

# ESSENTIALS

s e r v i c e   m e n u



# Renew Yourself

Life isn't always "live, laugh, love," especially with the weight of the world on your shoulders. Essentials offers an elevated zen experience, a curated spa journey tailored to your individual needs. Here, you can renew your energy, heal yourself, and emerge ready to change the world (for real). A better you exists today. Live in peace.

At Essentials, we embody the belief that through extraordinary products, spa design, and custom services, you will experience a sense of escape and rejuvenation. Essentials offers a thoughtful selection of facials, body treatments, wraps, couples massages, holistic & medical therapies, rejuvenation services, IVs, hair services, and impeccable custom experiences.

Essentials offers access to men's and women's lockers, saunas, and steam rooms.

Come on in, the spa is located at the corner of Murrell Rd. and Viera Blvd.

*Appointments are highly recommended.*





# Body

## Massage

all massages include aromatherapy

### Ultimate Unwinder

A classic relaxing Swedish massage using warmed oils, a hot gel pack, and ultimate relaxation.

50 minutes • \$100

80 minutes • \$135

light medium firm deep

### Deep Tissue

Get to those deeper layers of muscles & connective tissue with this full body massage designed to help alleviate chronic pain and improve mobility. Due to the deep work in this massage, therapists are only able to focus on 1-2 specific areas.

50 minutes • \$120

80 minutes • \$160

light medium firm deep

### Hot Stone

Warmed basalt stones glide over your muscles, applying gentle pressure and deep heat to help melt away tension and ease stubborn knots. These basalt stones are strategically placed along key energy points and their unique properties not only deliver muscle relief but also enhance the flow of energy throughout your body, providing a deeply calming and grounding experience.

50 minutes • \$110

80 minutes • \$145

light medium firm deep

### Pre-Baby Bliss

A pregnancy massage that incorporates warmed massage oils and pregnancy pillows to give both the mother and baby some much-needed relaxation. Recommended for mothers past their 1st trimester.

50 minutes • \$100

80 minutes • \$135

light medium firm deep

### The Peacemaker

This rejuvenating massage is specifically designed to target area of stress and tension: the neck, shoulders, hands, and feet. By using soothing techniques and the gentle warmth of partial hot stones, we aim to melt away your worries while restoring peace and balance to your body. The extended 80-min version includes the ancient healing practice of Shirodhara.

50 minutes • \$100

80 minutes • \$145

light medium firm deep

### Mellow Mood

Give your Ultimate Unwinder deeper relaxation with the healing powers of CBD, known to help reduce inflammation and alleviate joint & muscle pain.

50 minutes • \$120

80 minutes • \$160

light medium firm deep

### Flex & Flow

A full body massage incorporating stretching, knotwork, cooling gel, hot gel packs, and heated towels. This massage is great for weekend warriors and athletes who like more firm pressure and want to improve joint mobility & flush metabolic waste from the tissues.

50 minutes • \$120

80 minutes • \$160

light medium firm deep

### Lymphatic

Promote detoxification and reduce swelling with this light, rhythmic massage designed to stimulate the lymphatic system and boost immune function.

50 minutes • \$120

light medium firm deep



# Body

## Express

A quick but effective option to ease tension. Must be paired with an express facial or another 50+ min service. No add-ons included.

**25 minutes • \$60**

## Massage Enhancements

### Focused Relief

Give extra love to the areas need it (neck & shoulders, hands, feet, or scalp) with this 15 minutes massage enhancement.

**15 minutes • \$30**

### Sugar Foot Scrub

Indulge your feet with a sweet, exfoliating sugar scrub that smooths and softens, leaving your toes feeling pampered.

**\$20**

### Partial Hot Stones

Add some soothing warmth to targeted areas for a deeper sense of relaxation and relief.

**\$20**

### Cold Stone Face Massage

Soothe and invigorate the skin with a refreshing cold stone facial massage, perfect for reducing puffiness and promoting circulation.

**\$20**

## CBD Oil

Enhance your massage with the calming, anti-inflammatory properties of CBD oil for deep relaxation and muscle relief.

**\$35**

## Muscle Ease Oil

Help release tension and ease muscle discomfort with our Muscle Ease oil, designed to provide soothing relief.

**\$20**

## Treatments

## Scrubs

### Gingergrass Bamboo

An invigorating scrub from head to toe with finely ground bamboo and walnut combined with bergamot, ginger, and lime essential oils. Then into the shower before a moisturizing application of our Tangerine Fig Creme. Add a massage for an enhanced experience! *\*Nut allergy*

**50 minutes • \$100**

### Lemon Coffee Blossom

A fresh and fragrant body exfoliation using coffee, crushed sugar, almonds, and lemon essential oil is used to invigorate the circulatory system and encourage cellular turnover. Finishes with a Tangerine Fig Butter Cream. Add a massage for an enhanced experience! *\*Nut allergy*

**50 minutes • \$100**





# Body

## Wraps

### Hot Mud Detox

This super wrap begins with a light body brushing, firming oil massage with warm stones, a slathering of warmed mineral-rich mud and a cocoon wrap and finishes with a wild lime hypnotic scalp massage.

