

milk + honey

SPA | RETREAT | SHOP

MASSAGE TREATMENTS

All of our massages include "the works": your choice of aromatherapy or body butter, therapeutic hot (or cold) packs, steamy hot towels, and warm neck pillows.

Lux Massage—A customized, luxurious Swedish-style massage for relaxation that treats your problem areas and releases stress from your muscles.

60 minutes, \$95. 75 minutes, \$115. 90 minutes, \$135. 120 minutes, \$160

Deep Tissue Massage—For those days when you need an extra-firm healing touch. The Deep Tissue Massage is a therapeutic massage that chases away all of your tension spots, going deeper into your muscle tissue.

60 minutes, \$105. 75 minutes, \$125. 90 minutes, \$145. 120 minutes, \$170

Sports Massage—This full-body massage incorporates deep stretching and tissue manipulation to ease stiffness and pain in muscles and joints. Particularly useful for restoring mobility, preventing injuries, and relieving stress.

60 minutes, \$105. 75 minutes, \$125. 90 minutes, \$145. 120 minutes, \$170

Ultimate Massage—The mother of all massages includes an invigorating and exfoliating full body brushing, followed by your choice of full body massage styles (Lux, Deep, Sports, or Pre-Natal). This 120 minutes of decadence is completed with our warm oil head and neck massage. *120 minutes, \$175*

Head, Hands, and Feet Massage—Moisturizing compounds and an invigorating massage focusing on the head, hands, and feet eliminate fatigue and put the spring back in your step.

45 minutes, \$80. 60 minutes, \$95

Pre-Natal Massage—Take care of your baby by pampering yourself! This gentle and thorough massage is tailored to the special needs of expectant mothers, melting away the aches and pains of pregnancy. **MUST BE PAST FIRST TRIMESTER.**

75 minutes, \$125. 90 minutes, \$145. 120 minutes, \$165

Backrub 101—Give the gift that keeps on giving! Bring your partner to milk + honey and you'll both learn how to give a relaxing back and neck massage. With just a few massage techniques, you can be a massage master to your loved one. After you each receive a 30-minute massage lesson, practicing on your partner, you will both receive a 60-minute Lux Massage in our couples' room. *120 minutes, \$290*

BODY TREATMENTS

You may upgrade your massage to Deep Tissue or Sports in any of our Body Treatments for \$10. If your Body Treatment includes a body brushing, you will receive a complimentary brush to take home.

The Spa Partisan—Body brushing opens your pores before the skin is polished with a blend of brown sugar, coffee, crushed almonds, and dehydrated milk. A steam treatment moisturizes, and a 60-minute Lux Massage with body butter completes the relaxing treatment. *100 minutes, \$175*

Aromatherapy Salt or Sugar Glow—Your choice of an invigorating salt or sugar scrub followed by a warm rinse, then a warm oil application. This treatment can stand alone or act as an ideal companion to any massage. *45 minutes, \$90*

Seaweed Mud + Steam—Rejuvenate with a salt or sugar glow to exfoliate the skin and open pores. A seaweed mud application draws out toxins while a steam treatment infuses the skin with moisture. The treatment ends with an oil/lotion application of detoxifying lotion. *75 minutes, \$140*

Hydrating Body Cocoon—Indulge in a 60-minute Lux Massage with our milk + honey body butter. As it hydrates your skin you will receive a face and scalp massage while wrapped in a warm cocoon of blankets that will leave you relaxed with baby-soft skin. *75 minutes, \$140*

Seasonal Polish + Steam + Massage—We use a handmade, organic sugar polish inspired by the seasons, followed by steam and a 45-minute Lux Massage. *75 minutes, \$140*

Detox Steam + Massage—Body brushing stimulates and opens pores, followed by a 60-minute Lux Massage with detox oil. Relax under the steam canopy while receiving a head massage. The steam improves the immune system and opens the pores to detoxify the lymph system. *90 minutes, \$160*

MASSAGE + BODY TREATMENT UPGRADES

Additional Massage—15 minutes of extra massage, foot, scalp, you name it! *\$20*

Warm Oil Head + Neck Massage—End your massage with an extra 15-minute warm oil head and neck massage. *15 minutes, \$25*

Body Brushing—This exfoliating and detoxing treatment uses a natural bristle brush to stimulate your lymph and circulation, while also reviving dull skin. *15 minutes, \$25*

FACIALS

Signature Facial

A multi-step process carefully customized to your skin type and needs. Includes cleansing, masques, extractions, toning and intense moisture. 60 minutes, \$95

Signature Deep Facial

The Signature Facial plus additional extractions, cleansing, toning and exfoliation. 75 minutes, \$115

Signature Plus Facial

Everything in our Signature Facial, plus our exfoliating and super hydrating Ultrasonic Facial upgrade. 75 minutes, \$135

Lux Facial

Enjoy everything in the Signature Plus Facial, plus a customized mix of extra extractions, toning and exfoliation, topped off with our eye and lip treatment. 90 minutes, \$160

Ultimate Facial

Enjoy our Lux Facial, plus treat your backside to some extra attention. This facial includes your choice of our Back or Bottoms Up Treatment. 120 minutes, \$195

FACIAL UPGRADES

Lip + Eye Treatment– \$30

Brow Shape/Tweeze– \$25

Lash Tint– \$30

NATURAL NAIL CARE

Buff + Go– A polish-free touch-up that will soothe cuticles and shape your nails.

