

## Nail Care

**GEL POLISH MANICURES \$40**  
 Add French \$6      Add "Ultimate" \$5  
 (Allow from 1 to 1-3/4 hrs depending on choice)

**FILE & POLISH** (clear or color)      Toes \$20      Fingers \$15  
 (French add \$6)

## PEDICURES

Relax in our massage chairs with the ambiance of soft lighting and soothing music.

**EXPRESS PEDICURE \$45**  
 Enjoy a soothing foot soak, nail shaping, cuticle care and polish.  
 (Approx. 45 min.)

**SPA PEDICURE \$50**  
 Relax with a soothing foot soak, nail shaping, cuticle care, exfoliant, callous reducing, pampering foot massage and polish.  
 (Approx. 60 min.)

**ULTIMATE PEDICURE \$60**  
 Includes all the amenities of a "Spa Pedicure" plus an extra exfoliating treatment of a Sugar Scrub or Dead Sea Salt Scrub and a soothing steamed towel treatment...Luxurious!  
 (Approx. 75 min.)

**HOT STONE PEDICURE \$70**  
 Enjoy the nail care of our "Spa Pedicure" with the added pampering of a warm stone massage. Ahhh, the soothing heat of warmed lava stones being massaged on your feet and lower legs enhances this extremely relaxing and therapeutic pedicure.  
 (Approx. 75 min.)

**ULTIMATE HOT STONE PEDICURE \$80**  
 This pedicure combines the "Ultimate Pedicure" and the "Hot Stone Pedicure". Delight in this luxurious royal treatment.  
 (Approx. 90 min.)  
 Pedicure polish upgrade to French \$6.

## MANICURES

Manicures have a gentle hand soak, nail and cuticle shaping, massage and polish.

Spa Manicure	\$30	Ultimate*	\$35
French	\$36	Ultimate French*	\$41

Upgrade polish to VINYLUX or INFINITE SHINE \$5

\*Includes a luxurious hand exfoliant to polish and condition the skin.

**HOT STONE MANICURE \$50**  
 Warm stones relax and soothe your hands during the massage in the manicure. Great for arthritis relief and relaxation for over-worked hands.  
 (Approx. 75 min.)

**ULTIMATE HOT STONE MANICURE \$55**  
 Enjoy this ultra-pampering warm stone manicure with all the wonderful extras of our "Ultimate Manicure".  
 (Approx. 90 min.)

**MEN ONLY MANICURE \$30**  
 Yes, men need manicures. Hand soak, cuticle therapy, nail shaping, dead skin exfoliant, moisturizing and massage.  
 (Approx. 60 min.)

## Capsule Programs

Our Alpha and SunSpectra Capsules offer a dry-heat sauna in the comfort of a personal sanctuary. This "ultimate" sauna has vibratory massage, ionized face air, stereo and an ergonomically contoured bed.

We have several programs to enhance the benefits of your therapies, as well as several individual programs to promote good health in general: Pre-Massage, Post-Massage, Detoxification, Relaxation, Stress Relief, Weight Loss, etc. Our trained staff will gladly help you choose the program best suited for your needs.

Session:	15 minutes	\$15	45 minutes	\$40
	30 minutes	\$25	60 minutes	\$50

## Packages

**ULTIMATE HIDEAWAY \$385**  
 75 Minute Swedish Massage      Ultimate Manicure  
 Ginseng & Pearl Facial      Ultimate Pedicure  
 Seaweed Detox Wrap      Cocoa-Butter Hand & Foot Wrap  
 30 Min. Relaxation Capsule Session      Lunch      (Allow 8.25 hrs.)

**HOT STONES GETAWAY \$315**  
 90 Minute Hot Stone Massage      Spa Manicure  
 60 Minute Nutral Facial      Spa Pedicure  
 30 Min. Relaxation Capsule Session      Cocoa-Butter Hand & Foot Wrap  
 Lunch      (Allow 6 hrs.)

**SPA DREAM \$260**  
 75 Minute Swedish Massage      Ultimate Manicure  
 60 Minute Nutral Facial      Ultimate Pedicure  
 Cocoa-Butter Hand & Foot Wrap      Lunch      (Allow 6 hrs.)

**SPA ESCAPE \$245**  
 60 Minute Swedish Massage      Spa Manicure  
 60 Minute Nutral Facial      Spa Pedicure  
 Cocoa-Butter Hand & Foot Wrap      Snack      (Allow 5 hrs.)