**50 minutes • \$145**

### Tangerine Fig Butter Crème Wrap

Beginning with a gentle exfoliation from a warmed Cherry Blossom Rice Buff, warm Tangerine Fig Butter Cream is applied to the skin during this sumptuous wrap. Cocooned in muslin and covered with a blanket, cold stones are applied to the face in a relaxing, cold stone facial massage.

**50 minutes • \$100**

## Rituals

### Hamam Ritual

Originating from a traditional hammam, Turkish bath, this Ayurvedic treatment begins with a scrub made with Arabica coffee, black olives, sugar, and fresh lemon rind. Following a warm towel buff, a Jasmine Rose Rhassoul Clay Polish is applied before you are cocooned with muslin and wrapped in a blanket. During the wrap, an acupressure facial massage is performed and a shower cleansing follows. Next, a luxurious massage is given with warmed cardamom oil, and the treatment finishes with an application of Tangerine Fig Butter Creme, leaving you feeling relaxed and renewed. Please arrive 30 minutes early to enjoy a pre-detox in the steam room and after, prior to your service, indulge in a cup of Ayurvedic tea with a copper pot foot soak. *\*Not bookable online, please **contact us** to schedule this service.*

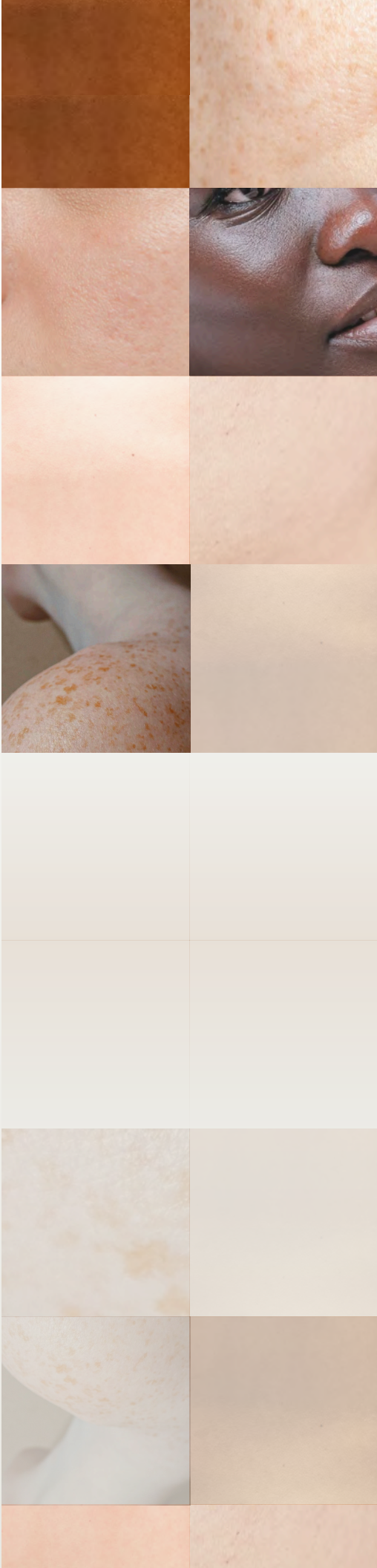
**120 minutes • \$250**

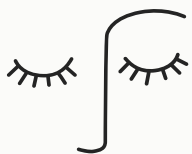
## Shirodhara Oil Treatment

An Ayurvedic treatment to balance and stabilize the mind and induce extreme relaxation. A soothing steady stream of warmed herbal-infused oil is poured over the forehead and sixth chakra. This purifying treatment melts tension and calms the nervous system. *Recommended with a massage or scrub.*

**25 minutes • \$80**







# Skin

## Facials

### Essentials Signature

Recommended for All Skin Types. Deep pore cleansing, skin refining, and all-around classic spa facial to leave you feeling relaxed with nurtured skin. This is the best facial to schedule for a client that wants a custom-made facial based on their skin needs. Basic extractions are included

**50 minutes • \$105**

**80 minutes • \$150**

### Hydration

Recommended for Aging Skin, Laugh Lines, Redness, Rosacea, and Sensitive Skin. This deeply hydrating facial utilizes potent enzymes, hyaluronic, and Vitamin C to quench dry skin and provide even tone and brightness.

