

Alexis Carter-Healing Hands Spa L.L.C.



Meet Alexis Carter

“THE” Certified Massage Therapist (CMT)

“THE” Certified Massage Therapist goes by the name of Alexis Carter. She possesses 17 years in the profession of Massage Therapy, and she is ready to **“wow”** you with her detailed approach to massage! **Her specialties include but are not limited to: Swedish Massage, Deep Tissue, Prenatal Massage, Reflexology, Sports Massage, Trigger Points,** and she possesses a truly **“Out of this World”** combination massage. Where she introduces multiple modalities in a single session based on your needs and expectations. As a truly sincere therapist, she believes that those who come to the spa are not only visitors but are guest. Like in most household, **Alexis** tries her best to make sure that her guest needs are met so that they will leave in better shape than when they came! **Alexis** likes to make sure that every guest understands that this is **“Your massage”** and that **“Your expectations”** not only matter but are the prime objective for your therapist. **Alexis** does her best to make sure that the guest achieves the experience that they envision. **Come in as our guest and visit the spa today to get your expectations exceeded by “THE” Massage Therapist, Alexis!**

Treatments

45 minute “Rejuvenate” Massage

Makeover

Price: \$60



Include: Neck Massage, Scalp Massage, Natural Massage facial makeover

Tools Used: 100 percent honey, all-natural raw sugar, sensitive skin makeover cleanser, Rose Water, Oils, and heated towels.

Benefits: Release of muscle tension on the face, neck, and scalp! Exfoliation of dead makeover skin,

alleviate of the appearance of wrinkles, Moisturize the skin, remove impurities from the skin, and support the skin with its natural tightening abilities

If you are a person who suffers from tension headaches, Temporomandibular Joint Dysfunction (TMJ), or skin difficulties that include open pores, wrinkles, and annoying Makeover creases than this Makeover treatment is for you! With the use of tactical trigger points on the face, 100 percent honey, all-natural raw sugar, sensitive skin makeover cleanser, and heated towels, A refreshing spritz of all natural Rose Water to tighten the skin along with a relaxing neck and scalp massage. This treatment will have your face feeling tight and refreshed, and your neck and scalp feeling relaxed. This refreshing facial makeover massage promotes muscle release on the face and scalp along with the exfoliation and rejuvenation of the skin! The “Rejuvenate” facial massage Makeover is a great addition to any service provided, as well as a stand-alone service! If you feel that you need to be quickly refreshed and relieved, then this is for you and you deserve it!

90-Minute “Peacefully Wrapped” Treatment-

Price: \$150



Include: 60-minute customized massage, and 30-minute full body wrap

Benefits: Relief of muscle tension, release of body toxins through pores, deep body moisturization, and mental calmness and peace

Possible Treatment Add On's:

Aroma Experience (\$6.00),
30 minute Dry Brush (\$40),
30 minute “Rejuvenate” Facial Massage Makeover (\$45.00)

*If peace and tranquility is what your mind, body, and soul is craving then peace you will achieve with this treatment! The “Peacefully Wrapped” treatment begins with a relaxing customized 60-minute massage prior to being calmly wrapped in linens that are aligned with hot towels to keep you at a warm and comfortable heated temperature for 30 minutes. While calmly wrapped, you will have a choice of receiving either a neck or a foot massage while you blissfully relax. To thoroughly elevate your experience, feel free to add on the **Aroma Experience (\$6.00)**, **a 30-minute Dry Brush (\$40)**, and/or a **30 minute “Rejuvenate” Massage Makeover (\$45.00)**! Add on prices are discounted when added to treatment sessions*

120-minute Relaxation Treatment-

Price: \$175



Include: 30-minute dry body scrub,
60-minute customized massage,
30-minute “rejuvenate” Massage Makeover

Benefits: Release of muscle tension on the face, neck, and scalp! Exfoliation of dead skin, alleviate of the appearance of wrinkles, Moisturize the skin, remove impurities from the skin, and support the skin with its natural tightening abilities

This is a treatment for those who need a moment to relax from everyday task than this is the treatment for you! This spa experience begins with a 30-minute dry body scrub to help soften your skin. Then the spa experience continues with a 60-minute customized massage to relieve and relax the body, and the experience concludes with a 30-minute” rejuvenate” Massage Makeover that will leave you physically relaxed and mentally calmed. This treatment is for you when you feel that you need a moment away from the stresses of life’s everyday demands!

“The Active Champion” Massage Treatment

Price:

60 min- \$90

90 min-\$120



Include: Customized rigorous massage, Stretches, Trigger points, and the use of The “alleviate” rub on up to 3 areas.

Benefits: Muscle relief from severe body Injuries, Increase body range movements, proper blood flow throughout the body, and skin moisturization

This is a treatment for those who live an active lifestyle! Rather you walk, run, bike, exercise, professionally fight, or you take care of children! Trust me, Childcare can be just as active as any other professional sport that you see on television! This massage may be for you! This massage treatments differs from your normal massage because this treatment includes rigorous body movements, stretching, medium to deep tissue massage, trigger points throughout the body, and up to three areas, of your choice, where the “Alleviate” muscle rub will be applied. This fast-paced massage wakes up the muscles and get them prepared to achieve the mental and physical goal that you have set out to accomplish. Remember, to be a champion you must prepare your mind, body, and soul for whatever obstacle stands between you and your goal! This massage will get you physically ready to go after whatever you set forth to achieve!

45 minute “Skin Revival” Dry Brush Treatment

Price: \$60.00



Include: Full Body Dry Scrub, and Oil Massage

Benefits: Elevate glowing skin, Create touchable soft skin, physical relaxation, and removal of dead skin

Have you noticed a dull or course feel of your skin! Well, your problem can be easily solved by receiving this treatment. The 45-minute “Skin Revival” Dry Brush Treatment is an experience

*that serves to help you get rid of dead skin on the body so that your natural skin glow can show! With the use of a delicate dry skin brush to help get rid of stubborn dead skin, and a rose oil to help moisturize and tighten the skin. This treatment will have your skin feeling renewed and nourished! **A 30 minute "Skin Revival" Dry Brush Treatment can be added on to any and all treatment session at a discounted rate of \$40.00. So, refresh your skin today so that you can glow all year!***

Add-on's

The Aroma-Experience \$10.00

You will be submerged in the essential aroma of your choosing. The aroma will be not only infused into the oils, but it will be infused into your surrounding environment by use of a diffuser. The scents will delight your senses and support your mind as it transitions to a mental state of relaxation. Using assorted essential oils that are infused into the surrounding air and massage oils to promote relaxation through the sense of smell and touch. This will be an addition that will bypass your normal spa expectations. You will not regret being a part of the Aroma Experience!

Foot Scrub Treatment-\$25.00

The Foot Scrub Treatment includes an extra 15 minutes added to the original session provided. With the use of aroma lotions and oils, 100% raw sugar and heated towels, your feet will be exfoliated, lightly stretched, and massaged with the intent of relieving the muscles in the feet. **The foot scrub treatment adds an additional 15 minutes to the original service time received.**

"Alleviate" Muscle Rub!- \$13.00

Are you in need of muscle release from extremely tense muscles! With an oil infused with Arnica and 300 MG of CBD which is placed on a specific area of your choice will leave your muscles relaxed and your pain completely alleviated so that you can be energized and ready for wherever the day takes you!