



Massage Services By Cynthia Machnik



Dear Members,

This 2009 Season, Massage Services by Cynthia Machnik and Esthetician Services by Rhoda Clark will be offered at the Wildcat Cliffs Fitness and Activities Centre. These services are by appointment only. Please call 526-2164 a day in advance for an appointment.

Services Offered

Essential Swedish:

This is a luxurious massage catered for total body relaxation. Let the gentle sweeping strokes calm the central nervous system while allowing you to forget the day's worries and problems. Enhance the well-being of the whole body and mind.

Therapeutic Deep Tissue:

This massage is recommended for those with chronic tension and detailed work on specific muscle groups. Key benefits are easing sore or tense muscles, improving flexibility and over-all performance for a busy life-style.

Cleansing Body Care Treatment:

This gel has sea kelp for metabolic stimulation and nutrient rich Klamath blue green algae to hydrate and detoxify. The active moisturizer includes willow bark and aloe vera oil with a hint of lavender.

Prices (Priced for 1 Hour Appointments):

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| Essential Swedish | \$75.00 |
| Therapeutic Deep Tissue | \$85.00 |
| Cleansing Body Care Treatment | \$85.00 |



Esthetician Services

By
Rhoda Clark



Services Offered

Organic European Facial: Ilike from Hungary uses handmade pulps versus extracts which retains the full concentration and power of these triple-certified organic herbal ingredients designed to suit your skin type. Come see and smell the difference; your skin will thank you for it!

Oxygenating and Detoxifying Facial: A luxurious, time-defying facial designed to raise cellular metabolism of your skin to provide an oxygenating effect, reduce age spots and increase firmness with alpha hydroxyl acids and vitamin C. Detoxify and turn back the hands of time for a younger-looking, radiant complexion.

Phytoestrogen Baby Boomer Facial: Organic plants and seeds rich in phytoestrogen is a treatment that practically does it all. It drastically improves hydration and elasticity, reduces the signs of aging and prevents breakouts associated with hormone fluctuations. Perfect before a special event to impart a beautiful glow to all skin types.

Pre-Sun Body Treatment: Before exposure to sunlight, even out skin surface by exfoliating your body with organic Rosehip exfoliator followed by Pumpkin and Orange mask to nourish and charge skin with vitamins and bioflavonoids. It contains lots of herbal oils, rejuvenates, stimulates collagen production and tightens/firms wrinkled skin. Your skin will be ready to worship the sun!

Too Much Sun Body Treatment: After much sun, skin is dehydrated, irritated and sometimes burned. Let our Fibrous Stonecrop gel mask soothe your skin with its unprecedented abilities to treat sunburn and hyper pigmentation. Cousin to the Aloe Vera plant, it will leave your skin hydrated, vitalized and regenerated after playing and fun in the sun.

Esthetician Prices for Full Service Items

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|------------------------------------|-------------------|
| Organic European Facial | 60 min...\$85.00 |
| Oxygenating and Detoxifying Facial | 60 min...\$95.00 |
| Phytoestrogen Baby Boomer Facial | 60 min...\$85.00 |
| Pre-Sun Body Treatment | 90 min...\$130.00 |
| Too Much Sun Body Treatment | 90 min...\$130.00 |

ADD-ONS:

Eye Contour Treatment: Smooth, nourish and firm the eye area with the use of cold stones as a vehicle to massage the countless nerves behind your eyes
....Refreshing! \$20.00

Scalp Massage: As we age, our skin from the scalp goes forward, hence, the lines on our forehead. Scalp massage ensures circulation and firms this specific area. Organic coconut oil from the Philippines is packed with antioxidants, reduces the body's need for Vitamin E, is anticarcinogenic and has tremendous antiviral properties. Hot towel wrap promotes absorption and relaxation. \$25.00

Foot Exfoliation: Yogurt Power Peel helps with the thickened, chapped and scalpy dry skin. Experience its intense peeling effect by dissolving keratin layer of the skin's surface. No downtime, no redness, no heated skin, no peeling and no dryness! \$20.00

Lip Treatment: A mini facial for the lips! Cleanses, tones plumps and hydrates. Kissable! \$20.00

Extended Facial: For those who need more time to relax and be pampered. Within 15 min increments. Please let us know ahead of time to adjust scheduling. \$25.00