**50 minutes • \$110**

**80 minutes • \$155**

### Pure

Recommended for Sensitive Skin and Pregnant Women. Our facial uses natural products that regenerate skin using potent enzymes and AHA's to gently exfoliate dead skin cells, reduce fine lines, and deeply hydrate, leaving your skin polished and healthy.

**50 minutes • \$105**

**80 minutes • \$150**

### Complexion Correction

Recommended for Acne and Oily/Congested Skin. This is our blemish-busting enhancement focusing on deep pore cleansing using products tailored specifically for troubled skin types. It finishes with pure oxygen treatment, killing the bacteria that cause breakouts and helping heal blemish-prone skin.

**50 minutes • \$120**

**80 minutes • \$165**

### Lightening & Brightening

Recommended for Age Spots, Hyperpigmentation, Melasma, Redness, Rosacea, Sun Damaged Skin, and Uneven Skin Tone. This mega-lightening treatment gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sunspots, brown spots and the redness caused by rosacea. For best results, this treatment is recommended in a series of 6 with 2-week intervals.

**50 minutes • \$120**

**80 minutes • \$165**

### ZO® Anti-Aging

Recommended for Aging Skin, Laugh Lines, Textured Skin and Wrinkle Reduction. A luxurious treatment using clinical-grade ingredients where specialized enzymes accelerate the reduction and appearance of discoloration, rough texture, and dehydrated skin. Leaves skin glowing and radiant without peeling or flaking.

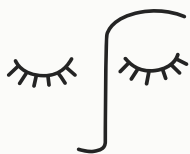
**50 minutes • \$140**

**80 minutes • \$185**

### Flawless Back

Whether you're battling back acne or just want a deep cleanse for your skin, this treatment targets everything from clogged pores to dryness. Think of it as a spa day for your back, complete with exfoliation, extraction, and a mask that'll leave you feeling like you just stepped out of a luxurious magazine spread.

**50 minutes • \$110**



# Skin

## Express

(no add-ons, only booked with Express massage or another 50+min service)

In just 25 minutes, we'll cleanse, exfoliate, and hydrate your skin, giving you a fresh-faced glow without the wait. Quick, effective, and oh-so-rejuvenating!

**25 minutes • \$65**

## Facial Enhancements

### Dermaplane

Great for removing vellus hair (peach fuzz) and exfoliating the skin. Provides a smooth finish to the face and allows foundation to set much more evenly.

**\$65**

### Dermasweep

Utilizes Dermasweep, a patented form of microdermabrasion. Deeply exfoliates and smooths skin texture.

**\$65**

### Lip & Eye Nano

Nano microneedling of the undereye and lip area. Provides product penetration and micro-exfoliation.

**\$80**

### Myolift Microcurrent

Take your skin to the gym. This treatment uses gentle electrical currents to tone and firm facial muscles, reducing the appearance of fine lines and wrinkles. Perfect for a quick lunchtime lift or as part of your anti-aging routine.

**\$55**

## ZO® Brightening Mask

Cold sheet mask, leave on mask... great for hydration, has brightening botanicals, deep penetration than basic mask

**\$30**

## Facial Waxing

Shape and remove unwanted hair for a clean and polished look. Fast, effective, and gentle.

**\$18+**

## LED Light Therapy

Whether you're dealing with acne, signs of aging, or uneven skin tone, this non-invasive therapy uses specific light wavelengths to stimulate collagen production and promote skin healing.

**\$20**

## Paraffin Hand Treatment

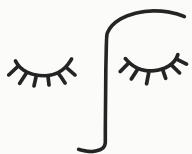
A deeply moisturizing therapy uses warm paraffin wax to soften dry, cracked skin while soothing tired muscles.

**\$20**

## Oxygen

Infuse pure oxygen into the skin, delivering essential nutrients and increasing collagen production. Perfect for anyone looking to brighten dull skin, reduce fine lines, and leave with a refreshed, glowing complexion.

**\$30**



# Skin

## Gua Sha

Promote lymphatic drainage, increasing circulation, and lifting the skin with this facial massage enhancement that will leave a glowing complexion, reduced puffiness, and a more sculpted look.

**\$25**

## *Advanced Treatments & Peel* *complimentary consultation (mandatory)*

### Microneedling

Collagen Induction Therapy. A minimally invasive treatment that uses a specialized microneedling device to gently perforate skin tissue and trigger increased production of collagen in skin cells to gradually improves the skin's volume, elasticity, and firmness, smoothes wrinkles and lines, and imparts a more youthful appearance.

**\$325**

### RF Microneedling

This advanced skin treatment combines microneedling with radiofrequency energy to reduce wrinkles, tighten the skin, and promote collagen production. Book a consultation, and we'll assess your skin and provide a personalized treatment plan.

**\$750+**

### Hyfrecator

Destroy skin tags, red skin spots (cherry angiomas), sun spots (seborrheic keratosis), and a medley of other undesirable skin blemishes with this fast, safe and effective treatment.

