

INFRARED SAUNA THERAPY

When you relax in the Infrared Sauna the healing infrared heat stimulates the Cardiovascular, Lymphatic and Immune systems.

This produces:

- Deep therapeutic perspiration
- Releases toxins
- Burns Calories
- Relaxes muscles

All infrared sauna sessions include hot towels to freshen up with after each session as well as a Refreshing beverage!

Single Sauna Sessions

\$20.00 - 15-20 min.
\$30.00 - 30-35 min.

Monthly Packages (per Month ONLY)

4 sessions \$60.00
Package based on 20 minute sessions
8 sessions \$140.00
Package based on 30 minute sessions
Unlimited Sessions \$240.00
Package based on 30 minute sessions

AIRBRUSH SPRAY TANNING

The most realistic sunless tan ever created!

[Fantasy Tan Airbrush Spray Tan!](#)

This personal treatment is tailored to your individual needs. No two people are alike and your spray tan should suit you and your skin type. Fantasy Tan comes in 5 gorgeous colors!

30 minute session - \$35.00
Buy 4 Get the 5th FREE - \$140.00
Upper body only - \$25.00
Lower body only (legs) - \$20.00

SERVICES BROCHURE



**257 Penrose Plaza
Carlisle, Pennsylvania 17013**

(717) 243-0307

www.faceforwardclinic.com

Hours:

SUN: CLOSED
MON: 9 am - 7 pm
TUES: 9 am - 7 pm
WED: 9 am - 7 pm
THUR: 9 am - 7 pm
FRI: 9 am - 5 pm
SAT: 9 am - 2 pm

NAILS

Classic Manicure \$20.00 - 30 min.

This classic regimen includes soaking, nail shaping and cuticle rejuvenation. Finish with a hand massage and polish.

Signature Spa Manicure \$36.00 - 40 min.

This is a "facial" for your hands. This service has six beneficial steps. Start with a 2 step Microdermabrasion system providing exfoliation and brightening. Follow with a hydrating hand masque, antioxidant massage cream, nail and cuticle rejuvenation, nail shaping and polishing.

Shellac

First application \$27.00 - 30 min.
Soak off \$35.00 - 45 min.
Soak off only + buff \$10.00 - 15 min.

[The only soaking pedicure like this in the area!](#)

Classic Pedicure \$34.00 - 45 min.

Start this treatment with a 15 min foot soak in our copper basin. We use a unique crystal mud soak that magically softens calluses, hydrates and helps with swelling. Gently wiggle feet in crystal mud and solution turns into a luxurious thick mud. This regimen finishes with nail shaping, cuticle rejuvenation, polishing and massage.

Pedi express \$25.00 - 30 min.

For those on the run!!

Start off this condensed treatment with a quick soak. Follow with your nails being filed, shaped and cuticle rejuvenation. Finish up with a polish of your choice.

***French Manicure \$5.00 additional
to any nail service.***

Crystal Mud Foot Soak \$20.00 - 15 min. "Medical Pedicure"

- Relaxes Muscles
- Softens hard calloused skin
- Stimulates senses

Relax while your feet soak in a warm water bath. Once the Crystal Mud solution is united with the water it becomes a thick gel-like mud. The density of mud allows the muscles in the feet to fully relax. Used regularly the Crystal Mud helps to combat hard, calloused skin.

Choose from the following scents:

- **Peppermint:** Leaves skin refreshed, cool & tingly
- **Ginseng:** Help to alleviate swelling
- **Lavender:** known for its sedative and anti-septic properties which aid in Rejuvenation and nourishment
- **Rose:** Helps to restore balance, alleviate stress and Relaxes the body
- **Jasmine:** Soothing and Calming, Leaves you revitalized and energized.

Crystal Mud Spa Pedicure \$46.00 - 60 min.

A facial for your feet. This luxurious treatment has seven beneficial steps.

- a 15 min crystal mud foot soak
- exfoliation
- treatment mask
- moisturizing massage
- nail and cuticle rejuvenation
- nail shaping
- polish

Crystal Mud Foot Soak with Reflexology \$50.00 - 45 min.

