

| NAIL TREATMENTS

Manicure - shape nails and remove cuticles, buff, massage & polish *30 mins \$20*

Spa Manicure - A personalized soothing manicure to meet your needs. Choose from:

- Hot Oil (treats dry, brittle nails)
- Masque (reduces visible signs of aging)
- Hot Stone (sit back and be pampered).

45 mins \$40

with Shellac polish \$50

Shellac™ Manicure - Say "goodbye" to chips, smudges, and dry time. This revolutionary product applies like polish, wears flawlessly for 14 days of high gloss shine and is removed in minutes.

Shellac Polish 60 mins \$30

French Shellac \$35

Shellac Removal \$10

Nail Repair \$10

Pedicure - soak, scrub, buff, shape and groom toe nails & cuticles, massage and polish *45 mins \$45*

Spa Pedicure - A personalized pampering experience to meet your needs. Choose from:

- Paraffin (soothes and softens)
- Masque (refreshed feet for hours)
- Hot Stone (sit back and be pampered)

60 mins \$65

Additional Nail Services -

- Polish change for natural nails *\$10*
- Nail Art *\$2 per nail*
available with Shellac or natural nails



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!

Privately located within Universal at
2323 OREGON PIKE, LANCASTER

717-569-6400 | UniversalAthleticClub.com

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CELEBRATE *you!*

SIMPLY IMPECCABLE.

Certified & Licensed Professionals • For women and men • Open to members and the general public



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The Day Spa

AT UNIVERSAL

MASSAGE THERAPY

Relaxation - Relieves muscle tension, stimulates circulation, increases serotonin levels, improves muscle tone and promotes total mind and body relaxation.

30 mins \$40, 60 mins \$65, 90 mins \$90

Deep Tissue - A firm pressure therapeutic massage. Helps alleviate pain, muscle spasms, stress and tissue damage.

30 mins \$45, 60 mins \$75, 90 mins \$100

Hot Stone - Penetrating heat from smooth, warmed stones is used to relieve tense muscles and sore joints. Combined with relaxation massage techniques. Upgrade to a deep tissue is available for an additional \$10.

60 mins \$80, 90 mins \$110

Seated Chair - An efficient, fully-clothed massage that improves circulation, stimulates muscles and reduces tension in the back, neck and shoulders.

\$1/minute (up to 20 mins)

*Package discounts available

Maternity - 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 mins \$40, 60 mins \$65

Athlete Care - Fusion of sport-specific massage techniques such as Sports massage, Injury massage, Stretching, Deep Tissue massage and Trigger Point Therapy. Each service is tailored to the clients individual needs with the goal to promote optimum performance, injury-free training and minimize post event injuries.

30 mins \$50, 60 mins \$80, 90 mins \$110

Thai Yoga Massage - A ancient and unique holistic bodywork system. Often referred to as "Assisted Yoga", the recipient will enjoy a deep stretch.

60 mins \$65, 90 mins \$90

Poultice Massage - Enjoy the benefits and feeling of gently heated oil and pleasantly fragrant Thai Herbal massage balls.

60 mins \$80, 90 mins \$110

PROFESSIONAL FACIAL TREATMENTS

"The moment your skin changed forever."[®]
Dermologica: provider of our professional and retail skin care products.

MicroZone Treatment - Quick, on-the-spot solutions targeting your skin care concerns. Treatments are just a quick fix for troubled skin and they're the ideal maintenance service between skin treatments.

30 mins \$45

Skin Treatment - Professional, 100% customized to your skin's needs with a thorough skin analysis of your face, neck, décolleté and tops of shoulder with a double cleansing, exfoliation, high frequency/ galvanic, extractions (if necessary), masque and skin protection. Think of it as your own personal routine, created especially for your skin's needs, right on the spot.

60 mins \$75

Therapy Add-On - Customize your treatment with your choice of add-on. Choose from:

- Aroma-point (face)
- Deep Tissue (face and shoulder)
- Reflex point (feet)
- Naptime (all over)
- Microdermabrasion
- Peel

15 mins \$20

Microdermabrasion - Non-surgical cosmetic procedure, used to treat acne scars, age spots and fine lines, ideally suited for aged skin, or skin that has been damaged by over exposure to the sun. Microdermabrasion treatments polish and soften the skin.

30 mins \$65

Microdermabrasion w/ extractions
45 mins \$75

WAXING

Lip \$8, Chin \$10, Eyebrows \$12

Underarms \$15

Back First Visit \$40, Maintenance \$30

Stomach First Visit \$30, Maintenance \$25

Chest First Visit \$25, Maintenance \$20

Half Arms \$25

Full Arms \$45

Half Legs \$35

Full Legs First Visit \$60, Maintenance \$50

Bikini First Visit \$30, Maintenance \$25

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

Brazilian First Visit \$65, Maintenance \$55

Eyebrow tinting \$10

Eyelash tinting \$20

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



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