**\$40**

## Celebrity Skin Treatment

A skin-refining facial using physician-grade skincare products in conjunction with Dermasweep and Growth Factor Serum. These are penetrated into the skin using oxygen infused with peptides which improve the overall appearance, texture, and vitality of the skin.

**\$170**

## ZO® 3-Step Peel

A medical-grade peel combines exfoliating, stimulating, and nourishing steps to target skin imperfections, such as fine lines, uneven texture, and pigmentation

**\$265**

## Dermaplane with Peel

Begin with a quick removal of surface oils, followed by a dermaplaning and an enzyme peel. Finishing products applied.

**\$160**

## Dermaplane Express

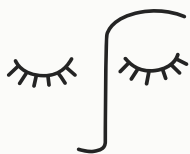
Begin with a quick removal of surface oils, followed by a dermaplaning. Finishing products applied.

**\$110**

## E-Glow Peel

This layered enzyme peel brightens, smooths, and refines your skin, leaving you with that enviable, dewy glow. Whether you're battling dullness or just want a quick pick-me-up, this facial is your answer to glowing, youthful skin that steals the spotlight.

**50 minutes • \$180**



# Skin

## Facials

### TCA Face

This powerful treatment is designed to exfoliate and rejuvenate the skin, addressing issues like hyperpigmentation, fine lines, and acne scars. A deeper peel that leaves you with smoother, clearer skin and a more radiant complexion.

**\$125**

### TCA Face & Neck

Perfect for clients who want to address skin concerns on both their face and neck simultaneously.

**\$150**

### Level 1

Ideal for those new to peels or with sensitive skin, this mild yet effective treatment to address skin texture, fine lines, and sun damage.

**\$100+**

### Level 1+

This peel targets surface imperfections such as fine lines, dullness, and mild hyperpigmentation, providing a smoother, more even skin tone.

**\$150+**

### Level 2

Helps target deeper skin concerns like hyperpigmentation, rough texture, and early signs of aging. It exfoliates the skin more intensively, promoting collagen production and leaving you with smoother, more youthful skin.

**\$200+**

### Level 2+

This peel goes deeper to target stubborn issues like acne scars, deep wrinkles, and uneven skin tone. Expect visible improvements with each treatment, revealing smoother, more radiant skin.

**\$250+**

## Hydrafacial

### Keravive

Give your scalp some love with a Hydrafacial treatment that uses a blend of exfoliation, hydration, and nourishing scalp therapy to revitalize your roots. Whether you're treating the full scalp or just a targeted area, this treatment stimulates circulation, improves hair health, and promotes thicker, fuller locks.

*partial* • **\$299**

*full* • **\$399**

### Signature

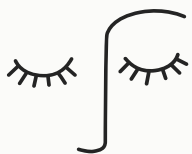
This treatment deeply cleanses, exfoliates, extracts, and hydrates skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid.

**\$195**

### Deluxe

Deluxe Hydrafacial comes with one booster. This treatment deeply cleanses, exfoliates, extracts, and hydrates skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid.

**\$295**



# Skin

## Facials

### Platinum

This treatment deeply cleanses, exfoliates, extracts, and hydrates skin utilizing super serums filled with antioxidants, peptides and hyaluronic acid. Includes two boosters, lymphatic drainage, and LED light therapy.

**\$325**

### Enhancements

#### LED

Perfect for clients who want to address skin concerns on both their face and neck simultaneously.

**\$20**

#### Lymphatic Drainage

Ideal for those new to peels or with sensitive skin, this mild yet effective treatment to address skin texture, fine lines, and sun damage.

**\$50**

#### Lip or Eye Perk

This peel targets surface imperfections such as fine lines, dullness, and mild hyperpigmentation, providing a smoother, more even skin tone.

**\$50**

### Boosters

Your aesthetician will assess your skin and choose a Booster based on current skin condition.

**\$50**









# Hair

Cut

## Haircut with Finish

Whether you're looking for a simple trim or a total style transformation, our expert stylists will craft the perfect cut to suit your face shape and lifestyle.

**\$60**

## Men's Cut

Whether you prefer a classic style or a modern cut, our skilled stylists will create a tailored look that suits you perfectly.

**\$40**

***Color ~ prices starting at***

## Balayage

This freehand technique creates a natural, low-maintenance look that adds dimension and depth to your hair. Perfect for a beachy, radiant style.

**\$260+**

## Full Foil w/ Finish

All-over highlights. Perfect for those who want a brighter, more defined color throughout their hair.

**\$180+**

## Partial Foil w/ Finish

For a lighter, more subtle highlight, try a partial foil. This technique brightens the hair around the face and crown for a natural sun-kissed effect, finished to perfection.

