



BALANCE DAY
SPA

SERVICE

massage therapy

Therapeutic Massage

A blend of Swedish, Deep Tissue, and Sports Massage.

30 Minute Session - \$40	60 Minute Session - \$75
45 Minute Session - \$60	90 Minute Session - \$100

Prenatal Massage

 (Must be at least 13 weeks into pregnancy)

Most pregnant women feel discomfort and added stress on their bodies at various points in their pregnancies. This massage enhances the function of muscles and joints, improves circulation & general body tone, and helps relieve mental and physical fatigue.

30 Minute Session - \$50	45 Minute Session - \$70
	60 Minute Session - \$85

Reflexology

This specialized treatment relieves stress, eases tension, and improves circulation by restoring the body's natural balance through reflex points on the feet.

30 Minute Session - \$40	60 Minute Session - \$75
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Hot Stone Massage

This massage technique uses hot stones and essential oils to restore vitality and balance stress.

60 Minute Session - \$95	90 Minute Session - \$130
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Reiki

Reiki is a Japanese form of energy work (not body work). It opens up the channels of your body to warm, glowing radiance that flows through and around you.

30 Minute Session - \$40	60 Minute Session - \$75
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Thai Massage

The combination of gently rocking, deep stretching movements and extension of the spine makes this a truly invigorating massage performed on a traditional Thai mattress with you fully clothed and without oils.

60 Minute Session - \$75	90 Minute Session - \$100
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Spa Treatments and Wraps

Aromatic Body Exfoliation	\$50
Detoxifying & Hydrating Mud Wrap	\$95
Desert Heat Body Wrap	\$95
Green Coffee Treatment (for cellulite)	\$110
Series of 6 Green Coffee Treatments*	\$625

Dual Delight

Take a break with your favorite person. Experience any or all of our massage services including spa treatments in our relaxing Couple's Room.

On-Site Chair Massage

 (One hour minimum / some limits apply)

Performed at your business, office, or social event.

Per Hour - \$90	Per Additional 15 Minutes - \$25
Plus Travel Fee (within city limits / other restrictions apply) - \$30	



*Multiple session packages are discounted and therefore cannot be separated into individual services. No additional discounts/coupons can be accepted. Other services are available in multiple sessions. Please call or email for pricing.

natural nail care

Basic Nail Services

 (Nail services can only be performed on natural nails)

Classic Manicure - \$23	Classic Pedicure - \$40
Classic services include nail shaping, cuticle management, hand & arm or foot & leg massage, and a polish application.	
Express Manicure - \$17	Express Pedicure - \$35
Express services are a great alternative for those with limited time in need of a quick shape-up.	
Polish Change	\$12
Teen Manicure (Ages 12-17)	\$17
Teen Pedicure (Ages 12-17)	\$35
Add French Polish to any Service	\$5

Deluxe Nail Services

Paraffin Manicure	\$28
Add a moisturizing warm paraffin wax treatment to our Classic Manicure.	
Sugar Coated Manicure	\$33
Add a sweet-scented exfoliating sugar scrub and a moisturizing paraffin dip to our Classic Manicure.	
Hot Stone Manicure	\$33
Add a soothing warm river stone hand & arm massage to our Classic Manicure.	
Ultimate Manicure	\$38
Add to our Classic Manicure a luxurious combination of treatments, including a sugar scrub, a soothing warm stone massage, and a warm paraffin dip.	
Seaside Marine Spa Pedicure	\$50
This nourishing foot treatment includes a beach sand & sea salt foot & leg exfoliation, a detoxifying peppermint seaweed mask, and a relaxing foot & leg massage.	
Raw Earth Pedicure	\$50
Soothe and polish your skin with this naturally conditioning foot ritual. Includes a raw sugar polish, volcanic clay hydrating mask, and a mineralizing foot & leg massage.	
Hot Stone Pedicure	\$55
Relieve tired tootsies with this relaxing ritual as your feet & legs are massaged with warm, smooth river stones, eliminating all signs of stress or tension.	
Ultimate Pedicure	\$70
The ULTIMATE in pampering! Add to our Classic Pedicure a luxurious combination of treatments, including an aromatic salt scrub and a detoxifying seaweed treatment. Finish with a deluxe hot stone massage of the legs & feet.	



restore
your body.





renew
your skin.



