



SPA MENU

A photograph of a Zen garden featuring concentric ripples in light-colored sand, with two smooth, dark grey stones placed on the surface. The text 'EMBARK ON A JOURNEY TO WELLNESS.' is overlaid in white, bold, sans-serif font.

# EMBARK ON A JOURNEY TO WELLNESS.

At **DOLCE VITA**, we help others create balance so you can live your best life. We believe the spa isn't meant to be a once-per-year luxury but can serve as a powerful tool for living with more vitality and confidence.

We believe that self-care is essential to living a life in balance, and we have crafted this menu to help you enjoy the lasting benefits that come from consistent care.

Each moment is yours. We're here to help you live a better life with a balanced mind, body, and spirit.

THIS IS ABOUT YOU

## EXPLORE

Self-care beyond pampering. Globally-influenced body therapies indulge your senses. Gourmet flavors please your palate. Unwind with a glass of wine or a signature cocktail after a day of deep introspection. The best gift you can give the world is a healthy, happy you.

BE IN THE NOW

## ENGAGE

We care about how you engage with the present moment. Show up to it, observe it, and stay present in it. Renew your view and focus on here and now.

MAKE LIFE BETTER

## BALANCE

Improve how you balance the many layers of your life. Invest in yourself. Learn how you can make life better with a balanced mind, body, and spirit.

FIND YOUR BEST SELF

## AWAKEN

Challenge the story you've been told about your limits and abilities. Craft your own narrative about how far you can go, how deep you can grow and how fully you can thrive.



# EXPERIENCES

## EXPERIENCES

### head-to-toe rejuvenation package

Begin with a healing river stone massage and an invigorating peppermint foot pampering. Followed by a mini mud face mask and stone crop oil application. Finish your complete head-to-tow rejuvenation with a vigorous Siberian scalp ritual. Top off our most popular spa experience with a nourishing bites box and sparkling beverage.

### total bliss relaxation package

Experience pure relaxation with this perfect combination of a tension-releasing body in balance massage and a refreshing organic facial. You'll leave feeling renewed, looking refreshed, and savoring total bliss. Includes a nourishing bites box and sparkling bar beverage."

### connected couples retreat

Toast your connection, explore your time together in a private couples' suite. Relax side-by-side with a warming hot stone massage, Siberian Scalp Ritual, and nourishing mud masks, followed by an invigorating peppermint foot pamper. A celebration beverage and chocolate pairing provide the perfect canvas for connection.

### perfectly paired duet massage

Enter tranquility together in a private couple's suite with a relaxing hot stone massage designed for two to relax and release tired muscles and promote connection. Includes a sharable chocolate treat and bar beverages.

### nirvana dream package

Surrender yourself to a euphoric state with this full-body experience inspired by the rhythm of nature. Begin with a healing 50-minute muscle melt massage, followed by a sole serenity foot treatment. Complete the journey with a 50-minute nirvana spa facial. Includes a nourishing bites box and sparkling bar beverage.

