

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, \$100. 75 minutes, \$120. 90 minutes, \$140. 120 minutes, \$175

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, \$110. 75 minutes, \$130. 90 minutes, \$150. 120 minutes, \$180

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, \$110. 75 minutes, \$130. 90 minutes, \$150. 120 minutes, \$180

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 scalp and neck massage.
120 minutes, \$195

Pre-Natal Massage—Take care of your baby by taking care of 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, \$130. 90 minutes, \$150

BODY TREATMENTS

You may upgrade your massage to Deep Tissue 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, \$190

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 a detoxifying oil application. 90 minutes, \$175

Scrub + Steam + Massage—We use a handmade, organic sugar polish inspired by the seasons, followed by steam and a 45-minute Lux Massage. 75 minutes, \$145

Hydrating Body Cocoon—Indulge in a full body brushing with a 45-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, \$145

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 scalp massage. The steam improves the immune system and opens the pores to detoxify the lymph system. 90 minutes, \$175

MASSAGE + BODY TREATMENT ENHANCEMENTS

Warm Oil Scalp + Neck Massage— 15 minutes, \$25
Body Brushing— 15 minutes, \$25
Foot Massage— 15 minutes, \$25

Back Scrub— \$15
Foot Scrub— \$15
Hair Mask— \$15

FACIALS

Signature Facial

A multi-step process carefully customized to your skin type and needs. Includes cleansing, masks, extractions, toning and intense moisture. *60 minutes, \$100*

Signature Deep Facial

The Signature Facial plus additional extractions, cleansing, toning and exfoliation. *75 minutes, \$120*

Signature Plus Facial

Everything in our Signature Facial, plus our exfoliating and super hydrating Ultrasonic Facial upgrade. *75 minutes, \$145*

Lux Facial

Enjoy everything in the Signature Plus Facial, plus a customized mix of extra extractions, toning and exfoliation, topped off with our NuFace eye and lip treatment. *90 minutes, \$170*

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, \$205*

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 mask. *30 minutes, \$90*

NATURAL NAIL CARE

Buff + Go— A polish-free touch-up that will soothe cuticles and shape your nails. **Manicure/Pedicure/Combo** *20 min, \$30/30 min, \$40/50 min, \$65*

Express— A short soak, quick exfoliation, light nail shaping, cuticle maintenance, and polish. **Manicure/Pedicure/Combo** *25 min, \$30/35 min, \$40/60 min, \$65*

m + h— A soak, nail shaping, cuticle maintenance, light massage, heel TLC, and polish. **Manicure/Pedicure/Combo** *30 min, \$35/45 min, \$55/75 min, \$85*

Lux— Everything in our m + h and additional hydration, exfoliation, and our warm oil treatment. **Manicure/Pedicure/Combo** *40 min, \$45/60 min, \$70/100 min, \$105*

Ultimate Pedicure— Everything in our Lux plus a hydrating foot and leg mask, and 15 minutes of massage. *80 minutes, \$90*

Healthy Gel Manicure— Enjoy our m + h Manicure with a vitamin-infused, stronger gel polish that cures in minutes. **Manicure**— *45 minutes, \$55*
Gel Removal— *\$12*

Polish Change— *fingers or toes. 10 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— *\$100*

Hands— *\$40*

Face, Neck, Hands + Décolleté— *\$135*

Upper Arms— *\$80*

Back— *\$115*

Back + Upper Arms— *\$135*

Bum— *\$80*

Back + Bum— *\$135*

PEELS

Peels— A customized solution to improve the skin's texture and health by removing dead and damaged outer layers of skin. *\$100*

Advanced Peels— Achieve dramatic results. These peels require advanced preparation. *\$180. Plus \$40 for the advanced preparation products.*

FACIAL ENHANCEMENTS

NuFace Lip + Eye Treatment— *\$30*

Brow Shape/Tweeze— *\$25*

Lash Tint— *\$30*

Peel— *\$50*

Express Lift— *\$50*

NAIL ENHANCEMENTS

French or Nail Art— *fingers or toes, \$7*

Extra Massage or Heel TLC— *15 minutes, \$20*

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.

Natural— A practical, natural, everyday look. *\$195*

Lush— The “no mascara needed” look. *\$250*

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

Touch-ups— *1 week, \$40. 2 week, \$65. 3 week, \$85. 4 week, \$105.*

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, \$429*

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, \$269*

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, \$449*

Manly Retreat

Your body works hard for you, this is how to say "thank you." The Manly Retreat includes a 60-minute Sports Massage, Manly Deep Clean Facial, and a Manly Manicure. *About 2.5 hours, \$259*

TREATMENTS FOR MEN

Manly Facial— Cleanse, tone, exfoliate, hydrate, massage your skin. *45 minutes, \$90*

Manly Deep Clean Facial— Includes a deep cleaning mask. *60 minutes, \$100*

Back Treatment— Great to help unclog pores for athletes. *45 minutes, \$95*

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

Manly Pedicure— *60 minutes, \$70*

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