Signature Facials

Skin Consultation	No Charge
Meet with a licensed esthetician to determine which treatment will best fit your needs.	
Balance Signature Facial	\$75
A customized treatment including exfoliation, deep cleansing, massage & hydration leaves your skin rejuvenated and healthy:	
Add a Lip and/or Eye Treatment	each for \$25
Express Signature Facial	\$45
Perfect for those on the go! Based on the Balance Signature Facial, this refreshing facial does not include extractions.	
Teen Facial	\$55
An introduction to skin care! This facial is designed to remove impurities and deeply cleanse pores.	
Back Treatment	\$65
Includes deep cleansing, exfoliating, masking, & moisturizing while addressing problem areas.	

Specialty Facials (Each includes a Balance Signature Facial)

Pure Hydration Facial	\$125
Enhances skin's texture and maximizes hydration! Nourishing and calming, this facial renders the skin undeniably radiant.	
Vitamin C Facial	\$125
Using Vitamin C and Seaweed, this facial reduces fine lines, strengthens elasticity, and provides relief for dull, sun-damaged skin, leaving your skin firm and extremely smooth.	
Rosacea Facial	\$125
Soothes and relieves dilated capillaries, congestion, blotchiness, and irritability. Green tea, chamomile, and licorice combine to decongest and calm your skin.	
Vitality Facial	\$125
Repairs skin while deeply nourishing and replenishing. Vitamins A and E maximize skin's protection against free radicals and premature aging.	

Makeup Lessons and Application

15 Minute Foundation Color Match/Makeup Consultation	No Charge
30 Minute Makeover	\$30
30 Minute Special Event Practice Session	\$30

Waxing Hair Removal (Bikini waxing services are not available for men)

Waxing Consultation	No Charge
Lip	\$12
Chin	\$15
Brow	\$15
Miscellaneous Facial	\$24 and Up
Underarm	\$27
Basic Bikini (bikini line)	\$35
Deluxe Bikini (almost everything)	\$45
Complete Bikini (everything)	\$55
Arms	\$30
Lower Half Leg (from ankle up to and including knee)	\$45
Upper Half Leg (from above knee to thigh area)	\$35
Full Leg	\$65 and up
Back or Chest	\$55 and up

Spray Tanning

Spray Tan	\$35
Series of 6 Spray Tan Sessions*	\$195

Miscellaneous Services

Ear Candling	\$35
Brow or Lash Tinting	\$18
Brow and Lash Tinting	\$30

Caviar Treatments (Each includes a Balance Signature Facial)

Caviar Facial	\$110
This opulent anti-aging treatment lavishes your skin with pure caviar and pearl extracts to help reduce lines & wrinkles.	
Deluxe Caviar Facial	\$195
All the benefits of the Caviar Facial plus a lift-off mask rich in Shea butter and caviar extracts. Nutrients penetrate quickly, increasing skin oxygenation & improving elasticity & suppleness.	

Exfoliation Treatments

Microdermabrasion uses a fine spray of crystals to polish away dead skin, sun damage, dullness, and fine lines. Microdermabrasion works great on the body, too.

Chemical Peels reduce sun damage, fine lines, acne, clogged pores, and age spots on the face & body. A special infusion of antioxidants helps new skin emerge healthy and glowing. Chemical peels can also reduce signs of rosacea.

Single Treatment	starting at \$80
Microdermabrasion or Peel with Balance Signature Facial	starting at \$155
Series of 3/6 Single Treatments*	starting at \$228/\$456

Enzyme Treatments

Decongest clogged pores with this natural treatment. Works great on acne and blackheads!

