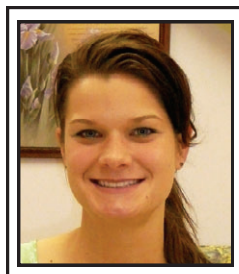
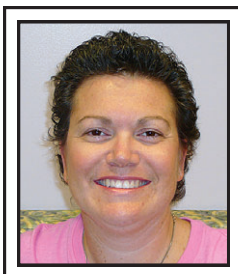


# Wellness at the Y



**We now  
do Birthday  
Parties  
See page 18  
for details**

**Monday - Friday: 9:00 a.m. - 9:00 p.m. Saturday 9:00 a.m. - 5:00 p.m.**

Find your center. Find your calm. Find a moment for yourself and let our friendly, trained staff take the stress of your day away. Indulge and pamper yourself with one of our many spa services in massage, skin treatments, waxing, manicures & pedicures. See the difference our staff will make.

**Schedule your appointment today. 262-654-9622 ext. 201**

**Please Note:** If it is necessary to reschedule or cancel your appointment, a minimum of 24 hours notice must be given or a cancellation fee will be added to your bill. Fees shown indicate Kenosha YMCA Member/General Public prices.

## MASSAGE

### Therapeutic Massage

15 minutes	\$20/\$30
30 minutes	\$35/\$45
60 minutes	\$60/\$70
90 minutes	\$85/\$95
120 minutes	\$120/\$140

### Hot Stone Massage

30 minutes	\$55/\$65
60 minutes	\$80/\$90
90 minutes	\$100/\$110

### Couples Massage

30 minutes	\$60/\$70
60 minutes	\$110/\$120
90 minutes	\$150/\$160

### Prenatal Massage

30 minutes	\$45/\$55
60 minutes	\$70/\$80

## PACKAGES

### Vigor & Vitality

A 60 minute Deep Tissue Massage followed by a 30 minute Hot Stone Massage  
\$110/\$130

### Calm & Centered

A 60 minute Just For Me Facial followed by a 60 minutes Spa Pedicure  
\$110/\$130

### Ultimate Extremities

A Spa Pedicure and Manicure with Paraffin Treatment  
\$80/\$100

### Head to Toe - A Just For Me Facial

A Just For Me, 60 minute Hot Stone Massage and a Spa Pedicure  
\$190/\$210

## WAXING<sup>†</sup>

Lip	\$14/\$19
Eyebrow	\$15/\$20
Underarm	\$17/\$23
Half Arm Wax	\$30/\$35
Full Arm Wax	\$45/\$50
Half Leg	\$45/\$50
Full Leg	\$60/\$65
Bikini	\$35/\$40
Brazilian	\$65/\$75
Back Wax	\$50/\$60 & Up
Chest Wax	\$50/\$60 & Up

<sup>†</sup> Can cause redness to skin.

## NAILS

**Manicure - 45 minutes**  
\$22/\$32

**French Manicure - 45 minutes**  
\$25/\$35

**Prince or Princess Manicure**  
For children ages 3-12  
\$18/\$28

**Paraffin Wax Treatment - 10 minutes**  
\$15/\$20

**Express Pedicure - 30 minutes**  
\$28/\$38

**Spa Pedicure - 60 minutes**  
\$45/\$55

**Prince or Princess Pedicure**  
For children ages 3-12  
\$22/\$32

**Manicure & Spa Pedicure 1hr, 45min**  
One hour & 45 minutes  
\$65/\$75

**Nail Trim & Foot Soak - 15 minutes**  
\$20/\$22

## SKIN

**Express Facial - \$50/\$60**

**45 minutes** - The Express Facial is great for those with a busy schedule that still want to take care of their skin. With this facial you will receive a deep cleansing & exfoliating treatment with steam. Plus a relaxing head, neck, face & shoulder massage to help relieve facial & upper body tension. At the end is a moisturizing treatment to hydrate the skin. Extractions are not included.

**Just For Me Facial - \$70/\$80**

**60 minutes** - This facial is excellent for teens or anyone with problem skin. This facial is customized for your specific skin type. Designed to deeply cleanse & refine the skin with two different masque treatments. Also includes a relaxing head, face, neck and shoulder massage. Extractions included if needed.

**Anti-Aging Facial - \$100/\$110**

**90 minutes** - Yes, the wellness center has an anti-aging facial. With this facial you will receive the Bio-Elements anti-aging treatment and a hydrating treatment. A steam exfoliate is used to remove dead surface layer and diminish fine lines and wrinkles revealing fresh, new skin. This facial also includes a relaxing head, neck and shoulder massage plus your feet are rapped in a warm towel.

**Salt or Sugar Body Scrub Treatment - 45 minutes** \$55/\$65

**Back Facial 60 minutes** \$60/\$70

## Bridal Packages & On-Site Services are also Available!

Please inquire with coordinator for prices.

## DISCOUNT CARDS

Receive **one free** service when you buy a card.

### Massage Card

(10) 30 minute massages	\$350/\$450
(10) 60 minute massages	\$600/\$700
(10) 90 minute massages	\$850/\$950

### Nail Card

(5) Manicures	\$110/\$160
(5) Spa Pedicures	\$225/\$275
(5) Manicure & Pedicure Package	\$325/\$375

### Facial Card

(10) 45 minute Express Facial	\$500/\$600
(10) 60 minute European Facials	\$700/\$800