Manicure– 20 minutes, \$25

Pedicure– 30 minutes, \$35

Combo– 50 minutes, \$55

m + h– Includes a soak, nail shaping, cuticle maintenance, light massage and polish.

Manicure– 30 minutes, \$35

Pedicure– 45 minutes, \$50

Combo– 75 minutes, \$75

Lux– Includes everything in our m + h plus additional hydration, exfoliation, and our warm oil treatment.

Manicure– 40 minutes, \$45

Pedicure– 60 minutes, \$65

Combo– 100 minutes, \$95

Polish Change– fingers or toes. 10 minutes, \$15

NAIL UPGRADES

French– fingers or toes, \$7

Warm Oil Therapy– fingers or toes, \$10

Extra Massage– 15 minutes, \$20

ULTRASONIC SKIN THERAPY

Our **Ultrasonic Treatment**, an effective, healthy alternative to microdermabrasion, diminishes wrinkles and fine lines by stimulating the production of collagen and elastin.

Face + Neck– \$95. Add *décolleté* for \$15.
Add hands for \$15

Hands– \$35

Upper Arms– \$70

Back– \$105

Back + Upper Arms– \$125

Bum– \$70

Back + Bum– \$125

THE B-SIDE

Back Treatment– Popular before weddings and formal engagements, our back facial focuses on making you look blemish-free in a backless dress. Includes cleansing, exfoliation, extractions and a masque.

30 minutes, \$80. With *Bottoms Up*, \$140

Bottoms Up– Same steps as our Back Treatment, but we focus on the bum.

30 minutes, \$80. With *Back Treatment*, \$140

PEELS

Peels– A customized solution to improve the skin's texture and health by removing dead and damaged outer layers of skin. \$95

Advanced Peels– Achieve dramatic results. These peels require advanced preparation. \$175. Plus \$40 for the advanced preparation products.

WAXING + TWEEZING

Brow– \$25

Lip– \$15

Brow + Lip– \$35

Full Face– \$55

Full Face– \$30

(not including *Brow + Lip*)

Sideburns– \$15

Cheeks– \$18

Neck– \$20

Chin– \$15

Shoulders– \$25+

Abdomen– \$35+

Chest– \$55+

Back– \$55+

Underarm– \$25

Arm– Half \$35

Arm– Full \$45

Leg– Half \$45

Leg– Full \$75

Bikini– \$55

Betweeni– \$65

Brazilian– \$75

Please visit our website or call our concierge for bundled pricing.

LAVISH LASHES

Natural looking, semi-permanent eyelash extensions that are safe and gorgeous.

Lush– A practical, natural, everyday look. \$195*

Glama Rama– A dramatic, full, thick, runway look. \$315*

Touch-ups– 30 minutes, \$60. 60 minutes, \$105

*Includes your first 2 week Touch-up.

PACKAGES

m + h Lux Retreat

You deserve an escape for the day. Let us indulge you with the most lavish m + h experience: a 120-minute Lux Massage, Lux Facial, and Lux Manicure + Pedicure. *About 6 hours, \$399*

Signature Retreat

Now we're talking. Treat yourself from head to toe with a 60-minute Lux Massage, a Signature Facial, and a m + h Manicure and Pedicure. *About 3.5 hours, \$249*

Couples Retreat

milk + honey is one of those things that is even better when shared. You'll each enjoy a 60-minute Lux Massage in our couples room, a Signature Facial, and a m + h Manicure. *About 3 hours, \$425*

Manly Retreat

Your body works hard for you, this is how to say "thank you." The Manly Retreat includes a 60-minute Sports Massage, Men's Deep Facial, and a Manly Manicure. *About 2.5 hours, \$245*

TREATMENTS FOR MEN

Sports Massage— 60 minutes, \$105. 75 minutes, \$125. 90 minutes, \$145. 120 minutes, \$170

Men's Facial— Cleanse, tone, exfoliate, hydrate, massage your skin. 45 minutes, \$80

Deep Clean Facial— Includes a deep cleaning mask. 60 minutes, \$95

Sea Salt Scrub— Invigorating and exfoliating full body treatment. 45 minutes, \$90

Back Treatment— Great to help unclog pores for athletes. 45 minutes, \$80

Manly Manicure— Nail maintenance for men. 40 minutes, \$45

Manly Pedicure— 60 minutes, \$65

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(Prices subject to change. See website for up-to-date menu and packages.)