**\$145+**

## Color All Over w/ Finish

Our expert stylists will apply a custom color to your hair for a bold, vibrant look, complete with a polished finish.

**\$130+**

## Base Color Retouch

Keep your color fresh with this quick root touch-up.

**\$100+**

## Glaze/Toner w/ Finish

Add shine and richness to your hair with a glaze or toner. This service enhances your color, eliminates brassiness, and leaves your hair feeling soft and shiny.

**\$80+**

## Face Framing w/ Highlights

Brighten your face with highlights that frame your features. A subtle, flattering touch of light to enhance your natural beauty

**\$70+**



# Hair

## Texture & Design

### Keratin Treatment

Say goodbye to frizz with this smoothing treatment leaves your hair soft, shiny, and frizz-free for weeks. Ideal for those with unruly or coarse hair.

**\$255+**

### Keratin Express Blowout

Achieve smoother, shinier hair in less time, with results that last for weeks.

**\$155+**

### Bridal Design

Look your absolute best on your special day with a custom bridal hair design. Our stylists will create the perfect style that complements your gown and enhances your natural beauty.

**\$125+**

## Salon Enhancements

### Deep Conditioning Treatment

This nourishing treatment penetrates deep into your hair, providing intense hydration and repair. Perfect for restoring softness, shine, and strength to your hair, leaving it looking and feeling healthy and revitalized.

**\$25+**

### Olaplex

This professional treatment helps to rebuild broken hair bonds, restoring damaged hair to its original strength. Ideal for clients who bleach, color, or heat-style their hair regularly, Olaplex enhances shine and reduces frizz, leaving your hair looking healthy and vibrant.

**\$30+**

### Grey Blending

Effortlessly blend away grey hairs with strategically applied color that softs the transition from grey to your natural color, ensuring a youthful and natural look without harsh regrowth lines.

**\$35+**

### L'Oreal Metal Detox

This service detoxifies your hair from harmful metals, which can cause damage and discoloration. Ideal for clients with hard water or those who color their hair frequently, this treatment ensures healthy, vibrant, and smooth hair.

**\$25+**

### Add Curls/Flat Iron

Whether you want voluminous curls or a polished, smooth look, our experts will use a flat iron or curling iron to achieve your desired style.

**\$35+**



# Wellness

IV

## Skin Boost/Anti-Aging

This treatment is packed with vitamins, antioxidants, and hydration to support healthy, glowing skin while reducing signs of aging.

**\$250**

## Executive Stress

Formulated to combat burnout, this IV infusion delivers a combination of vitamins, minerals, and electrolytes that help to restore balance, reduce stress, and improve mental clarity. A great option for busy professionals needing a reset.

**\$249**

## Hangover Relief

This infusion includes fluids, electrolytes, and nutrients to combat dehydration, fatigue, and nausea, leaving you feeling revitalized and ready to take on the day. A must-have after an evening of fun!

**\$220**

## Immune Boost

This infusion is packed with vitamin C, zinc, and other essential nutrients to support immune function and help fight off illnesses. Perfect for those looking to prevent sickness or recover from a cold or flu.

**\$210**

## Energy Boost

This revitalizing infusion is designed to combat fatigue, increase stamina, and leave you feeling more energized and alert. Ideal for those who need a quick pick-me-up or are struggling with low energy levels.

**\$175**

## Hydration Boost

This treatment provides the perfect blend of fluids and electrolytes to restore hydration and revitalize your system. Ideal for those feeling sluggish or dehydrated after a workout, travel, or illness.

**\$125**

## Injections

### NAD+

This powerful anti-aging treatment helps enhance cellular function, improve energy levels, and support brain health. Ideal for those looking to increase vitality, enhance endurance, and combat the signs of aging.

**\$85**

### Glutathione

Known for its powerful antioxidant properties, glutathione helps to cleanse your body of toxins and reduce oxidative stress. It's the perfect solution for glowing skin and improving overall health.

**\$60**



# Wellness

## Lypoburn

This treatment is packed with vitamins, antioxidants, and hydration to support healthy, glowing skin while reducing signs of aging.

**\$39, or Series of 5 for \$159**

## Vitamin B12

Formulated to combat burnout, this IV infusion delivers a combination of vitamins, minerals, and electrolytes that help to restore balance, reduce stress, and improve mental clarity. A great option for busy professionals needing a reset.

**\$29, or Series of 5 for \$130**

### Therapies

## Trigger Point Injection

Target specific muscle knots and pain points with an injection designed to release tension and relieve discomfort.

**30 minutes • \$105+**

## Sound Bed Therapy

Experience the soothing sounds and vibrations of our sound bed therapy, designed to promote relaxation, reduce stress, and balance energy.