Begin with a relaxing foot soak in our crystal mud foot bath. Specific pressure techniques, stretching and movement are utilized to stimulate predefined points on your feet. The Reflexology promotes healing by stimulating the nerves in the body and encouraging blood flow.

**NO INSTRUMENTS OR DEVICES
ARE USED IN THIS TREATMENT!**

MASSAGE THERAPY

Relaxation Massage \$55.00 - 60 min.

Deep Tissue Massage \$65.00 - 60 min.

Prenatal Massage \$55.00 - 60 min.

MyoFascial Release \$70.00 - Up to 60 min.

Neuromuscular Therapy \$60.00 - 60 min.

Target Area Massage \$35.00 - 30 min.

This 30 minute treatment focuses on problem area such as:

- Sinuses
- Upper or lower Body
- Back and Neck

Add aromatherapy for \$5.00

MICRODERMABRASION

Microdermabrasion \$75.00 - 40 min.

Microdermabrasion stimulates the blood flow to the surface of the skin producing increased cell renewal and collagen growth. The massaging action of the treatment creates a flushing and cleansing effect below the skin's surface, resulting in a vibrant, healthy appearance and complexion.

Micro-Facial \$125.00 - 75 min.

Combination of Microdermabrasion treatment and our European facial.

PEELS

Glycolic Peel \$45.00 - 30 min.

This peel is excellent for sun damage, lines and wrinkles.

Jessner Peel \$75.00 - 30 min.

Also excellent for sun damage, fine lines, wrinkles, and suppressing over oily skin conditions.

WAXING

Free yourself from your tweezers. We use both hard and soft wax for a more effective, long lasting and smooth result. *(Please make sure there is approximately ¼ inch of hair growth when scheduling your appointment.)*

Brow - \$15.00

Lip - \$10.00

Chin - \$15.00

Cheeks - \$15.00

Full Arms -\$35.00

Underarms - \$25.00

½ Leg - \$25.00

Full Leg - \$55.00

Full Leg & Bikini - \$75.00

Bikini - \$30.00 & up

Brazilian -\$60.00 & up

Back - \$55.00 & up

NEW!!

Personalized eyebrow stenciling \$30.00 - 30 min.

Create a more youthful, symmetrical appearance with brow shaping. Personalized to your bone structure, face shape and hair color. Service includes a private makeup lesson, stenciling, waxing or tweezing. *(Additional charge for brow tinting if required.)*

Brow tinting \$20.00 - 20 min.

(lasts 2-4 weeks)

Lash tinting \$25.00 - 20 min.

SKIN CARE

Our Specialty!

We are knowledgeable and experienced in our field. We use medical grade skin care products to restore and treat your skin. A skin analysis will determine the appropriate service for you! Each facial includes cleansing with our nutrasonic facial brush.

European Facial \$62.00 - 60 min.

A customized facial based on your skins needs ranging from aging to dryness, sensitivity or oiliness.

Anti aging Facial \$72.00 - 75 min.

Your skin is deeply cleansed & gently exfoliated, followed by a vitamin therapy to stimulate repair and firmness resulting in younger, tighter looking skin. Finally it's finished with a facial & neck massage with hydrating eye treatment pads & anti-aging protein masque.

Detoxifying Facial \$65.00 - 60 min.

A deep cleansing purifying treatment personalized with extractions and professional exfoliation. Guaranteed to clean your pores and reduce oiliness.

Mini Facial \$45.00 - 45 min.

Your skin will get a quick pick me up after this condensed facial.

PERMANENT MAKEUP

With over 6 years of experience in permanent cosmetics, **Jessica Harbaugh** specializes in permanent eyebrow, eyeliner, lip liner, full lip, and scar removal tattooing.

More information at the front desk or check our website.

BRIDAL MAKEUP

Includes:

***Bride's Trial Make-up Session - \$30.00**

*We recommend a trial run to experience Jane Iredale makeup and customize your look for your special day. Artist and bride decide on color, coverage, and product based on wedding day activities and bride's comfort level.