**NEW ULTIMATE SWE-DEEP \$135**  
 Shea-Butter Back Mask with      90 Min. Swe-Deep Massage  
 Far-Infrared Warming Lamp Session      Cocoa-Butter Hand Wrap  
 to further relax back muscles      (Allow 2 1/4 hrs.)

**PACKAGE FOR TWO \$265**  
 Couple's Target\* Massage      30 Minute Relaxation  
 Lunch      Capsule Sessions  
 Couple's Hot Stone Foot Therapy      (Allow 3 hrs.)  
 \*upgrade both Targets to 60 Min. Swedish for \$50

**NEW RELAX, REFRESH, RENEW \$195**  
 Decadent Chocolate Sugar Body Scrub  
 60 Minute Relaxing Swedish Massage  
 Choice of Hot Stones or Deep-Tissue "Boost"  
 30 Minute Sonic Essential Facial  
 Snack      (Allow 2 1/2 hrs.)

**MASSAGE/FACIAL \$140**  
 60 Minute Swedish Massage  
 60 Minute Nutral Facial      (Allow 2.5 hrs.)

**MOM-TO-BE \$145**  
 60 Minute Prenatal Massage      Ultimate Pedicure  
 Cocoa-Butter Hand & Foot Wrap      Snack      (Allow 3 hrs.)

**THE NATURAL TEEN (13-18 years only) \$135**  
 60 Minute Nutral Facial      Spa Pedicure  
 Cocoa-Butter Hand & Foot Wrap      Snack      (Allow 2 1/2 hrs.)

**NEW THE GENTLEMAN \$155**  
 60 Minute Relaxing Swedish Massage  
 Choice of Hot Stones or Deep-Tissue "Boost"  
 30 Minute Muscle Relaxing Far-Infrared Cocoon Session  
 30 Minute Men's Sonic Essential Facial      (Allow 2 1/2 hrs.)

**JUST FOR ME (for ages 5-10 only) \$45**  
 Mini Manicure      Cocoa-Butter Hand Wrap  
 15 Minute Scalp & Face Massage      Snack      (Allow 75 mins.)

## Products

Skincare Mineral Cosmetics.....Jane Iredale  
 Skincare .....Paula's Choice & Thymes  
 Aromatherapy.....Mixture & Woodwick  
 Therapeutic Pillows.....Mother Earth  
 Teas .....Republic of Teas

## Spa Parties

Spa Parties\* may consist of two (2) or more people for \$99 each. Snacks and Specialty Tea will be served. A choice of two (2) of the following 30 minute services are available.

Pick Me-Up Facial	Bambu Back Massage
Hot Stone Foot Massage	Target Massage
Stress-Relief Back Treatment	Salt Glow
Reflexology	Synergy Hand Therapy
30 Minute Dry-Sauna Capsule Session with a Coconut Oil Hand Wrap	

\*Spa Parties of five (5) or more will automatically have a 18% service charge added.

## Booking/Cancellation

Booking two (2) to seven (7) people will require a credit card to reserve your appointments. Cancellations must be made 24 hours prior to scheduled appointments to avoid a \$25 cancellation fee for each person cancelling. Booking eight (8) or more will require payment in full five (5) days prior to scheduled appointments and **will not be refunded**. Once reservations are made, choice of services may not be changed.

Booking a "Package" will require a credit card to reserve your appointment. A 24-hour cancellation notice must be given for a "Package" appointment to avoid a \$25 cancellation charge to your credit card.

Booking a "Gift Certificate" will require your gift certificate number. A 24-hour cancellation notice must be given to avoid your gift certificate being reduced \$25.

## Gift Certificates

- \* Gift Certificates are available for dollar amounts, any menu service or package.
- \* Gift Certificates can be redeemed for any service or product.
- \* Gift Certificates must be presented at the time of redemption for service or product.
- \* Gift Certificates are not refundable and have no cash value.
- \* Gift Certificate redemption is subject to availability.
- \* Gift Certificates expire five (5) years from date of purchase.

## To Better Serve You

- \* Our Spa is an adult-oriented atmosphere. Children under the age of 12 are not permitted beyond the lobby unless receiving a service.
- \* We request you leave all valuables at home, as Ultimate Escape Day Spa is not responsible for lost personal belongings.
- \* We require that all cell phones and other electronic equipment be turned off before entering the Spa. You may use these items in the lobby.
- \* Please talk in a soft voice while you are in the Spa, so that all of our guests are able to receive the "ultimate" in relaxation.
- \* During any of our services, please let our Spa Staff know if you need anything to make your service more comfortable or relaxing. Our goal is to lavishly pamper you and focus on your well-being.
- \* We appreciate and need your feedback and welcome your suggestions. Our Spa is all about "You".