Single Treatment	\$40
Single Treatment with Express Signature Facial	\$75
Single Treatment with Balance Signature Facial	\$105

Clean Sweep

Sweep away dull skin and signs of aging with the best of both worlds: microdermabrasion and a light, hydrating chemical peel, all with a luxurious, facial and a clarifying enzyme treatment. This effective combo helps break up hyperpigmentation and smooth fine lines and scarring, leaving skin fresh and revitalized.

Single Treatment	starting at \$165
Series of 3/6 Single Treatments*	starting at \$470/\$940



*Multiple session packages are discounted and therefore cannot be separated into individual services. No additional discounts/coupons can be accepted. Other services are available in multiple sessions. Please call or email for pricing.

laser treatments

Hair Removal

A free consultation is required prior to all laser services.

Area Treated	1-10 Sessions*	11+Sessions*
Upper Lip	\$60	\$30
Chin/Neck	\$75	\$30
Nape of Neck	\$75	\$30
Underarms	\$85	\$30
Full Face/Beard	\$170	\$40
Arms	\$170	\$40
Basic Bikini	\$85	\$30
Complete Bikini	\$125	\$40
Legs (includes knees)	\$200	\$55
Thighs	\$200	\$55
Chest and Abdomen	\$260	\$55
Back and Shoulders	\$260	\$55

*prices are per session

Other areas can be discussed during consultation.

Teens, ages 11-18, receive a 50% discount on all regular prices.

Packages are available on our most popular body areas at a discounted rate for those who would like to pay in full for treatment. Great for gift giving!

Area Treated	Package Price (Includes 10 sessions)	Maintenance Fee (11+ visits)
Upper Lip	\$400	\$30
Chin/Neck	\$600	\$30
Upper Lip & Chin	\$800	\$40
Underarms	\$725	\$30
Basic Bikini	\$725	\$30
Complete Bikini	\$1,000	\$40
Underarms & Basic Bikini	\$1,200	\$50
Underarms & Complete Bikini	\$1,500	\$50

If more than 10 sessions are needed, the maintenance fee will apply. Maintenance fee is paid each session.

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laser and light services

Skin Tightening

Take advantage of a new laser technology to improve your skin's appearance. Our ND:YAG laser "tightens" the skin by heating the underlying layers of the skin and forming new collagen, smoothing fine lines and wrinkles, and softening the appearance of acne scars and red stretch marks. Multiple sessions (3 to 4) are necessary for best results. The skin improves over months, and treatments are performed about 4 weeks apart. Sessions last approximately 30 minutes.

Single Treatment	\$180
Series of 4 Treatments	\$560

Spider Veins

Spider veins are broken capillaries that exist just below the surface of the skin on the legs or face. They are blue, red, or purplish in color with a web-like or linear appearance. The ND:YAG laser energy can pass deeply into tissue, allowing energies high enough to treat spider veins without damaging or discoloring the skin and without being limited by skin pigmentation. More than one session (1-3) may be necessary for best results. The treated veins improve over weeks/months, and repeat sessions, if needed, are usually performed about 2-3 months apart. Sessions last approximately 30 minutes.

Facial and Leg Spider Veins	\$100 per Session
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BleachBright Teeth Whitening

Our comfortable mouthpiece with special whitening agent is activated by our Blue Light LED to significantly brighten your smile in 20 minutes.

Single Treatment	\$129
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Clear Acne Prone Skin

Propionibacterium acnes, the bacteria responsible for acne, produces natural chemicals which are sensitive to light of a specific color. Lumière Spa blue™ neutralizes the bacteria and when combined with Lumière Spa red™, which has anti-inflammatory properties, it helps to minimize redness of blemishes and promotes clearer skin.

