

The Day Spa at Universal

HEALTHY TAN

An instant, all over healthy glow without the harmful effects of the sun.

Face \$10 • Face, Neck, Chest \$15 • Upper Torso \$20
Legs \$20 • Full Body \$25
5 Full Body Sprays \$118.75 • 10 Full Body Sprays \$225
Bridal Packages Available

NAIL TREATMENTS

Manicures

Express Manicure \$20

15 minutes • Waterless. Shape nails, buff, and polish.

Classic Manicure \$25

30 minutes • Soak, shape nails and cuticles, buff, massage, and polish.

Spa Manicure \$35

45 minutes • Removal of dead skin, soak, shape nails and cuticles, buff, massage, paraffin and polish.

Child Manicure \$10 • 10 years old or younger

Pedicures

Express Pedicure \$35

30 minutes • Light soak, buff, shape toe nails, and polish.

Classic Pedicure \$45

45 minutes • Soak, scrub, buff, shape and groom cuticles and toes nails, massage feet, polish toes.

Spa Pedicure \$55

60 minutes • Soak, scrub, buff, shape and groom cuticles and toe nails, foot mask, paraffin wax, massage feet, and polish toes.

Hot Stone Pedicure \$65

60 minutes • A spa pedicure with the incorporation of heated stones.

Child Pedicure \$15

10 years old or younger • Polish change \$10

French Polish - additional \$5 charge per service.



The Day Spa at Universal

2323 Oregon Pike
Lancaster, PA 17601

717-569-6400

Hours of Operation

Monday-Thursday 9am-8pm

Friday 9am-7pm

Saturday 9am-5pm

Sundays Closed

Gift Certificates Available!

Holiday Packages offered certain times of the year!



The Day Spa at Universal



CELEBRATE you!

- Certified & Licensed Professionals
- Privately located within Universal
- For women and men
- Open to members and non-members



www.UniversalAthleticClub.com/dayspa

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MASSAGE THERAPY

Relaxation Massage

A hands-on full body massage of medium pressure. Relieves muscle tension, stimulates circulation, increases serotonin levels, improves muscle tone and promotes total mind and body relaxation.
30 minutes: \$40 • 60 minutes: \$65 • 90 minutes: \$90

Deep Tissue Massage

A firm-pressure therapeutic massage. Helps alleviate pain, muscle spasms, stress and tissue damage.
30 minutes: \$45 • 60 minutes: \$75 • 90 minutes: \$100

Hot Stone Massage

Penetrating heat from smooth oiled and warmed stones is used to relieve tense muscles and sore joints. Combined with Relaxation Massage techniques.

60 minutes: \$80

90 minutes: \$105

Ultimate Hot Stone Relaxation,
120 minutes: \$130

Sports Massage

Stimulating massage to warm up muscles before an event or workout.

15 minutes: \$20



Recovery Massage

A therapeutic massage that includes stretching and compression techniques. Rehabilitates the muscle after physical labor, lifting weights, or sports-related injuries.
90 minutes: \$110

Maternity Massage

A gentle massage geared to relieving the muscle cramps, spasms and pain often encountered in the lower back, neck, hips, and legs during pregnancy. Safe semi-reclined and side-to-side body positioning with pillows for extra comfort.
30 minutes: \$40 • 60 minutes: \$65

Seated Chair Massage

An efficient, fully-clothed massage that improves circulation, stimulates muscles and reduces tension in the back, neck, and shoulders.
\$1/minute (up to 20 minutes)

Reiki Energy Therapy Massage

Energy is channeled through the hands of the practitioner into the body and aura of the receiver. Gentle and soothing, Reiki often can bring the recipient into a deep state of relaxation and calm.
60 minutes: \$70 • 90 minutes: \$95

Japanese Style Facial Massage

Traditional Japanese medial concepts remove toxins from the face and balances ki, or "life force" to improve overall health.
25 minutes: \$35

Reflexology

Massage based around a system of points in the hands and feet.
45 minutes: \$60

BODY TREATMENTS

Parafango Wrap

A mixture of paraffin wax and deep sea mud makes a perfect combination for detoxifying and indulging in relaxation.
75 minutes: \$100

Intensive Hydration Wrap

Dry exfoliation removes dead skin and is followed by an all over deep moisturizer and massage.
60 minutes: \$85

FACIAL TREATMENTS

Express Facial • 30 minutes: \$45

Classic Facial • 60 minutes: \$65

Age Smart Facial • 75 minutes: \$85

MediBac Facial • 60 minutes: \$75

Back Facial • 50 minutes: \$75



Microdermabrasion

30 minutes, 1 session: \$75 • 6 sessions: \$405

Microdermabrasion "The Works"

60 minutes, 1 session: \$120 • 3 sessions: \$340



Micro Facial

75 minutes: \$105

Advanced Massage Facial

60-minute classic facial followed by a 25-minute face massage, utilizing techniques that include lymph drainage, Swedish Massage, Deep Tissue Massage, and acupressure.
1 hour 25 minutes: \$105



ESTHETIC PACKAGE

Head to Toe

The complete experience of the "The Advanced Massage Facial" with an additional 45 minutes of Reflexology, and lunch provided by Café U.
2 hours, 15 minutes: \$175...includes lunch

WAXING

Lip \$8 • Chin \$8 • Eyebrows \$12 • Underarms \$15

Back - First Visit \$50, Maintenance \$40

Stomach - First Visit \$20-\$30, Maintenance \$15-\$25

Chest - First Visit \$30, Maintenance \$25

Half Arms \$25 • Full Arms \$50 • Half Legs \$35

Full Legs - First Visit \$80, Maintenance \$60

Bikini - First Visit \$30, Maintenance \$25

Extended Bikini - First Visit \$55, Maintenance \$45

Brazilian - First Visit \$75, Maintenance \$60

*First time prices apply to anyone who has not been waxed within 6 weeks.

*Maintenance prices apply to anyone that has been waxed within 6 weeks.