### ultimate pamper package

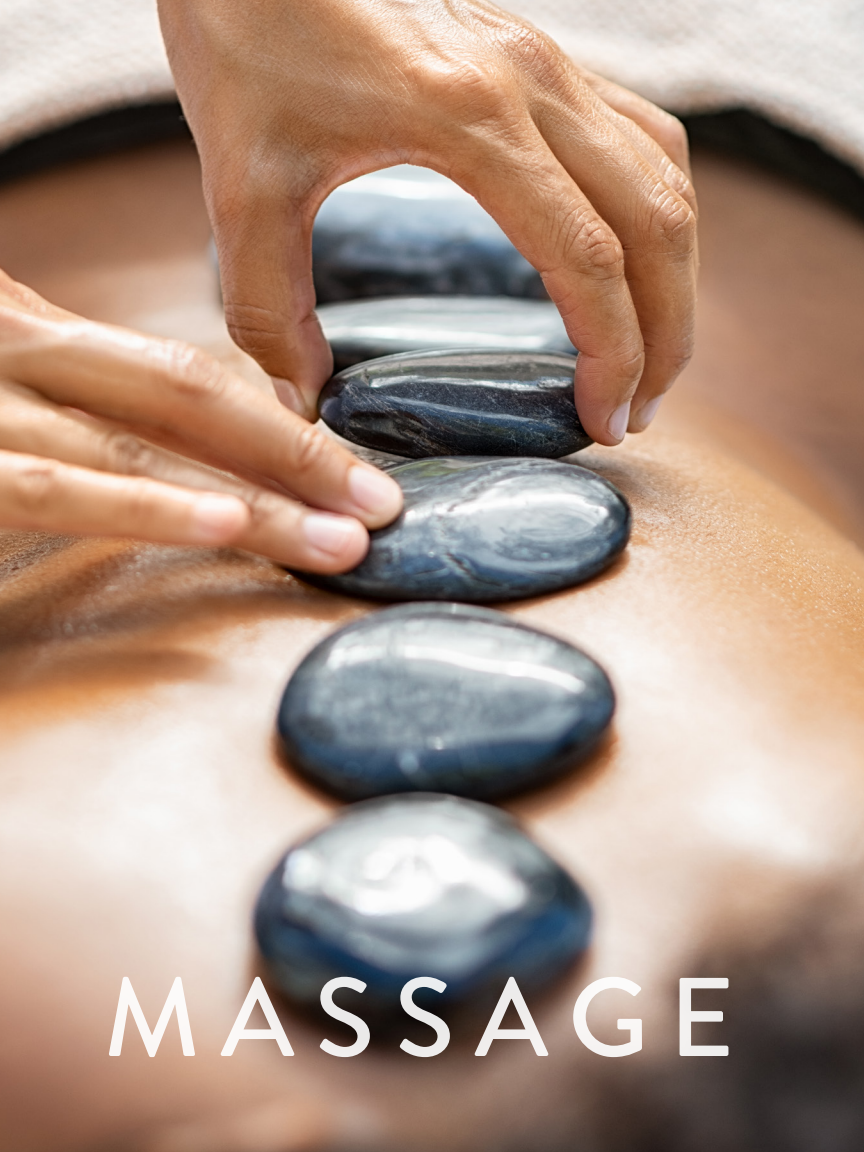
Start with a 50-minute renewing polish and pamper scrub on the Vichy table, Next, drift away with a 50-minute full body in balance massage, followed by a 50-minute organic facial and sole serenity foot treatment. Your rejuvenating spa day ends with a nourishing bites box and a sparkling bar beverage.

### mother daughter delight

Generations come together in this mother-daughter spa retreat. Your treatment begins with a customized body bliss blending bar aromatherapy experience, followed by 50-minute massages and 50-minute organic facials. Enjoy a duo sole serenity foot treatment while enjoying a nourishing bites box and sparkling bar beverages (non-alcoholic beverages available). Continue your experience by taking your intentional crystal aromatherapy home. Suitable for age 14 and up with guardian. (All ages can enjoy, not just kids)

### meet me at the spa experience

Indulge in a blissful escape offering a rejuvenating 50-minute massage and a 25-minute facial massage including a cleanse and detoxifying mud mask, leaving you feeling refreshed and radiant. Includes a complimentary beverage and Meet me at the spa tshirt gift.



# MASSAGE

## RELAXATION

### body in balance massage

This classic full-body, light-medium pressure Swedish massage focuses on relieving muscle tension, stimulating circulation and promoting total mind and body relaxation.

## SPECIALTY

### intentional aromatherapy massage

Lift your spirit and enter a state of complete relaxation with this unique combination of aromatherapy and massage. An educational, fun, and therapeutic session where you will be guided to blend your own massage oil based on a specific outcome you wish to see. \*Arrive early to visit our aroma blending bar.

### hot stone heaven massage

Combining the grounding effects of hot stones with the power of touch, this treatment calms the mind and melts away tension. Thermal therapy increases circulation, diminishes stress and anxiety, while leaving you feeling deeply relaxed and rejuvenated.

### tranquility massage

This massage experience includes guided meditation that fosters a sense of deep harmonic wellness. Stimulate your mind and body with the soothing placement of gemstones and healing sound therapy.

### invigorating body renewal

Long, gentle brushstrokes exfoliate the skin while stimulating the lymphatic system, helps reduce the appearance of cellulite, and increase circulation. Massage paired with a refreshing skin polish, warming towels, and rich shea body butter, this treatment will leave you with glowing supple skin and a refreshing energy boost.

### hawaiian lomi lomi massage

This sacred Hawaiian ritual, known as Lomi Lomi massage, is designed to provide energy flow and body connectivity. Our luxurious oil blend provides incredible nourishment and hydration, while easing muscle tension. Experience this rhythmic dance while the therapist uses traditional Hawaiian techniques, including long continuous strokes using their forearms. Balance your heart, mind, body and soul with this tropical-inspired escape.

### precious moments prenatal massage

This soothing massage eases the discomforts of pregnancy and promotes maternal well-being. With the use of a specialty cushion, the mom-to-be can safely lay face down as skillful massage helps to release tension and provide much-needed muscle relief. \*Not recommended in the first trimester.

## THERAPEUTIC

### deep tissue relief massage

This effective deep tissue massage applies pressure and expert hand work to reach deep muscle layers, help promote circulation, and relieve muscle soreness while energizing the senses. Excellent for tight, tired and sore muscles, this massage relieves pain and improves flexibility.

