

# Simply SkinCatering

When you are looking for a great day-spa service, select from our Simple Menu for a treatment that will leave you feeling wonderful...and fit your time-frame & budget.

## BODY TREATMENTS

*SkinCatering is dedicated to using only all natural ingredients for our services, instead of using synthetic chemicals to accomplish results. Each treatment is made from scratch.*

- **Cranberry Cocoa Body Micro Scrub** - \$65 (50 min)

*Relax as your body is softly exfoliated with our dark cocoa micro scrub and hydrated with our premium cranberry omega serum, made to hydrate your skin with rich antioxidant oils and extracts.*

- **Cranberry Mocha Body Treatment** - \$95 (1 hour 15 minutes)

*Unwind with a heated hand & foot treatment as your body is softly exfoliated with our dark mocha micro scrub and hydrated with our premium cranberry omega serum, made to moisturize your skin with rich antioxidant oils and extracts. Includes an extensive head & neck massage. Add on the sauna 15 minutes prior to this treatment for \$4.*

- **Cranberry Omega Body Relaxation** – \$55 (50 min)

*This relaxing body treatment is a blissful experience for your seasonally dry skin. Your body will be gently brushed to smooth dry, rough skin and then moisturized with our premium antioxidant omega serum, made to hydrate your skin with rich oils and extracts.*

- **Detox Body Treatment Spot Wrap** - \$50 (15 Min)

*This targeted body wrap uses powerful, botanically-based ingredients for tightening, toning, and firming results to the area treated. We recommend using this wrap service for maintaining best results 1-4 weeks after the Defining Body Treatment. Choose to treat your belly, legs, thighs, buttocks, arms, chest, or back with this treatment.*

- **Foot Spa Therapy** - \$40 (30 Min)

*Alleviate the stress on your feet with this service! Sit back and relax to our musical playlist as this treatment begins with soaking your feet in one of our organic foot bath selections. After your foot soak, we will gently rub a custom-blended scrub onto your legs and feet to promote circulation and stimulate those tired feet. A hand-blended mask will be applied to your legs and feet to soothe & soften your feet. The mask is rinsed away and we then massage your feet, using reflexology techniques to melt away the aches of the day. Now doesn't that sound divine?*

- **Hand Spa Therapy** - \$35 (30 Min)

*Treat your dry, chapped hands to this delicious spa session! Hands are exfoliated with a scrub infused with anti-aging essential oils to nourish and liven up your skin tone. Then we wrap your hands in hot, steamed towels so nutrients can be fully absorbed. Next we apply a clay mask made up of special minerals to soften your fingers, soothe sore joints, increase circulation, minimize swelling, and give skin a more youthful appearance! To complete this special treatment, we thoroughly massage your hands using reflexology techniques and a hydrating lotion to relax away the stressful day, and deeply hydrate your dry, chapped skin.*

## SPRAY TAN – Using All Natural Solutions

- Kahuna Bay Mélange Sun-kissed California Tan, 2 Layer – \$25
- Kahuna Bay Hawaiian, Dark Caribbean Tan, 2 Layer -- \$35

---

413.282.8772  
1500 Main St. Suite 220  
Springfield, MA 01115



## THERAPEUTIC MASSAGE

*Our massage integrates different massage techniques to create a unique blend that is both relaxing & beneficial to your body. It calms the nervous system, enhances muscle function and helps center the mind and reduce stress. Feel Better, Move Better, Sleep Better!*

- Therapeutic Massage - \$65 (60 Min), \$90 (90 Min), \$115 (2 hr)
- Relaxing or Targeted Massage - \$40 (30 Min), \$50 (45 Min)
- Headache Relief - \$20 (15 Min), \$35 (20 Min)
- Couples Massage - \$130 (1 Hour, same room), \$190 (90 min, same room)

## FACIAL TREATMENTS

*Our aim at SkinCatering is to always offer you the best quality services without harmful chemicals. Everything is mixed from raw & natural ingredients so the minerals & enzymes produce results and are tailored to fit your skin needs, sensitivities, and concerns.*

- Express Cleansing Facial - \$40 (30 Min)
- Relaxing Facial - \$50 (45 Min)
- Chocolate Pumpkin Facial - \$55 (45 min)
- Willow Bark Extract All Natural Salicylic Peel - \$55 (45 min)
- Custom Facial Treatment - \$70 (60 Min)
- Gentlemen's Facial Treatment - \$70 (60 Min)
- Deep Cleansing Facial, \$85 (75 Min)

## WAXING

- Eyebrow Shaping & Wax - \$12
- Upper Lip - \$10
- Eyebrows & Lip \$20
- Bikini- Starting At \$25
- Brazilian - Starting At \$55
- Half Leg - \$25
- Full Leg - \$47
- Under Arm - \$20
- Half Arm - \$20
- Full Arm - \$30
- Half Back - \$30
- Full Back - \$40
- Full Leg & Bikini Wax - \$65
- Chest - \$40

---

413.282.8772  
1500 Main St. Suite 220  
Springfield, MA 01115



# SkinCatering Specialty

While our regular spa service offerings are wonderful, healing your body may require a more specialized massage modality.

