of aging.
- ▶ Neutralizes and rebalances the skin.
- ▶ Facials can help prevent the overproduction of sebum, which is a natural substance that moisturizes and lubricates the skin .
- ▶ Facials open tile pores of the skin to help remove dead skin and toxins for the face .