### CBD cannabliss massage

Enjoy a deeper sense of relaxation using Cannabidiol (CBD) massage oil, arnica, and tea tree oils. This non-psychoactive element of the hemp plant helps alleviate anxiety, pain, and inflammation while boosting the immune system and aiding in restorative sleep.

### healing muscle melt massage

Wrapped in warmth and comfort, reach a balanced and restorative state with this massage featuring skillful compression with healing oils to release deep muscle tension and soothe pain. Hot towels warm and comfort while being cocooned in an arnica body wrap that eases soreness and nourishes the skin bringing all-over calm.

### sports recovery massage

An expert-level treatment individually designed to address the tightness, tension, and seized-up connective tissue that prevent muscles from working in harmony. Combines facilitated stretching techniques and percussion massage pulses to release stress, relieve soreness, and improve circulation to develop lasting improvement to flexibility and mobility.

## COUPLES

### perfectly paired duet massage

Enter tranquility together in a private couple's suite with a relaxing hot stone massage designed for two to relax and release tired muscles and promote connection. Includes a sharable chocolate treat and bar beverages.

### connected couples retreat

Toast your connection, explore your time together in a private couples' suite. Relax side-by-side with a warming hot stone massage, Siberian Scalp Ritual, and nourishing mud masks, followed by an invigorating peppermint foot pamper. A celebration beverage and chocolate pairing provide the perfect canvas for connection.



# FACIALS

## RELAXATION

### essential organic facial

Featuring hydrating organic products and a shoulder massage, this facial is designed for relaxation and cleansing. Afterward, your skin will feel hydrated, healed, and rejuvenated with a youthful glow.

### skinfit men's facial

Clear pores, cleanse, exfoliate, and hydrate. This is the man-made match for swoon-worthy skin.

## RESTORATIVE

### calming balance facial

This facial deploys pure-clinical products and targeted massage to encourage liposomal (moisture) delivery beneath the surface of the skin. Through a four-point innovative mapping process, this holistic process provides a deeper understanding of your skin inciting restoration and permanent change.

### detox deep pore cleansing facial

Clarify and clear clogged skin as your therapist pinpoints the source of dermal blemishes and imbalances, then applies ultra-cleansing but natural products and techniques to achieve clearer, healthier skin. Clears stubborn bacteria, and remodels scar tissue helping to prevent future breakouts.

## ADVANCED

### forever young facial

Achieve 30-days of healthy, beautiful skin with this complete wellness facial. With a mix of herbal blends vitamin rich mask, this rejuvenating treatment gently eliminates impurities, and resurfaces the skin with an anti-aging needling device to infuse super serums, increase cellular turnover, and lift hyper-pigmentation.

### radiant results anti-aging facial

This results-driven facial is designed to give skin a gentle resurfacing, leaving skin bright, hydrated and dewy. An exfoliate and heal peel further elicits fresh skin and a marine hydrojelly mask seals in moisture. \*Choose 80 minutes to enhance with a microderm or dermaplane treatment included.

### corrective peels

These medical-grade treatments remove the skin's damaged outer layers to regenerate new cell growth and collagen production and dramatically improve its overall condition. We offer a full range of peels that can help your complexion appear more uniform and renewed by diminishing the appearance of fine lines, wrinkles, and roughness.

### dermaplane facial

This facial utilizes Dermaplane blades and advanced skin products to exfoliate dead skin cells, smooth the skin, and reduce the appearance of scars. This facial will leave you with a healthy, youthful glow. Includes a marine mask.

### hydrafacial

The patented, medical-grade, award-winning HydraFacial combines cleansing, exfoliation, extraction, hydration and antioxidant protection. The process includes super serums and boosters with advanced LED Light Therapy to create an immediate change and reveal beautiful, bright skin. Non-invasive, non-irritating. Enhance your experience with:

- *Signature HydraFacial: Includes cleansing, extraction, and antioxidant protection. 7.5% glycolic peel.*
- *Deluxe HydraFacial: Includes additional super serums, boosters, a dermaplane, and LED Therapy. 15% glycolic peel.*
- *HydraFacial MD: Includes all features in Deluxe plus a medical-grade peel. 30% glycolic peel.*

### Youth Facial

An excellent and informative introduction to skin care with cleansing, custom masque, complete with toning and moisturizing.

*Must be 16+ years old.*



# MED SPA

## FACIAL PROCEDURES

### neuromodulators

Tox Wrinkle Relaxers such as Botox help to eliminate fine lines and wrinkles and effectively soften the facial muscles responsible for the signs of aging. Our Neuromodulator treatments promote a more youthful appearance and can help your skin look refreshed and vibrant.