Bride's Wedding Day Makeup - \$40.00

Mother of the Bride/Bridesmaids - \$30.00/ea

Flower Girl (children under 12) - \$15.00

We offer mobile services for the entire wedding party to accommodate you at your location for your special day!

Please ask for special Pricing

Bride's Relaxation Day at the Spa \$165.00 – 3 hours

European Facial: Start with a deep cleansing and exfoliation. Relax with a facial, neck, décolleté and arm massage and finish with custom masque and moisturizer - \$60.00

Eyebrow Wax: Perfectly groomed and shaped for your big day! - \$15.00

Exfoliating Body Polish: Soft and smooth from head to toe! - \$35.00

Relaxation Massage: A one hour, full body massage to relieve stress and tired muscles - \$55.00

MAKEUP

We proudly recommend Jane Iredale Mineral Makeup: the skin care makeup.

Professional Makeup Application

45 min. - \$35.00 (includes facial cleansing)

Professional Makeup Lesson

60 min. - \$45.00 (includes facial cleansing) (fee waived with purchase of \$45.00 or more)

Makeup Refresher

5 min. - Complimentary

Micro-Current Treatment

Non-surgical Face Lift

\$50.00 Treatment

30 minutes

1. Cleanse with Nutra Sonic Brush
2. Treatment
3. Finish with day SPF or leave on night mask

**Introduction
Package Protocol
10 treatments**

\$400.00

nutra  luxe md

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nutra  face lift

FACIAL TONING DEVICE

What is the nutra face lift?

Before and After



- Micro-current technology as a treatment to lift, firm, tone, and tighten the skin & visibly diminish fine lines and wrinkles.
- Nutra-face lift is a non-invasive facial lifting and toning device for cosmetic use. This power operated device works with low level, electrical micro current impulses on strategic locations on the face to improve your facial tone for more youthful appearance.
- The unique, dual probes, designed for optimal contact with faces of all shapes and sizes, emit gentle, electrical current to lift, tone, and contour the skin.

How Does It Work?

- Over time, your muscles respond to repeated muscle gestures and “memorize” familiar actions.
- Using a technology that has been available for years, the Nutra Face Lift devices delivers a gentle micro current to the cells, leading to the firming of facial muscles and strengthening of the skin textures
- This soothing, pain-less stimulation restores the natural skin balance and gently tones your face.
- Treatment focuses on muscle groups on the forehead, cheeks, and neck.

Benefits of the nutra face lift

- Strengthens skin texture & natural elasticity
- Reduces puffiness & dark circles around the eyes
- Accelerates collagen production to prevent skin from getting thinner & looser
- Increases nourishment & oxygen to the skin tissue
- Decreases water retention

Suggested Protocol for Optimal Results



Mon*Wed*Fri or Tues*Thurs*Sat

- Week 1:** 3 treatments
(Low setting)
- Week 2:** 3 treatments
(Medium setting)
- Week 3:** 2 Treatments
(High Setting)
- Week 4:** 2 treatments

New!! Lash Coat Semi-Permanent Mascara

At



Description: Semi-permanent mascara has an effect similar to traditional mascara-it curls, lengthens and maximizes volume of lashes, but lasts 3 to 4 weeks, depending on the rate of growth of your lashes. And it will not damage your natural lashes!

Treatment Session: 30-60 minutes depending on number of coats applied

Cost: Full Treatment (upper and lower lashes) \$125.00

Upper Lashes: \$100.00

Lower Lashes: \$25.00

Procedure:

1. First lashes are dipped to define curl while lifting and separating lashes
2. Each lash is hand painted with 1 to 3 coats of semi-permanent mascara while lashes are continuously brushed and separated for added definition

AVOID Oil based products and water for 24 hours following the application and enjoy your beautiful lashes for weeks to come!

Cut n' Save Now!



257 Penrose Plaza, Carlisle, PA
17013

717.243.0307
Expires 5/31/12

**\$10.00 Off
Voucher!**

**To be used with any Lash Coat
Semi Permanent Mascara!**

Upper and lower lashes \$125

Sale Price with voucher \$115

Upper lashes only \$100

Sale price with voucher \$90

Lower lashes only \$25

Sale price with voucher \$15