

## spa manzanita packages

### spa sampler

Mini True Facial  
Mini Manzanita Massage  
About seventy minutes \$95

### manzanita time

Manzanita Massage  
Manzanita Classic Facial  
Paraffin Foot Treatment  
About two hours \$165

### ocean voyage

Ocean Salt Scrub  
Spa Manzanita Signature Facial  
Foot Soak and Tea  
About two and a half hours \$250

### neah-kah-nie treasure

Treasure of the Sea Body Treatment  
Ocean Breeze Oxygenating Facial  
Walk on the Beach Pedicure  
Spa Snack  
About four hours \$345

### men's manzanita time

Manzanita Massage for ninety minutes  
Men's Facial  
Foot Soak and Tea  
About two and a half hours \$200

### beach time

You Choose:  
Manzanita Classic Facial  
or  
Manzanita Massage for sixty minutes  
Get Fresh Pedicure  
Essential Manicure  
About two and a half hours \$190

Please call us to customize your day from our menu -  
or to ask for special services.  
Snacks consist of light, organic fare prepared in local  
kitchens. Please let us know about special dietary needs.  
Times are estimated, please allow for....

I find myself at the extremity of a long  
beach. How gladly does the spirit leap  
forth, and suddenly enlarge its  
sense of being to the full extent of  
the broad, blue, sunny deep!  
A greeting and a homage to the Seal  
I descend over its margin, and dip my hand  
into the wave that meets me, and bathe  
my brow. That far-resounding roar  
is the Ocean's voice of welcome. His salt  
breath brings a blessing along with it.

-Nathaniel Hawthorne

## my pledge

Every professional at Spa Manzanita pledges services and products to make your visit to the coast truly exceptional. You can look forward to an inspired ritual for body, mind and spirit. At Spa Manzanita, we combine the serenity of the beach, the power of expert touch and the comfort of our surroundings to ensure a rejuvenating experience.

Because we all live as well as work at the coast, we take pride in building lasting relationships with all who share our commitment. We welcome you as friends as well as clients, seeking your well-being for tomorrow as well as your contentment for today.

At spa manzanita, you can rely on my personal commitment to your health based on twenty five years of experience as therapist, athletic trainer and advisor. Enjoy - and welcome to our family.

*Janice B Gaines-Ehlen*

### inspiration

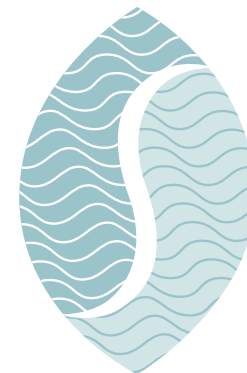
For three decades - from teenage lifeguard to champion body builder - spa founder Janice Gaines-Ehlen has demonstrated her commitment to well being in herself and others. Her degrees in nutrition, exercise physiology and corporate fitness provide solid academic foundations for her leadership. Her experience as swim coach, ski instructor and Olympic bike racer put her in continuing touch with hundreds of specialists in health and fitness. As consultant, lecturer and wellness coach, she has enhanced lifestyles from boardrooms to living rooms.

During the last twenty five years as a licensed massage therapist, Janice has restored mobility and enhanced flexibility for thousands of clients. Every treatment, product and service at Spa Manzanita reflects Janice's personal commitment to your renewed vigor and balanced lifestyle.



s p a m a n z a n i t a

144 Laneda Ave, Manzanita  
503.368.4777  
www.spamanzanita.com



s p a m a n z a n i t a

a full service day spa and shop

## about your visit

### reservations and cancellations

To avoid disappointment, please schedule in advance. We often have same-day appointments, but want you to feel the comfort of time reserved just for you.

Both you and we suffer if you miss an appointment. If you simply must cancel and can't send someone in your place, please notify us within 24 hours for single services and 48 hours for multiple services. If we don't hear from you, we may charge you \$50 per missed hour.

### payment

Visa/Mastercard, American Express, Discover, checks and cash.