**15 minutes • \$15**

**30 minutes • \$30**

## Cupping Therapy

Dry cupping therapy using suction to create a vacuum effect, promoting circulation and relieving pain and muscle tension. Experience increased mobility and relaxation.

**25 minutes • \$95**

**45 minutes • \$125**





# Medispa

## Consultations

### Anti-Aging Program

This treatment is packed with vitamins, antioxidants, and hydration to support healthy, glowing skin while reducing signs of aging.

**\$300**

### FL Medical Marijuana

Our licensed professionals will guide you through the process, helping you understand how medical marijuana can help with pain management, stress, anxiety, and other conditions. A personal consultation tailored to your wellness needs.

**\$200**

### RF Microneedling

Consult with our specialists to see if RF Microneedling is right for you. This advanced skin treatment combines microneedling with radiofrequency energy to reduce wrinkles, tighten the skin, and promote collagen production. During this consultation, we'll assess your skin and provide a personalized treatment plan.

**\$100**

### Hormone Replacement Therapy (BHRT)

Rebalance your hormones with a personalized consultation for Hormone Replacement Therapy (BHRT). Our experts will evaluate your symptoms and medical history to create a tailored plan to address hormone imbalances, improve energy levels, and support overall wellness. Regain vitality and feel your best again.

**\$300**

### Long-Term Covid and Covid Vaccine Complications Treatment

If you're experiencing long-term effects from COVID or complications related to the vaccine, our specialized consultation can help. We offer personalized treatment plans to address lingering symptoms and support your recovery with a focus on restoring balance to your health.

**\$200**

### Skincare Consultation

Start your skincare journey with a complimentary consultation. Our experts will analyze your skin, discuss your goals, and recommend personalized treatments and products to help you achieve healthy, glowing skin. The perfect first step toward a rejuvenated complexion!

**Complimentary**

### Weight Loss

Ready to kick-start your journey to a healthier, slimmer you? Let's begin with your complimentary consultation (\$100 value) where our Nurse Practitioner will offer a comprehensive assessment including, weigh-in, measurements, and discussion about your personal goals and concerns. Together, we'll create a weight loss plan that's tailored to you — no one-size-fits-all here! If you decide to dive into one of our Weight Loss Programs we can help you get started making those goals a reality, one step at a time!

**Complimentary**



# Medispa

## Neurotoxins

Smooth out fine lines and wrinkles with neurotoxin treatments like Botox, Dysport, and Xeomin. These injectables relax the muscles that cause expression lines, giving you a refreshed, youthful appearance with no downtime. Results typically last 3-4 months, keeping you looking effortlessly smooth.

**\$13 / unit**

## Dermal Filler

Restore volume and contour to your face with dermal fillers. Ideal for areas like the cheeks, lips, and under the eyes, these treatments instantly lift and plump for a youthful, natural look. Results are immediate and can last 6-12 months.

**\$700 / syringe**

## Semaglutide

Semaglutide is a GLP-1 receptor agonist and an FDA-approved injectable for effective weight loss, helping to control appetite and improve metabolism. This treatment supports long-term fat loss by promoting fullness and reducing cravings, making it easier to achieve and maintain your weight loss goals.

**\$250 / month**

## Tirzepatide

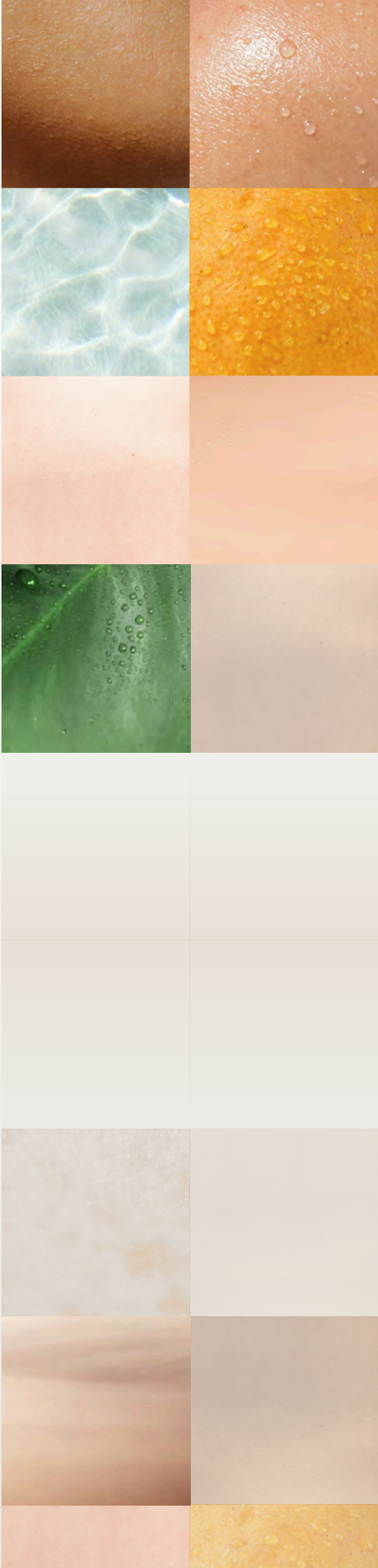
Tirzepatide is a dual GIP and GLP-1 receptor agonist that aids in weight loss by regulating appetite, glucose metabolism, and fat storage. It has shown significant effectiveness in helping individuals reduce body weight, offering a promising option for those seeking long-term weight-management support.