Single Session	\$50
Single Session added to any skin or laser service	\$45
Series of 8 Sessions	\$350

Reverse the Signs of Aging

As we grow older, the cells that manufacture the skin's supportive structures begin to slow down. Environmental damage from the sun's rays speed up this process. Lumière Spa red™ and Lumière Spa near-ir™, delivered at specific times, stimulate collagen and elastin production, helping to counteract the effects of aging of the skin.

Single Session	\$50
Single Session added to any skin or laser service	\$45
Series of 8 Sessions	\$350



rejuvenate
your spirit.



A Quick Escape

Try something different for lunch! An Express Signature Facial & a 30 Minute Massage will hit the spot.

Approximately 1 hour \$85

The Refresher

Refresh yourself with a 60 Minute Massage, a Paraffin Manicure, and a Classic Pedicure.

Approximately 3 hours \$143

The Classics

Four of our most popular services! Includes a 60 Minute Massage, a Classic Manicure, a Classic Pedicure, and a Balance Signature Facial.

Approximately 3.75 hours \$213

Relaxation Vacation

Take a well-deserved break from stress with a 90 Minute Hot Stone Massage, Classic Manicure, Classic Pedicure, and a Balance Signature Facial.

Approximately 4.25 hours \$268

Dream Day

Pamper yourself with a Detoxifying & Hydrating Mud Wrap, 60 Minute Reflexology Session, 60 Minute Massage, and a Seasonal Specialty Pedicure.

Approximately 5 hours \$290

Bliss

Spend a day of blissful indulgence at Balance! Includes a Balance Signature Facial, Detoxifying & Hydrating Mud Wrap, 60 Minute Massage, 30 Minute Reflexology Session, Sugar Coated Manicure, and your choice of a Raw Earth or Seaside Marine Pedicure.

Approximately 6.5 hours \$368

Heaven

You'll certainly feel like an angel after a 90 Minute Hot Stone Massage, Detoxifying & Hydrating Mud Wrap, Ultimate Manicure, Ultimate Pedicure, and a Specialty Facial.

Approximately 6.5 hours \$458

All packages exclude Prenatal and Hot Stone Massage unless otherwise noted.

Twelve Packs

- 12 60 Minute Massages* \$855
- 12 Balance Signature Facials* \$855
- 12 Classic Pedicures* \$456
- 12 Classic Manicures* \$262

For More Than One

Massages can be performed in the same or separate rooms

Couple's Lounge (Approximately 1 hour) \$170

Our quick escape for two! Each of you will relax with a 30 Minute Massage and an Express Signature Facial.

Lovers' Lane (Approximately 2 hours) \$300

Relax together! Each of you will receive a 60 Minute Massage and a Balance Signature Facial.

Lunch can be added to any package for \$12 per person in Greensboro and Burlington only.

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spa etiquette

Please help us ensure all our clients enjoy the best possible spa experience by following these guidelines:

Check In

To get the most from your spa experience, please arrive at least 15 minutes prior to your appointment. This will give you time to fill out our health history form, get changed, and unwind before your treatment. If you arrive late, your session may have to be shortened to keep subsequent appointments on-schedule.

Cancellations

If you must cancel or modify your appointment, please give us as much notice as possible. In order to ensure that our service providers are compensated for the time they set aside for clients, we require a credit card or gift card to guarantee all appointments and we must receive at least 24 hours cancellation or modification notice or a 50% service fee will be charged.

Cell phones

Please help us maintain our relaxing, restorative environment by turning off all cell phones and pagers upon entering the spa. If an emergency arises, please keep any conversations as quiet and brief as possible.

Children

While we do everything possible to accommodate the needs of our clients, we are not able to offer childcare during spa appointments. If your child must accompany you to your appointment, they must stay with you in the treatment room. For the enjoyment of all spa guests, we also ask that everyone use their "spa voices" at all times in the spa.



OPEN 7 DAYS A WEEK

Monday: 9 AM - 6 PM

Tuesday, Wednesday & Thursday: 9 AM - 8 PM

Friday & Saturday: 9 AM - 7 PM

Sunday: 10 AM - 5 PM