### gratuity

Gratuities are matters of personal discretion. If you wish to express your appreciation, cash is preferred, although not required.

### parking

For your convenience we have private parking on the south side, behind the building. Go west on Laneda Ave. to the stop sign, turn left on Carmel, turn left again on Merton.

### your first time?

How you dress does not matter - come as you are. We highly respect your privacy. You will have time to talk with your therapist concerning the focus of your treatment. Our services are personalized to your needs.

### amenities

We supply slippers for use in the spa area and make plush robes available.

We provide shower facilities, complimentary fluffy towels and toiletries for hair and body.

### children

Young adults are welcome to book spa services. Please call about any concerns.

### gift cards

Spa Manzanita gift cards make the perfect present for holidays and special occasions. Choose from the menu: a package, a series, a service or a dollar amount. We also offer unique products for creating customized gift packs to accompany your spa gift card. For an additional fee we can mail or ship your gift. Let us help you make the perfect decision. Simply call or email us with questions.

Instant purchase of gift cards available through our web site.

### groups and special events

Think of us for parties, weddings, reunions and get-togethers. We would enjoy helping plan your special spa event!

### we kindly request a few things

Please arrive 10 minutes prior to your appointment, to allow for check-in and relaxation.

Quiet your cell phone or pager.

Refrain from wearing perfume.

While in the spa area please have soft conversations (we call it "spa voice").

503.368.4777

www.spamanzanita.com  
One Block from the Pacific Ocean  
open every day

## hands and feet

spa manzanita offers all natural nail care services. We use all natural nail care products that are eco-friendly as well as health friendly.

### foot soak and tea

Enjoy an aroma therapy foot soak with a cup of soul nourishing tea. This is a wonderful way to start your spa experience or in-between services. Fifteen minutes \$10

### indulgence for feet and hands

Easy add-on to most services, a calming aroma infusion of heated paraffin that stimulates blood flow, relaxation and relief of sore and achy joints. Your skin is left hydrated, smooth and soft. Pair \$15

### walk on the beach pedicure

Feet are soaked in a rejuvenating bath of sea salts and minerals, gently exfoliated, then massaged with oils rich in ocean extract and seaweed minerals. Reduces swelling, detoxifies and relaxes. Particularly good for sensitive or irritated skin.

With nail/cuticle care and polish sixty minutes \$70

As a foot spa treatment only forty five minutes \$60

### neah-kah-nie hot stones pedicure

Begin with a warm soak in a mineral rich foot bath to encourage the release of tension. Legs and feet are treated to an exfoliating scrub, then massaged with aromatic oils and hot stones collected from the base of Neah-kah-nie Mountain. Sure to remove and tension and concerns.

With nail/cuticle care and polish sixty minutes \$70

As a foot spa treatment only forty five minutes \$60

### get fresh pedicure

Experience the uplifting, energizing and tension relieving aroma of lemongrass with a touch of lavender and lemon oil. Soak, exfoliate and massage this wonderful scent into your world.

With nail/cuticle care and polish sixty minutes \$70

As a foot spa treatment only forty five minutes \$60

### relax longer

Relax longer - add additional massage time and a therapeutic, deeply moisturizing paraffin treatment to any pedicure. Eighty five minutes \$95

### essential manicure

Includes massage, nail, cuticle care and polish change. Forty five minutes \$50

### healing manicure

Includes nail and cuticle care, sea salt exfoliation, deep moisturizing paraffin treatment, massage and polish. Sixty five minutes \$65

## waxing services

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Eyebrow.....\$20	Full leg .....\$65
Shaping .....\$25	Half leg .....\$40
Lip or chin .....\$15	Full Arm .....\$35
Bikini .....\$35 and up	Half Arm .....\$25
Brazilian.....\$75	Underarm .....\$25
Monthly Brazilian Club first wax \$75 second one \$50	Back .....\$50 and up

(Please note minimum waxing service charge \$30)

## body

spa manzanita is proud to use plant or seed based certified organic massage oils that are nut-free and contain no paraben or other artificial ingredients.