**\$450 / month**

## Lypoburn Injections

Shed unwanted fat without surgical intervention. A Lypoburn injection is a great way to boost metabolism, increase energy, and support your weight loss journey. This fat-burning injection combines a host of powerful ingredients, each chosen for their individual benefits that collectively work to optimize your metabolism and overall well-being.

**\$39 for 1 or \$159 for a Series of 5**





# Experiences

Essential 50

Choose one massage and one facial for **\$175**

## Massages

### Ultimate Unwinder

A classic relaxing Swedish massage using warmed oils, a hot gel pack, and ultimate relaxation.

**50 minutes**

### Pre-Baby Bliss

A pregnancy massage that incorporates warmed massage oils and pregnancy pillows to give both the mother and baby some much-needed relaxation. Recommended for mothers past their 1st trimester. Recommended for mothers past their 1st trimester.

**50 minutes**

### Peacemaker

A classic relaxing Swedish massage focusing solely on the neck, shoulders, hands and feet. This service incorporates partial hot stone usage.

**50 minutes**

## Facials

### Essentials Signature

Deep pore cleansing, task masking, skin refining, and all-around classic spa facial to leave you feeling relaxed with nurtured skin. This is the best facial to schedule for a client that wants a custom-made facial based on their skin needs. Basic extractions are included.

**50 minutes**

### Pure

Start your skincare journey with a complimentary consultation. Our experts will analyze your skin, discuss your goals, and recommend personalized treatments and products to help you achieve healthy, glowing skin. The perfect first step toward a rejuvenated complexion!

**50 minutes**





# Experiences

Essential 80

Choose one massage and one facial for **\$215**

## Massages

### Ultimate Unwinder

A classic relaxing Swedish massage using warmed oils, a hot gel pack, and ultimate relaxation.

**80 minutes**

### Pre-Baby Bliss

A pregnancy massage that incorporates warmed massage oils and pregnancy pillows to give both the mother and baby some much-needed relaxation. Recommended for mothers past their 1st trimester. Recommended for mothers past their 1st trimester.

**80 minutes**

### Peacemaker

A classic relaxing Swedish massage focusing solely on the neck, shoulders, hands and feet. This service incorporates partial hot stone usage.

**80 minutes**

## Facials

### Essentials Signature

Deep pore cleansing, task masking, skin refining, and all-around classic spa facial to leave you feeling relaxed with nurtured skin. This is the best facial to schedule for a client that wants a custom-made facial based on their skin needs. Basic extractions are included.

**50 minutes**

### Pure

Start your skincare journey with a complimentary consultation. Our experts will analyze your skin, discuss your goals, and recommend personalized treatments and products to help you achieve healthy, glowing skin. The perfect first step toward a rejuvenated complexion!

**50 minutes**



# Experiences

Relax

3 hours ~ \$300

3 Treatments ~ 50 minutes each

1. First Treatment, choose one:

- Ultimate Unwinder
- Pre-Baby Bliss

2. Second Treatment, choose one:

- Essentials Signature
- Pure

3. Third Treatment, choose one:

- Gingergrass Bamboo
- Lemon Coffee Blossom
- Tangerine Fig Butter Crème

Enhancements & Add-Ons ~ choose one

- Partial Hot Stones
- Cold Stone Face
- Sugar Foot Scrub
- Muscle Ease Oil
- Paraffin Hand Treatment
- Gua Sha (Face)
- Amenities - Complimentary
- Zen Zone – Complimentary



# Experiences

Rejuvenate

3.5 hours ~ \$359

4 Treatments ~ 50 minutes each

1. First Treatment

- Hot Stone

2. Second Treatment, choose one:

- Essentials Signature
- Pure
- Hydration

3. Third Treatment, choose one:

- Gingergrass Bamboo
- Lemon Coffee Blossom
- Tangerine Fig Butter Crème

4. Fourth Treatment:

- B-12 Injection

Enhancements & Add-Ons ~ choose one

- Partial Hot Stones
- Cold Stone Face Massage
- Sugar Foot Scrub
- Muscle Ease Oil
- Paraffin Hand Treatment
- Gua Sha (Face)
- Amenities - Complimentary
- Zen Zone – Complimentary



