



INSIDEOUT

HEALTH & WELLNESS

Step inside and leave the world behind. Nurture the body, refresh the mind and restore the spirit. We offer services for total body wellness inside and out. Let our experienced practitioners develop a treatment plan that works with your lifestyle and goals of healthy living. This is your time - it's all about you.

PACKAGES

Detox Cleanse (1.5 hours)

\$155

Envelope your body in a hot, detox herbal cocoon of bliss while you receive a luxurious scalp massage, followed by a light, rhythmical massage to specifically increase lymphatic flow, cleansing your body.

Natural Balance (2 hours)

\$160

Get happy feet as your therapist expertly targets pressure points to relieve tension and ailments. This is followed by a one-hour massage to unwind and soothe your aches and pains.

Be Radiant (2 hours)

\$165

Your rejuvenating essential facial will bring healthy, glowing skin to the surface as you are cleansed, exfoliated, massaged and moisturized to perfection. Your one-hour massage will bring a rested "new you" back to life.

Tranquil Spirit (2 hours)

\$160

Take time out to harness your inner energy with this reiki and muscle-melting massage treatment. It's almost as good as a vacation!

Harmonious Within (2 hours)

\$164

Balance and calm your body's nervous and endocrine system using acupuncture and soothe away your worries with a full body massage. This deeply, relaxing treatment is unforgettable.

Restorative Body (3 hours)

\$235

Decompress with our three-hour treatment package of reiki, massage and essential facial. Experience a release of toxins as your tension is relieved, restoring positive energy and fresh, clean skin.

Cloud Nine (3.5 hours)

\$354

The ultimate in total body wellness. Feel and see the difference as your mind, body and spirit get transported to a tension-free zone. This package includes reflexology, massage, essential facial, and reiki. Includes spa lunch.

Insideout Signature Massage (90 min)

\$140

Put yourself first with our immune-boosting, tension-busting treatment of dry brushing, followed by our signature 5 layer aromatherapy massage. You'll never want to leave!

MASSAGE

Swedish, Sports, Deep Tissue, Myofascial Release & Pre-natal

30 min \$50 60 min \$89 90 min \$120

Hot Stone Massage (90 min) \$140 Four Hands Energy Massage \$155

Himalayan Salt Stone Massage \$140

BODY TREATMENT

Slimming Parafango Mud (60 min) \$130 Seaweed Body Wrap (60 min) \$130

Hot Herbal Wrap (30 min) \$67

ADD ONS

CBD \$25 Aromatherapy \$15

Hot Stones \$25 Hot Essential Oil Scalp Massage \$35

SERIES

3 (60 min) Massage sessions \$252

5 (60 min) Massage sessions \$410

10 (60 min) Massage sessions \$810

3 (90 min) Massage sessions \$345

5 (90 min) Massage sessions \$565

10 (90 min) Massage sessions \$1108

SKIN CARE

Insideout Signature Facial (90 min) \$120

Experience our fresh approach to skincare with this unique blend of a European Facial with lymphatic drainage. Our brightening Vitamin C, nourishing seaweed & soothing Vitamin E treatment will leave you feeling refreshed and deeply satisfied.

Chemical Exfoliation (30 min) \$60 Ultrasonic Facial (90 min) \$105

Dermaplaning (45 min) \$70 *Vitamin C Brightening \$100

*Mini Facial (30 min) \$55 *4 Layer Facial (90 min) \$110

*Back Facial (60 min) \$85 *VitaCure 5 Phase \$120

*Classic European Facial (75 min) \$85 Firming Facial (90 min)

*Seaweed Facial (75 min) \$100 *Anti-aging Facial w/ \$105

*Hydra Medic Facial (90 min) \$115 glycolic-lactic acid (90 min)

*Biolight Miracle Facial (90 min) \$120 *Repechage skin care products

*Hydra Dew Pure Facial (90 min) \$115

ADD ONS

Anti-age Eye Treatment \$20 Paraffin Hand Treatment \$20

WAXING

Brows \$18 Lower leg & Bikini \$60

Upper Lip \$10 Bikini (Standard) \$35

Chin \$12 Bikini (Barely there) \$45

Brow & Upper Lip \$25 Bikini (Brazilian) \$60

Lip & Chin \$20 Under Arm \$25

Lip, Brow, & Chin \$35 Full Arm \$55

Full leg \$80 Half Arm \$40

Full leg & Bikini \$85 Back \$70

Upper legs \$50 Chest (Upper) \$60

Upper leg & Bikini \$70 Chest & Abdomen \$100

Lower leg \$40

TINTING

Eyelashes (30 min) \$30 Eyebrows (15 min) \$25

FOOT REFLEXOLOGY

\$80

ACUPUNCTURE

Initial Consult & Treatment \$135

60 min Follow-Up \$85

REIKI

60 min \$80

INTEGRATIVE TOUCH THERAPY

Includes Massage & Aromatherapy w/ (Reiki or Cranial Sacral Therapy)

60 min \$104

90 min \$135