**Ultimate Escape**  
 day spa

Celebrating over 15 years of "Ultimate" Service

## Spa Menu

At Ultimate Escape Day Spa, our goal is to provide you with an atmosphere where you can escape from everyday stresses and focus on your well-being. In today's society, we often are too busy and forget to take care of ourselves. We provide a variety of services to lavishly pamper you from head-to-toe. Using luxurious products and ultimate therapies, we are confident you will walk out feeling "Relaxed, Refreshed and Renewed"!

### Hours of Operation

Monday – Saturday 9 am to 8:30 pm

We are located on the Northeast Corner at  
 135th & Quivira

11674 W. 135th Street  
 Overland Park, KS 66221  
 913-851-3385  
[www.UltimateEscapeDaySpa.com](http://www.UltimateEscapeDaySpa.com)

Effective date 1/5/15

Prices are subject to change without notice.

\* \* \*

Gratuity is not included in the prices.

\* \* \*

Purchase instant gift certificates at our website.

## Massage Therapy

All massages include Aromatherapy and a soothing Steamed Towel Treatment

### SWEDISH MASSAGE

A great full body massage to relax the superficial layers of your muscles and an excellent aid for stress relief. Light to medium pressure is generally applied. Enjoy body and mind deep relaxation, increased circulation bringing oxygen and nutrients to your muscles.

Approximately 60 minutes	\$ 75
Approximately 90 minutes	\$ 99
Approximately 2 hours	\$125

### SWEDISH MASSAGE "BOOST"

\$8

Enhance your full body Swedish massage. During your session, trade out 10 minutes of Swedish style massage for either Hot Stones or Deep Tissue on a target area. Note: This does not add time to your massage, but gives you the option of a different therapy focusing on a particular area of need. If you have multiple areas of specialty work needed, we recommend one of our other massage styles for your session.

### DEEP TISSUE MASSAGE

This massage works deep into the muscle fibers releasing active Trigger Points, relaxing roped muscles and breaking up constrictions pulling on muscles.

Approximately 60 minutes (upper body)	\$ 95
Approximately 90 minutes (full body)	\$130
Approximately 2 hours (full body)	\$165

The above Deep Tissue Massages include a 15 min. Dry-Sauna Capsule Session before your massage to warm your muscles for this intense work. Pre-warmed muscles enables your therapist to work deeper and give you better results.

### 90 MINUTE "SWE-DEEP" MASSAGE

\$110

Get the best with two massage styles. Enjoy a relaxing 60 minute full-body Swedish massage with 30 minutes Deep Tissue work added focusing on specific areas of muscle constrictions, roping and Trigger Points. For best results, the Deep Tissue work will be first during this massage. (capsule not included)

### 30 MINUTE TARGET MASSAGE

\$50

This personalized massage works specific upper body areas using Swedish and/or Deep Tissue techniques to give you the best results.

### PRENATAL MASSAGE

\$75

A soothing massage for mother-to-be. This massage can also deliver more benefits than just pure relaxation. Routine massage can decrease stress for both mother and baby during the pregnancy. (Approx. 60 min.)

### FOOT REFLEXOLOGY

\$50

Acupressure is used on specific areas of the feet for relief and relaxation. (Approx. 30 min.)

### INFUSION FOOT THERAPY

\$85

The "ultimate" foot massage! Give your feet the most therapeutic and relaxing treatment ever with swedish, reflexology and warm stone therapy. (Approx. 60 min.)

## HOT STONE MASSAGE

Heated lava stones are used to loosen tight muscles and relieve stress. Heat from the stone, penetrates your muscles, giving you a deeper relaxation

### HOT STONE "FULL BODY" MASSAGE

\$130

Full-Body relaxation (Approx. 90 min.)

### HOT STONE "PRONE" MASSAGE

\$95

Entire back of body for muscle relaxation (Approx. 60 min.)

### HOT STONE "BACK" MASSAGE

\$55

Back and neck muscle relaxation. (Approx. 30 min.)

### HOT STONE "FOOT" MASSAGE

\$55

Relaxation for your feet and lower legs (Approx. 30 min.)

## Massage Therapy, cont'd

### COUPLE'S MASSAGE

Enjoy receiving your massage in the same room. A quiet, relaxing time together. The following massages may be done as "couple's". (Some restrictions apply.)

Swedish: Approximately 60 min.	\$165
Approximately 90 min.	\$213
Swe-Deep: Approximately 90 min.	\$235

### SINUS RELIEF (5 min.)

\$7

Add to the end of your massage this uplifting sinus treatment. It's great for anyone with general sinus discomforts or just wanting a refreshing therapy to clear your head.