# Experiences

Restore

4 hours ~ \$425

4 Treatments ~ 50 minutes each

1. First Treatment, choose one:

- Deep Tissue
- Flex & Flow

2. Second Treatment, choose one:

- Complexion Correction
- Lightening and Brightening

3. Third Treatment, choose one:

- Gingergrass Bamboo
- Lemon Coffee Blossom
- Tangerine Fig Butter Crème

4. Fourth Treatment, choose one:

- Trigger Point Injection
- Cupping Therapy

Enhancements & Add-Ons ~ choose one

- Partial Hot Stones
- Cold Stone Face Massage
- Sugar Foot Scrub
- Muscle Ease Oil
- Paraffin Hand Treatment
- Gua Sha (Face)
- Amenities - Complimentary
- Zen Zone – Complimentary



# Spa Guidelines

## Arrival Procedures

~ We recommend that you arrive at Essentials Spa at least 30 minutes prior to your scheduled appointment time.

~ You will need a valid form of identification (driver's license or photo ID) to check in at Essentials.

~ Please note that should you arrive late for your treatment; your technician may have to shorten the duration of the service to avoid inconveniencing other guests. Full rates would still apply in this instance.

~ We highly recommend that you schedule your spa treatments in advance; however, we will try our best to accommodate walk-ins.

~ Our talented therapists are male and female; they are all well trained and highly professional. Unless you state your preference, bookings are scheduled with the first available spa therapist.

~ Before your massage begins, kindly inform your spa therapist of areas to be avoided.

~ For your comfort and privacy, throughout any of your treatments, non-treated areas will be appropriately draped with a sheet.

~ Please help us to sustain the benefits of your own experience and to respect the comfort and tranquility of others by upholding a tranquil environment and silencing your cell phone for the duration of your visit to Essentials.

~ Essentials is a non-smoking & non-vaping environment.

~ A locker will be provided with a key code lock. We recommend that you leave your jewelry and valuables at home.

~ Essentials will not be responsible for lost or stolen items.

### Cancellation Policy

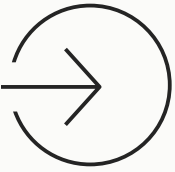
Please cancel or reschedule appointments at least 24 hours before the scheduled time to avoid charges. Failing to cancel salon or spa appointments within this time will result in a 50% charge of the total service cost. Medical appointments not canceled within 24 hours will be charged in full. If you no-show for your appointment, the full amount will be charged. Any chargebacks or declined payments will require clearing the balance linked to the account before rebooking. Please note, an unconfirmed appointment is not considered canceled. A credit card is required at the time of booking.

### Taking Your Experience Back Home

At Essentials, we take pride in offering our guests high quality products from conscious brands. Our spa therapists will recommend the perfect products to prolong your Essentials Spa experience.

### Gift Cards

Gift cards can be purchased in person, via our website [here](#), or by phone for delivery (within 5 miles of the spa). All gift card purchases are non-refundable, and we do not replace lost or stolen gift cards. Additionally, gift cards may not be redeemed for cash, and gratuities cannot be added to them.



# Essentials Spa Safety Guidelines

## At time of reservation please inform of the following

- ~ If you have a gender preference for your Service Provider
- ~ If you have a request for a specific Service Provider
- ~ If you are celebrating any special occasions
- ~ Allergies or medical conditions including pregnancy

## Age Requirements

Teens aged 13-17 are invited to partake in personalized skin care services at our spa. We encourage them to relish the included spa amenities with their skin care treatments. It's important to note that wearing swimwear or underwear is mandatory when changing into a robe. Guests must be 16 years of age or older to experience a massage, body treatment or enjoy the spa relaxation areas, locker areas and spa amenities.

Additionally, teens under the age of 16 must be accompanied by a parent or legal guardian at all times while enjoying the spa.

## Treatment Recommendations

Shaving is not recommended prior to body treatments. For men, shaving is recommended but not necessary prior to a facial.

If you experience discomfort due to room temperature, massage, pressure, music volume, or any other conditions, please notify your spa host or therapist immediately.

## Wellness

We offer a wide variety of services and amenities at Essentials Spa. We strive to meet our guests where they are on their self-care journey. If you have questions at any point prior to booking or during your visit, our team is here to help.



# Essentials Spa

An escape made for  
*you*—every moment  
crafted to engage the  
elements within, so you  
can get back to that  
inner peace.

+1 321-722-2860

## *Hours of Operation*

Monday (Call Center only): 10am ~ 3pm

Wednesday ~ Friday: 9am ~ 7pm

Saturday: 9am ~ 6pm

Sunday & Tuesday: 10am ~ 5pm

Essentials Spa  
1705 Berglund Lane, Ste. 101  
Melbourne, FL 32940

ESSENTIALS

s p a · s a l o n · m e d i