### spa manzanita signature massage

Let the talented hands of licensed therapists and heat from Neah-kah-nie Mountain stones reach deep into tense muscles. As you relax and release, we personalize your treatment as we learn the pressures you find most helpful. Warming, soothing, relaxing and releasing. A unique coastal experience. Eighty five minutes \$130

### manzanita massage

Customized to suit your needs: Choose Swedish style massage to achieve relaxation while improving circulation and well being, or intensive deep tissue massage for relief of stubborn knots and muscles stressed by active lifestyles and sports or a blend of both. Sixty or ninety minutes \$80 or \$120

Add precious essential oils to create an aroma journey. \$5

### ocean salt scrub

A moisturizing exfoliant, containing sea-derived granules rich in minerals and salts will gently slough dead cells away, while the creamy base hydrates the skin. The body is left fully moisturized and silky smooth. Eighty five minutes \$135

### treasures of the sea

Like a dip in the ocean this treatment is sure to immerse the senses and bring the body back to balance. Begin with an invigorating dry brush and follow with an extended massage. Alternating waves of warmed seawater massage balm and a cool draining elixir will be applied using a therapeutic massage technique. Rebalance from head to toe and leave feeling revived and hydrated. Eighty five minutes \$135 or extend your massage time one hour and fifty five minutes \$185

### remineralizing body wrap

If feelings of fatigue, stress and low energy are creating imbalance for your physical and emotional well-being, sea water is the perfect solution. Begin with a body exfoliation, followed by an essential oil infused seawater gel wrap providing all the trace minerals to rebalance sluggish cells. Finish with a 45 minute therapeutic massage. You will leave with your skin feeling silky and the body calmly re-energized and remineralized. Eighty five minutes \$135 or extend your massage time one hour and fifty minutes \$185

### couples massage

An enjoyable event for romantic couples or good friends wanting to experience their massage treatments together. Sixty or ninety minutes \$175 or \$255 per couple

### moms-to-be

This nurturing & relaxing therapy focuses on the special needs of the mother-to-be by relieving stress on joints and neck & back pain. We use expressly designed pillows and products. Sixty or ninety minutes \$85 or \$125

### acutonics

acupressure massage combined with sound healing that uses the vibration of tuning forks to open and stimulate acupuncture points and meridians. Acutonics is a modality that makes the basic principals of Oriental Medicine accessible in a non-invasive way. Please refer to our website for additional information on this treatment. Ninety minutes \$130 extend your massage time one hour and fifty five minutes \$180

### spot specific

This service is designed to address specific issues like chronic injury, an acute problem or it can be a focus on your neck and shoulders. Forty five minutes \$60

## face

spa manzanita is dedicated to offer high quality, result driven skin care products. Our estheticians are committed to provide you excellence and knowledge when it comes to taking care of your skin whether its here in the spa or at home.

### spa manzanita signature facial

Transform yourself with this luxurious facial treatment. You will experience deep cleansing and exfoliation, therapeutic skin rejuvenation with extra care for your eyes and décolletage. Benefit from acupressure facial massage and specific renewing and firming techniques. This service includes all the time in the world to massage and treat your neck, hands and feet. Walk out of the spa with your skin hydrated and your senses refreshed. One of our most relaxing treatments. Eighty five minutes \$120

### manzanita classic facial

Designed for your specific complexion, this personalized service will transform your skin and your spirit. After a detailed consultation, your esthetician will select the products that are perfect for your goals and your skin's health. Fifty five minutes \$80

### ocean breeze oxygenating facial

A real breath of oxygen with a facial that brings all the benefits of a stroll along ocean into the treatment room. This relaxing treatment is ideal for combination, oily or clogged skin and is designed to oxygenate and purify. It notably brings together two specific marine masks with strong deep-cleansing and clarifying properties. The first of these ensures an excellent dilation of pores to promote the elimination of impurities. The second mask acts on absorbing excess sebum and contains ingredients which promote cellular respiration and remineralization.