### BAMBU PROFUNDA

\$130

Warm bamboo sticks and well-trained therapist's hands are used to melt deeper into your muscles with firm Swedish and/or Deep-Tissue techniques. This is a customized full-body massage. (Approx. 90 Min.)

### BAMBU BACK MASSAGE

\$55

Your back and neck muscles are relaxed and soothed with warm bamboo sticks. You choose the technique to be deep or light. (Approx. 30 Min.)

### EXFOLIATING MASSAGE

\$50

Add to your 60 or 90 Min. Swedish massage. First, your skin is exfoliated with gloves using gentle and stimulating massage to remove loose dead skin cells and superficial impurities. Next, warm towels soothe and rinse your skin. Finally, your body is buffed, preparing it for the absorption of nourishing oils used during your massage. (Approx. 30 min.)

### SKIN RESCUE EXFOLIATION

\$28

Add this treatment to any full-body Swedish Massage. Your skin is thoroughly brushed to remove loose dead skin and increase circulation for skin cell renewal. Shea-Butter is then used for your massage to moisturize, soften and protect your skin. (15 min.)

## FAR-INFRARED THERAPY

Warm Far-Infrared rays are healthy rays for your body. These rays penetrate deep into your muscles and body tissue. Rays work from the inside out, vibrating water molecules. This vibration causes tissue to warm. These warm rays increase circulation to the constricted areas deeper in your body helping to relax them. This therapy allows our massage techniques to work even better.

### SYNERGY MASSAGE

Massage with Far-Infrared ceramic disc.

Target Areas: 15 min \$25 30 min \$50

### FAR-INFRARED COCOON

Gently wrapped, while resting on a memory foam mattress sending warm rays to relax your body.

Full Body Relaxation: 30 min. \$30

### FAR-INFRARED WARMING LAMP SESSION

Lamp used during Swedish or Deep-Tissue massage.

Target Areas: 10 min \$10

## Body Treatments

### AROMA SALT GLOW

\$80

An exfoliating treatment combining aromatic Essential Oils and Dead Sea salts high in minerals and trace elements to remove dead surface skin cells. A wonderful therapy to leave your skin feeling silky smooth. (Approx. 45 min.)

### SEAWEED WRAP

\$85

Powerful nutrients of the sea help to improve circulation and elasticity of the skin. Seaweed has beneficial effects on cellular repair and growth by pulling out toxins and depositing trace minerals. (Approx. 50 min.)

### PEPPERMINT SALT SCRUB BODY GLOW

\$60

combines aromatic and moisturizing oils mixed with Dead Sea salts. As loose dead skin is removed to uncover your blocked pores, moisturizing oils and trace minerals are allowed to soak in. A superb seasonal transition treatment. Add a massage or facial for your own perfect package. (Approx. 30 min. Please allow 1 hr. at the Spa)

## European Facials

### NAURAL

\$75

This personalized deep cleansing facial uses plant extracts, vitamins and anti-oxidents to leave your skin soft and refreshed. (Approx. 60 min.)

### MEN'S SPORT

\$75

A gentleman's treat! Includes steam, hot towels, deep cleansing, extractions, light massage and mask. (Approx. 60 min.)

### ROSACEA

\$75

This wonderful cooling facial takes extra care to calm over-stimulated skin. Enjoy the soothing effects it gives to hydrate, balance and protect the most sensitive skins. Delight in the special cool stone facial massage to further calm your skin. (Approx. 60 min.)

### GINSENG & PEARL

\$125

Enjoy the "ultimate" in hydrating facials. Specially created products for hydration are applied throughout this luxurious facial. Experience our "Synergy Massage" on your feet while your specialized mask is pampering your skin. Refresh your complexion with this exotic facial! (Approx. 90 min.)

## "SPECIALTY" FACIALS

(Approximately 75 to 90 Min.)

### ACNE

\$95

Specialized products are used to deep cleanse your skin preparing it for an in-depth concentration of extractions. This facial will help encourage the breakdown of sebaceous build-up. Good for oily and all acne skin types.

### BELLE NOUVELLE VIE

\$95

Fruit Acids and a marine enzyme peel are used to detach dead skin cells and prepare it for the absorption of highly nutritious products to stimulate cell renewal. Ultimately, this facial will encourage the production of collagen and elastin in the dermis. Your skin will look radiant, revived and smooth.