## **MATERNITY MASSAGE - \$65 (1 Hr) \*\*available with Regina\*\***

*Every pregnancy is different so we have a variety of body adapting pillow styles to make the Mama-to-Be comfortable and customize this massage to what she needs.*

## **LYMPHATIC MASSAGE - \$65 (1 Hr) .\*\*available with Amy\*\***

*This very light massage encourages lymph flow in the body. It is particularly good for detoxification, edema, pre- and post-surgery and chemotherapy. This soothing & relaxing treatment helps drain puffy, swollen tissues, supports the body's immune system, helps the body heal from surgery, and aids in the body's natural waste removal or detoxification*

## **MESSAGE FOR CANCER CARE - \$60 (~1 Hr)**

*Getting a massage from someone trained to understand what is happening can be part of your healing process. Massage for Cancer Care is based in both compassion & specialized treatment to help people improve quality of life. Benefits include improved relaxation, sleep, and immune function as well as relieving anxiety, pain, fatigue and nausea. Extra time & care is taken during this appointment to meet the individual needs of the client.*

## **DEEP TISSUE MASSAGE – \$85 (1 Hr), \$105 (90 Min)**

*This massage gets right down to work on those knots and problem areas with minimal relaxation. Time is focused on problem areas with the extensive deep work, rather than a relaxing spa massage experience.*

## **SPORTS MASSAGE – \$85 (1 Hr), \$105 (90 Min) \*\*available with Regina\*\***

*Great to target specific troubled muscle groups for people who train or workout continuously. It may include a variety of massage techniques to obtain results. A sports massage enhances endurance, lessens the chance of injury and improves recovery time. More of a “working massage”, less “spa pampering”.*

## **GOLFER’S MASSAGE - \$85(1 Hr)**

*This massage focuses on a whole-body plan to improve your body mechanics & mind concentration during your game. It includes: Muscle relaxation to reduce risk of strain allowing you to produce consistently, increasing blood & lymph circulation to oxygenate the muscles to improve their tone & condition for more powerful torque, reduce anxiety to stay relaxed & swing more fluidly, relieve pain to maximize your swing, and minor Sports Stretching to align & stabilize your body.*

## **SKIER’S MASSAGE - \$85 (1 Hr)**

*Eliminate ski boot pain and sore muscles with a therapeutic massage designed specifically for skiers. This mostly lower body massage increases flexibility with extra attention on the PL muscles, glutes, quads, and feet. Our HERO sports cream and massage oil are used to help bring continued relief throughout the day.*

## **USUI REIKI - \$40 (30 Min) \$50 (45 Min) \$60 (1hr) \$85 (90 Min) \*\*available with Amy\*\***

*This body treatment (pronounced "oo-soo-ee") blends a variety of compression, hydrothermal therapy, and reiki (energy work). It is great for the person who feels tired, depleted or drained, and wants to feel refreshed & rejuvenated. This treatment is done while you remain clothed.*

---

413.282.8772  
1500 Main St. Suite 220  
Springfield, MA 01115



## SkinCatering Sanctuary

When you are looking for a Spa Day Get-Away, select a divinely relaxing treatment from our Sanctuary Menu to indulge yourself and renew your spirit.

### **HIWA KAI BODY TREATMENT** - \$190 (90 min)

*This indulgent body treatment rebalances energy flow throughout your entire body as it relieves upper body tension and **restores peace & calm**. Heated hand & foot treatments are made from purified volcanic charcoal and solar-evaporated Pacific sea salt, harvested from evaporated sea water found in above-ground pools of lava flows. **Light, relaxing massage** techniques increase circulation and give attention to the lymphatic system while steamed Hiwa Kai poultices infused with Ayurvedic oils are placed on your body to awaken the meridians, release toxins, and free you from fatigue. **Soothing & comforting**, the Hiwa Kai treatment comes to a close with an extended cranial campissage - massage of the shoulders, upper arms, neck, scalp, face, and ears, **leaving you refreshed and relaxed**.*

### **PLATINUM MASSAGE & BODY TREATMENT** - \$225 (2 Hrs)

*This blissful 2 hour retreat helps **re-balance the skin**, relax the body, and renew the spirit, all in one afternoon! This massage treatment includes our signature west coast style **therapeutic massage with customized pressure**, aromatherapy to relax, a detoxifying Moroccan clay treatment on your back to **draw out impurities**, a **nourishing exfoliation** for your hands that infuses special oils to your joints, muscles, and nail beds to **ease away aches** from carpal tunnel & arthritis, and finishes with a porcelain clay foot treatment with hot steamed towels to increase circulation in your tired, swollen feet. **Get the best, feel the best!***

## SkinCatering Membership

Enjoy a wellness experience at the spa every month, for an affordable \$60/month.

*When booking your reservation, choose a one hour massage, or a one hour facial. Select a complimentary add-on (hand, foot, or scalp treatment, premium massage oil, or choose a 15 minute sauna session) during your appointment. Receive 10% off ANY additional services every month, and 10% off any skincare purchases. Great value for incredible services! Join online, or while at the spa. One year commitment, can cancel after 3 months with written notice, with no penalty.*

**GIFT CERTIFICATES AVAILABLE TO FIT ALL TIME & FINANCIAL BUDGETS**

---

413.282.8772  
1500 Main St. Suite 220  
Springfield, MA 01115