### dermal fillers

Dermal fillers such as Juvederm® smooth lines and replenish lost volume underneath the skin. Our medical experts will assess your unique skin and bone structure to identify which collection of fillers can best help restore and enhance your natural contours. This treatment can restore volume in the cheeks and lips – all without invasive surgery or downtime.

### youthful contour & lift

This specialized technique provides volume while offering the benefits of a facelift without surgery or downtime. Experience instant results with this minimally invasive facial contouring procedure. It accentuates the cheekbones and under eye area, as it defines the jawline and lifts the upper neck without incisions, general anesthesia or scars. Instantly smooth lines and wrinkles and have the definition you've always wanted.

### RF microneedling

This minimally invasive treatment reduces the appearance of wrinkles, scarring, and sagging skin. Amplify collagen-boosting and elastin production through state-of-the-art skin resurfacing techniques to rejuvenate and tighten your skin.

### DiamondGlow facial

Leading with innovation and backed by science, DiamondGlow® uses a patented recessed diamond tip wand to deliver a next-level resurfacing treatment that deeply cleans, extracts, and rejuvenates the skin. This facial is powered by SkinMedica® Pro-Infusion Serums, infused onto the skin when pores are still open and most receptive.

## BODY + WELLNESS

### CoolSculpting®

The world's No. 1 noninvasive fat reduction procedure. This state-of-the-art treatment uses controlled cooling to eliminate stubborn fat that resists diet and exercise. Focus on the areas that bother you most for visible, lasting results. This FDA-approved treatment requires no downtime and is a safe and effective alternative to surgery.

### truSculpt iD

truSculpt iD delivers heat to the subcutaneous fat layer while maintaining an even skin temperature – optimizing clinical efficacy and maintaining comfort. truSculpt iD provides clinically proven results by treating the subcutaneous fat layer with an innovative RF technology resulting in non-invasive body sculpting and skin tightening with no downtime.

## COSMETIC LASER TREATMENTS

### acne laser treatment

This advanced approach precisely aims at the cause of acne as it reduces inflammation, swelling, redness, and pigmentation. Achieve the glowing, confidence-building complexion you deserve with transformative results.

### laser facial rejuvenation

Specifically designed to target signs of aging, this powerful technology instantly stimulates collagen production as it diminishes wrinkles, tightens skin, removes sun-spots and age spots, and smooths the overall texture of your skin. See complete rejuvenation and more youthful, glowing skin.

### laser hair removal

Expertly wielded by our technicians, our laser hair removal offers a noninvasive way to reduce or remove unwanted body hair with long-lasting results.





## BODY TREATMENTS

These hydrotherapy treatments feature a specialized vichy water table that unites the healing benefits of aqua therapy in an orchestrated experience involving a heated waterbed platform, color therapy, an aromatherapy steam bath, and a water-enhanced vibro-massage.

### elements body immersion

Refresh your skin and emerge renewed with this grounding organic treatment, including an exfoliating salt mineral scrub, warm massage with hot stones, Black Rock mud wrap, herbal scalp massage, and an aromatherapy steam bath.

### renewal body polish

This rejuvenating treatment exfoliates the body as it provides a unique blend of exfoliating salt mineral scrub and hydrating oils to benefit the skin richly. The specialty vichy hydrotherapy table gently washes away stress and dry skin and hydrates with deep moisture massage.

### paradise island body ritual

Escape to a personal paradise with the indulgent body treatment offered to feel renewed and refreshed. By utilizing Dolce Vita's island-inspired products, individuals can experience a complete skin transformation and enjoy optimal hydration. The provider begins the experience by awakening their senses with the infused guava oil, followed by a pleasant tropical sugar scrub to exfoliate and invigorate the skin. Guests are then treated to a warm shower before being covered in detoxifying mud and fully immersed in steam. The treatment concludes with applying a deep hydrating coconut body butter, ensuring skin is thoroughly enriched in rejuvenating hydration.

## sip, spa, celebrate!

Sip, Spa & Celebrate with Dolce Vita! Experience all the highlights of a spa day with your favorite people as you share food, drinks & conversation with incredible spa treatments. Your spa party will be fully customized to create a memorable experience.

### DAY SPA PARTY OFFERINGS INCLUDE:

- private VIP party room
- party coordinator & bartender
- mimosa bar & unlimited spritzers
- sharable food platters
- commemorative gift bag

### MED SPA PARTY OFFERINGS INCLUDE:

- aesthetic concierge & consultations
- special group pricing on cosmetic treatments
- private VIP party room
- mimosa bar & unlimited spritzers
- sharable food platters

### let's get planning:

Services and pricing are customized per event. Get in touch with us and our events coordinator will help hand-craft the perfect party.

Call 775-SPA-0032 | [info@dolcevitahealthandwellnessspa.com](mailto:info@dolcevitahealthandwellnessspa.com)





dolce vita  
a spa destination



*live a life in balance*