### ÉCLAIRANT

\$95

Renew dull, lifeless skin with this brightening facial. Let it purify, nourish and begin repairing free-radical damage. A 25% lactic green tea peel is applied to lighten skin and help fade acne discoloration. Great for all skin types!

### SOLLEVARE

\$95

This "instant lifting" facial uses hydrolyzed collagen for superior moisturizing and cell renewal. In addition, your skin will be layered with a series of firming agents. You are sure to be pleased with the results of a firmer skin tone illuminated with a healthy glow. Perfect for special occasions or if you just need a "lift".

### ENRICHIR

\$95

Anyone with normal to dry skin will love this highly enriched facial. Ultimate renewal and moisturization will be the results. This facial will be customized to address specific needs in levels of moisture and hydration. Also a gentle chemical exfoliation with a 10% alpha-hydroxy acid solution is used.

## REFRESHING SKINCARE

NEW

### FOOT PEEL (BABY FOOT™)

\$28

Using 17 extracts, this peel allows layers of dead skin seals to peel naturally off your feet in about a week. This leaves your feet soft and much easier to keep moisturized. Add peel during a 60 minute or longer facial.

### SONIC ESSENTIAL FACIAL

\$55

With micro-massage cleansing, this clarifying "Essential" facial prepares your skin for better product absorption and leaves your skin soft, smooth and more radiant. (Approx. 30 min.)

## Skin Resurfacing

### "DERMAFILE" FACIAL

\$82

This amazing resurfacing facial gently and thoroughly files and polishes your skin with highly-crafted crushed diamond wands. The specialized technique gives your skin a renewed smooth, healthy glow. Additionally, it helps stimulate collagen production, begins smoothing uneven skin texture and encourages healing of sun-damaged skin. (Approx. 60 min.)

### "DERMAFILE" FOLLOW-UP PEEL

An enzyme peel or lactic acid peel enhances the results of the "Dermafile" Facial. It is only available 7 to 10 days after this facial. (Approx. 25-30 min.)

Enzyme Peel	\$35
Lactic Acid Peel	\$45

## Beauty Services

### SPECIAL OCCASION MAKE-UP APPLICATION

\$35

Have one of our highly trained estheticians apply our Jane Iredale Mineral Makeup for your special occasion, Wedding, Prom, Anniversary, Birthday, etc. Look glamorous on your special day!

### TINTING Brow or Lash Tinting

\$18 each

## Waxing

Brows	\$15	Bikini	\$30 to \$40
Upper Lip	\$15	Back	\$45 to \$55
Lower Lip	\$15	Brazilian	\$60 to \$80
Chin to Jawline	\$15	Half Arms or Chest	\$30
Under Chin	\$15	Full Arms	\$40
Sideburns	\$15	Hands	\$15
Full Face	\$40	Full Legs	\$65
Full Face w/Brow	\$50	Full Legs w/Basic Bikini	\$85
Neckline	\$15	Upper Legs	\$40
Underarms	\$20	Lower Legs	\$35
Abdominal	\$20	Toes w/Top of Foot	\$15
Shoulders	\$20		

## Signature Treatments

Any of the following luxurious treatments may be added to most services or booked as a single service.

### COCOA-BUTTER HAND & FOOT WRAP

This aromatic extract from the cocoa bean is melted and gently applied to your hands and/or feet. They are then wrapped and warmed to absorb the moisturizing and skin softening properties of this ultimate therapy. Hands \$10 Feet \$15

### SUGAR SCRUB FOOT TREATMENT

\$25

Warm sugar crystals, nourishing jojoba and aromatic essential oils gently exfoliate and moisturize your feet. Next, your feet are wrapped, warmed, rinsed and massaged, followed by a refreshing and uplifting peppermint therapy.

### STRESS-RELIEF BACK THERAPY (Approx. 30 min.)

\$50

While warming you with infrared heat, let us de-stress you by compressing layers of therapeutic mud, warm oils and a cooling gel on your back. This relaxing treatment soothes sore or aching muscles.

### ULTIMATE SCALP THERAPY

\$50

This luxurious treatment uses aromatic essential oils blended with warm pure jojoba extract to stimulate and nourish your scalp. First your head is scrubbed, then the oils are thoroughly worked into your scalp. For best results, time is allowed to melt the oils into your warm scalp. Afterwards, an aromatic scalp wash is applied for you to gently rinse in the shower. An "ultimate" treatment for anyone!

### SYNERGY HAND THERAPY (Approx. 30 min.)

\$50

Nourishing jojoba extract and warm Far-Infrared massage is used to soothe tired or arthritic hands and forearms. A wonderful therapy for hands experiencing repetitive use symptoms.