

Spa Getaway

Pamper yourself with our spa getaway, the perfect way to renew and refresh your mind and body.

A 20% tip is included in your price!

The Day Away

two-hour getaway \$260 per person

Our Day Away mini-vacation will leave you renewed and refreshed. Start your spa experience by checking in and leaving all your worries at the door. The Copper Foot Bath filled with warm water, lavender, orange peels, salts and essential oils begins a special treatment, followed by a seasonal blend exfoliation and warm paraffin, completed with a massage especially for your feet.

Includes the following treatments as the second part of your massage package:

The Mandarin Radiance Facial Massage

Our facial goes above and beyond as you will receive a massage and facial cupping to relieve stress and invigorate the epidermis while nourishing the skin using our Elemis pro-collagen product line.

The Mandarin Signature Therapeutic Massage (50mins) (without facial 80mins)

This treatment begins with aromatherapy and incorporates hot stones, warm towels and is completed with relaxation and health benefits in our eucalyptus steam room and sauna. A consultation will determine your current state of well-being and pressure of massage. Deep tissue (add \$20).

Following the calm of the steam room, sauna, and the Himalayan Salt Room. The package includes a spa lunch menu with iced tea or a glass of wine served in the Mandarin Lounge or Water Fountain Patio.

A Grand Day Package

three and a half hour getaway \$335.00 per person

We've pulled out the stops to make sure the GRAND DAY package exceeds your expectations for a well deserved pampering of mind and body. A Grand Day includes our luxurious Elemis facial massage, a paraffin hand treatment, a deluxe spa snack in our Himalayan Salt Room while you inhale and absorb the many health benefits of this therapeutic "salt cave". Our signature Copper Foot Bath is included to fully dedicate time for the feet, while seated in a soft robe in our Quiet Room. The Mandarin Signature 50 minute massage helps remove built up toxins and brings the whole body into complete relaxation. We provide your choice of lunch and beverage from our new spa menu to enjoy in the private lounge, patio or inside COCO's. You will have full access to our spa locker room area for the Eucalyptus infused steam room, sauna, and shower. Enjoy your GRAND DAY with a friend, loved one, or in solitude. This package is an all inclusive service. All gratuity and tax are included in the package price.

The Mandarin at New Leaf



The Mandarin at New Leaf

Please arrive 20 minutes early to your appointment (sessions will end at scheduled time).

Cancellations must be 24 hours in advance in order to avoid being charged.

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newleaffitnessandspa.com

Visit us on Facebook and Vagaro

Spa Menu

Whether you wish to feel calm, rejuvenated, or energized, our soothing treatments will restore a sense of harmony to your body, mind, and soul.

With each treatment enjoy our complimentary VitaJuwel water, snacks, steam room, sauna, and shower room.

Robes, sandals, terry wrap, and towel within a locker are provided.

Mandarin Signature Therapeutic Massage

\$45 (30mins) \$70 (50mins) \$110 (80mins)

Deep Tissue (add \$20)

This massage treatment includes access to the relaxing aura of our steam room, sauna, and showers, complete with terry wrap, bath towel and slippers.

The Radiance Facial Massage

\$80 (30mins) (Elemis Pro-collagen product line)

Often overlooked, but so appreciated is a pampering for our facial muscles. Relax and just breathe as this new facial massage restores skin's vitality and reveals a bright and smooth looking freshness. Our addition of the Elemis pro-collagen line has a clean fragrance, creamy-honey like consistency, and is absorbed readily by your skin cells. It's worth the extra! Our facial goes above and beyond, and includes a facial cupping to relieve stress areas. The scalp, hands and feet are also massaged during the treatment.

Copper Foot Bath (in our Quiet Lounge)

\$65 (40mins)

Can be performed in our Himalayan Salt Room Add \$15

A relaxing treatment with special features of pampering, with a well deserved focus on the foot massage. The Quiet Lounge is the perfect place to feel like you've stepped out of the everyday grind. Enjoy hot tea, purified VitaJuwel water, or your favorite beverage while you relax in a soft robe and warm rice bag on your neck.

Thai Yoga Massage \$90 (50mins)

New to modern spas, TYM is an ancient form of Asian bodywork therapy. The massage uses gentle rocking, rhythmic compression, tapotement, and passive stretching to increase flexibility, relieve muscle and joint tension, and balance the body's energy system. TYM does not require the receiver to be flexible, athletic, or strong. Each treatment is designed to suit the client's needs.

The Mandarin Pre and Postnatal Massage

\$45 (30mins) \$70 (50mins)

Massage therapy during and after pregnancy is a healthy way to reduce stress and promote overall wellness. This massage relieves a lot of the uncomfortable symptoms caused by edema, helps with sciatica, headaches and back pain.

** Must be past your first trimester**

Cupping Therapy

\$55 (30mins) \$85 (50mins) Session add on \$20

Localized negative pressure created using specialized cups on the skin. Increases blood flow to promote healing by detoxifying and separating tissue layers. Aids with pain, inflammation, and relaxation. Also a great addition to deep tissue therapeutic massage.

Rejuvenating Body Salt Glow \$130 (80mins)

Unwind as your therapist uses a custom blend of pink Himalayan sea salts, orange granules and essential oils to gently exfoliate and nourish the skin. A hydrating, full-body massage will leave your body looking radiant.

Invigorating Coffee Scrub \$130 (80mins)

Buff your skin into super smooth shape with our exfoliating coffee scrub. Our coffee scrub is made from COCO's very own coffee grounds and a blend of luxurious essential oils. This gentle exfoliation will remove dead skin and inflammation. This will reduce the appearance of cellulite, to reveal younger looking skin. A hydrating, full-body massage will leave you in perfect harmony.

Aroma Hot Stone Massage \$125 (70mins)

This is one of our most popular massage treatments. Smooth, heated Basalt stones are applied to the entire body, hands and feet in conjunction with classic massage strokes. It will soften muscles, melt away tension, promote balance and improve overall health.

Himalayan Salt Room and Halogenerator

\$15 for a 45 min session

Punch Pass: \$80 for 8 sessions

Unwind in our spa robe, as soft music, and deep breathing helps you drift into a meditative state. You will awake feeling renewed, grounded, and refreshed. Many clients describe this session as "the most relaxed they have ever been." This session includes a carafe of our VitaJuwel gem water.

How Does It Work

Himalayan Salt light and the Halogenerator help to improve the air quality, and relieve symptoms of a variety of conditions including:

- Asthma and respiratory illness
- Lethargy and fatigue
- Sleep disorders
- Poor circulation
- Electromagnetic radiation
- Airborne infection
- Depression and mood disturbances

Cupping Therapy add on \$20

Amethyst BioMat Therapy

\$20 for a 45 min Biomat session

\$10 for an add on to a massage

The Amethyst BioMat uses a combination of fabrics and Amethyst stones which generate far infrared rays and negative ions. Far infrared rays warm the inside of your body as the part of your body making contact with the Amethyst BioMat releases negative ions. Benefits include:

- Improved immune function
- Increased blood circulation
- Clearing energy blockages
- Reduced stress and fatigue
- Relieves anxiety and promotes relaxation
- Promotes deep sleep
- Reduces inflammation
- Helps with joint and muscle pain
- Great adjunct to a massage

To enhance your experience ask about one of our following spa options and add ons:

- Customized spa parties
- Cupping Therapy add on
- Paraffin treatment add on
- Private spa dining
- Wine and craft beer
- New Leaf Van

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