



# Hojas Spa

Manager: Aracelly Flores Pravia, Licensed Masseur

Therapeutic Massage - Relieves muscle tension: *\$60-60 minutes*

Deep Massage - Deep muscle massage: *\$70-60 minutes*

4 Hands Massage - Deep or Therapeutic Massage: *\$120-90 minutes*

## Additions to Massages:

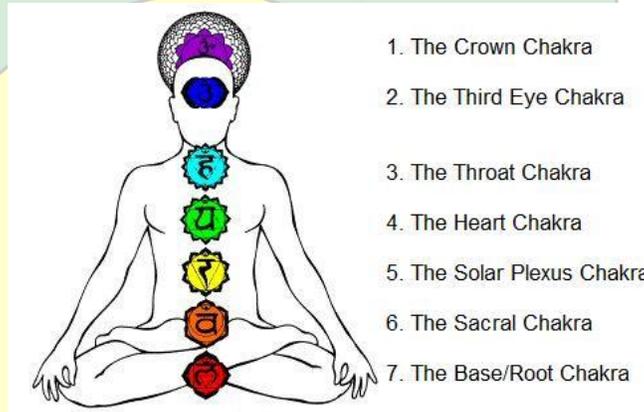
- Vibrating Massage Jeanie. This tool is used to stimulate deep tissues and restore stagnant circulation. As blood flow is stimulated, it is common to feel tingling and slight itchiness during and after this treatment: *\$5*
- Aromatherapy. Odors travel across the olfactory nerves located inside the nose and then up into the part of the brain that controls our moods and our memories. This area is called the Limbic System, when stimulated it releases endorphins, neurotransmitters and other 'feel-good' chemicals: *\$20*
- Mini-facial: *\$25*

## Special Massages:

- Massage and Paraffin.  
Paraffin (very warm wax) is an anti-inflammatory and improves circulation  
*\$90 -90 minutes*
- Hot Volcanic Stone Massage.  
Smooth hot volcanic stones relieve muscle tension and rebalance tired muscles  
*\$80 -90 minutes*

## Hoja's Spa page 2

**Reflexology with Chakra Crystals.** Reflexology uses pressure points to reduce stress by generating deep tranquil relaxation, helping the body balance itself and allowing healing energy to flow. A chakra is believed to be a center of activity that receives, assimilates, and expresses life force energy. The word *chakra* literally translates as *wheel* or *disk* and refers to a spinning sphere of bioenergetic activity emanating from the major nerve ganglia branching forward from the spinal column. Eastern medicine believes stress can lead to disruptions in the natural flow of chakra energy thus leading to illness and disease.



Aracelly uses specific Chakra crystals placed along the spine in conjunction with reflexology to open the healing channels of the 7 Chakras: *\$75 90 minutes*

**Deep facial:** \$80

**Manicure:** \$20

**Pedicure:** \$30

**Hoja's Spa Body Wraps:** \$80 includes 30 minute massage - 90minutes

- **Coconut:** Shredded Coconut exfoliates the skin leaving behind rich coconut oils that soften the skin and fortify it with minerals.
- **Coffee:** This aromatic antioxidant treatment detoxifies and rejuvenates your skin.
- **Fruit and Herbal Treatments:** A variety of fruit and herbal mixtures rich in vitamins and minerals regenerate your skin while improving circulation, decrease inflammation and relieve stress. Your professional masseur will recommend a mixture that is right for you.
- **Volcanic Mud:** Cleanses the skin, removes dead skin cells and is rich in minerals, restoring the skin's tone.
- **Chocolate:** Tones, eliminates toxins and hydrates the skin.

**Please contact the office to schedule your spa treatments. Spa treatments are by appointment only.**

**Thanks for relaxing at Leaves and Lizards!**