

Skin Care Therapies

Sedona Mist Facial	85.
AVEDA Hydrating Facial	95.
AVEDA Dual Exfoliating Facial	125.
Hydropeptide Facial	125.
Organic Fitness Facial	95.
Organic Fitness Facial w/ Organic Peel	125.
Prenatal Facial	90.
Prenatal Organic Facial	100.
Microdermabrasion Facial	125.
Deep Pore Cleansing Facial	95.
Back Facial	85.
Gentleman's Facial	85.
Teen Facial	60.

Skin Care Enhancements

Lip & Eye Treatment	25.
Aroma Scalp Treatment	25.

Hydrating Treatments

Feet	10.
Hands	10.

Microdermabrasion Blast

Decolette	25.
Hands	25.
Neck	25.

Eyelash Extensions

Full Set of Natural Eyelashes	99.
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Retreat Hours

Monday	10:00 am - 8:00 pm
Tuesday & Wednesday	10:00 am - 8:00 pm
Thursday & Friday	10:00 am - 9:00 pm
Saturday & Sunday	10:00 am - 6:00 pm



The Esplanade
953 N. University Drive
Coral Springs, Florida 33071

954-796-0005

www.bodyandsoulretreat.com

Online Appointments & Gift Certificates

Massage Therapies

	30 min	60 min	90 min
Swedish	60.	85.	120.
Deep Tissue	75.	105.	140.
Couple's Massage	*	170.	240.
Ayurvedic	*	*	125.
Stone Massage	75.	105.	140.
Prenatal Therapy	75.	100.	*
Four Hand Massage	*	170.	*

* Not Available

Enhancements

Aromatherapy	15.	Hot Stones	20.
Deep Tissue	20.	Infrared Heat	15.

Alternative Therapies

	30 min	60 min	60 min	90 min
Reflexology	70.	90.	Thai	95. 125.
Shiatsu	70.	95.	Shirodhara	* 180.
Raindrop	70.	95.	Abhyanga	* 170.
Cranio Sacral	*	95.	Acupuncture	Consult

* Not Available

The Soul Massage Subscription

The Best Massage Membership in of South Florida!
Monthly Body Work, on your schedule.
Sign up at www.bodyandsoulretreat.com

Retreat Spa Packages

Peaceful Sedona	159.	The Haven	269.
Zen For Men	204.	Retreat Signature Day	343.
Soulful Journey	222.	Body & Soulmates	360.
Zen Temple	249.	Spirit of Sedona	468.

Package Price includes all Gratuities.

Hand & Foot Therapy

Retreat Manicure	19.	BNS Pedicure	39.
Gel Manicure	29.	Holistic Pedicure	50.
Holistic Manicure	25.	Paraffin Pedicure	50.
French Manicure	24.	Peppermint Pedicure	55.
Paraffin Manicure	25.	Glycolic Pedicure	50.
Acrylic Fills	30. & up	French Pedicure	44.
Gel Polish Change	17.	Polich Change	15.
Polish Change	10.	Zen Pedicure	34.

954-796-0005

Service Prices are subject to change without notice
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