It is ideal for anyone living a stressful life in a high pollution area, as exposure to these harsh elements can cause the skin to lose its radiance. It is equally effective for those who are run-down or not eating a well-balanced diet. Eighty five minutes \$150

### Dr Rajani Facial

This facial is designed to create incredible results. Exclusively using Dr Anil Rajani products that are made with fresh potent ingredients that work! The facial includes deep cleansing and exfoliation followed by a Pumpkin mask with prescription grade ingredients. The enzymes in pumpkin exfoliate and inject the skin with anti-oxidants that result in skin glowing, radiating and smooth. Fifty five minutes \$95

### skin refining peel

Refine your skin with this professional peel of Idebeneone (a powerful antioxidant) and 30% lactic acid. Lactic acid is a gentler acid for more sensitive skin and will penetrate your skin to exfoliate outer layers of dead skin cells that dulls complexions. The results of this peel aids in reversing damaged skin due to factors such as aging, sun exposure and acne. Fifty five minutes \$95

### relax longer

Dr Rajani facial and skin refining peel: Create these services into a enjoyable pampering facial by adding 30 minutes. You will experience soothing lymphatic massage for your neck and face plus wonderful massage for hands and feet. Eighty five minutes \$135

### men's facial

Men enjoy a facial just as much as women and this facial is designed with a man's skin in mind. Your skin will be deeply cleansed, exfoliated and nourished. Includes deep neck and facial massage that is sooo relaxing. Fifty five minutes \$80

### teen facial

Never-too-early care that targets the needs of teenagers. Created to address the hormonal changes that arrive with adolescence, this treatment helps control current breakouts, prevent future occurrences and introduces good skin care habits that will last a lifetime. Fifty minutes \$75

## enhancements

### back facial

The back facial will improve the appearance and tone of the skin, as well as relax the back muscles. Includes deep cleanse, exfoliation, a purifying mask, a hydrating treatment, and massage. Forty five minutes \$60

### Add-ons:

#### acutonics facial rejuvenation

Acutonics facilitate an increase in the flow of blood to the face and stimulate a boost of energy, thereby improving muscle tone and skin tension. The treatment enhances rejuvenation and tightening of the skin tissue from the inside out. Fifteen minutes \$20

### tinting

Semi-permanent natural eyelash and eyebrow tinting. Easily achieve a natural, dramatic look. Ten minutes \$20

### extractions

Add-on to any facial ten minutes \$10

### 'TRUE' mineral make-up

The TRUE collection of cosmetics transforms beauty and enhances the health of the skin. Equally beneficial and safe for all skin types. Non-comedogenic/ Paraben, oil and fragrance free.

### make-up lessons

Our trained staff will assist you with consultations and/or application. Fees may apply to special events.

## One-on-One with Janice B Gaines, BS LMT

### "Life is so much more fun when you are healthy and energetic" Janice

Janice offers her "almost 40 years" experience, formal education and skills:

### Lifestyle Fitness Training, Education and Wellness

Personalized fitness coaching, instruction, education and motivation. Nutrition, body compositional change (weight loss) and lifestyle modification. True wellbeing means creating a lifestyle that encourages quality nutritional decisions and makes exercise a priority as well as a passion. Please contact Janice to discuss this service and pricing. Can be one on one, couple or small groups.

### Injury/chronic pain and rehabilitation evaluation

Assess your specific chronic pain and/or injury to help you towards structural muscle and skeletal balance. Relieve of pain and overall improvement of health and well-being. This service is customized to your needs, may include hands on work, assessment and/or physical movement education. Seventy five minutes \$110



Fit Manzanita Athletic Club (located adjacent to the spa), is available for personal training for individuals, couples or small groups. All services are personalized to fit the needs and goals of the client.

Personalized activity instruction, motivation and fitness training may include:

- ◆ Nutrition ◆ Functional Core Fitness ◆ Traditional Strength
- ◆ Cardiovascular ◆ Cycling ◆ Running ◆ Surfing ◆ Hiking

Day, week, month or yearly memberships available.

www.fitmanzanita.com