

*During Treatment**

Organic White Tea Facial

Experience intense, lasting hydration while strengthening the skin against free-radicals, pollution and signs of aging. This gentle, refreshing facial contains no parabens, silicones or artificial colorings, and features certified organic products based on White Tea Extract—one of the most powerful anti-oxidants in nature which helps restore your body from the toxicity of your medical treatments. The Organic White Tea Facial includes a cleansing, facial massage and masking as well as a soothing shoulder, hand and foot massage done with essential oils.....45 minutes, \$80

Pearl Therapy Face Treatment

It's good to feel luxurious and beautiful. Capture the elegance of crushed pearls in this pampering facial. The minerals, proteins and amino acids in this sophisticated treatment revive and replenish your skin while it firms, hydrates, and smoothes. Your face glows, feeling absolutely nourished and comfortable. The Pearl Therapy facial consists of a cleansing, very gentle exfoliation, ampoule application and masking accompanied by an essential oil scalp and foot massage. Deep relaxation is achieved as you experience a head, shoulder and upper arm massage with hot volcanic energy stones.60 minutes, \$115

Reflexology

A healing foot massage performed with essential oils which stimulates pressure points that correspond with energy meridians for the entire body. It opens energy blockages, helps rebalance the system and creates a therapeutic, physical change in the body.45 minutes: \$60

Pain-Management Massage

A natural aid to pain management, this massage eases your way through your medical treatments by relieving anxiety and muscle tension, improving circulation and blood pressure and removing toxins from the lymphatic and blood systems to provide relief from fatigue and nausea.....60 minutes, \$85

Body Polish with Silk Wrap

Perfect for when you want to release tension and renew your body. First, experience a very gentle exfoliation as crushed pearls are delicately massaged into your skin to make it silky and smooth. The minerals and proteins in pearls replace those depleted during your medical treatments. Next, your body is covered with a body wrap made from silk protein as you enjoy a scalp massage and essential oil foot massage with reflexology points. Your skin is left deeply hydrated, soft and supple.60 minutes, \$125

**All "During Treatment" services omit lymph areas. Other beneficial services for this stage include: Pearl Therapy Face & Body Treatment and the Gold Therapy Body Treatment*

*Post Treatment***

Acupuncture

An energetic medicine that's been used for over 5,000 years. It is based on the belief that good health stems from a balanced flow of vital life energy, called Qi, throughout the body. After an initial, confidential consultation, your Acupuncturist gently inserts fine, sterile needles into specifically selected points along the body's meridians. Acupuncture unblocks areas of stagnated energy and encourages the normal flow of Qi to maintain or restore health. Acupuncture can be safely received during and post medical treatments.First Treatment: \$100
All Additional Treatments: \$75

Anti-Stress Detoxifying Massage

Let your cares melt away as your body is enveloped in essential oils, your mind becomes quiet and the tension is massaged out of you. This massage combines energy and various massage techniques specially chosen for their chakra-balancing focus and deeply relaxing and detoxifying effects.....75 minutes: \$120

Thai Yoga Massage

Get ready to be stretched. Performed on a large cushioned mat on the floor, this combination of massage, yogic stretching, and acupressure stimulates the flow of energy in the body and provides a powerful release of tension. Please wear comfortable clothing which will be left for the duration of this treatment.....60 minutes: \$95

***Other beneficial services for Post Treatment include: Holistic Stone Massage, Renewing Hand and Foot Treatment and Essential Oil Body Wrap*

Finishing Touches

(Appropriate for During or Post Treatment)

Make-Up Lesson and Consultation

Enhance your true beauty through professionally selected colors and products during this personalized make-up lesson. Look and feel radiant after this one-on-one, step-by-step application. Jane Iredale mineral make-up is used.....\$75

Manicure with Hydrating Massage

Carried out with gentle and nail-restoring products, including a hand massage with nourishing, anti-aging oils and creams.....\$24

Pedicure with Hydrating Massage

A complete pedicure gently performed for the highest degree of comfort. Includes a foot massage very deeply nourishing and hydrating products.....\$50

Classes

Gentle Restorative Yoga

A relaxing class which uses bolsters, props and more to support the back and other areas. Involves very little movement and focuses on stretching, relaxing, and meditation.....\$15 per class

On the Road to Wellness

Harmonia provides you with comfort, care and support along with holistic treatments and spa services for before, during and after your illness.

Because we are more than just physical beings, Harmonia's goal is to assist in body, mind and spirit integration. We work with our guests to help them find their inner path toward wholeness and awareness. Our various healing modalities are all geared toward creating a state of balance within the body.

Some of the main benefits of our body work include helping to remove toxins, replenish nourishment, maintain and boost the immune system and relieve physical and emotional stress. Therefore, the body's own healing potential is enhanced.

We welcome you to Harmonia and invite you to lean on us during your time of need.

About Us

Harmonia Healing Arts Spa is taking spa services to the next level by offering a holistic approach to the spa experience. We provide our clients with innovative, results-oriented, healing treatments that combine ancient wisdom with new technology. We dedicate ourselves to the well-being of our clients by focusing on rebalancing and restoring the skin, body, mind and spirit. Our highly trained staff assures complete confidentiality and privacy that will make you feel right at home.

Hours of Operation:

Tuesday and Friday 9:30am – 5:30pm
Wednesday and Thursday 9:30am – 9:00pm
Saturday 9:30am – 4:00pm
Open the 2nd and 4th Sunday of each month
Closed Mondays

Appointments

Appointments are required for spa services, but walk-ins are also welcome, and we will do our best to accommodate you. To secure your appointment, a credit card number is required at the time of booking.

Harmonia strives to create a serene environment free from outside stresses. Because ringing and buzzing is disruptive to this kind of mood, please be sure to turn off your cell phone or pager upon entering the spa.

The times listed for each appointment are for the amount of working time. Therefore, please arrive 15 minutes prior to your scheduled appointment to check-in, relax, prepare for your treatment and give yourself enough time to change and check-out after your treatment has been completed. Please understand that if you are late, you may receive an extension on your scheduled treatment time and you will be charged for the entire session.

A change in therapist from time-to-time can be refreshing. Please do not assume that our therapists' feelings will be hurt if you need or decide to use another person for your service. At Harmonia, we work as team and all therapists are extensively and exclusively trained by Ilona.

If two people would like to receive their services simultaneously in the same room, please be sure to request the Couple's Room when booking your appointment.

Cancellation Policy

We understand that occasionally you may not feel your best. However, if you are unable to keep your appointment, please notify us at least 12 hours in advance as we put time aside just for you. Late cancellations or no-shows will be billed to your credit card on file.



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Wellness*