

~ Massage Services ~

Therapeutic Massage

Therapeutic massage is our basic Swedish massage that works on increasing circulation and decreasing tension in the muscles. This is what most people think of when they have a massage. It will enable you to relax completely, and will encourage your body to sleep better, digest better, eliminate better, breathe better, and feel better. If this is your first experience with massage, therapeutic massage is a wonderful introduction.

75 minutes: \$85 ~ 50 minutes: \$65 ~ 25 minutes: \$40

Aromatherapy Massage

Aromatherapy massage utilizes the basic Swedish massage format, and includes the wonderful healing properties of essential oils to increase the therapeutic effects of the treatment. Aromatherapy can uplift the mood, encourage the muscles to release waste products, clear sinus and lung congestion, eliminate headaches and muscle tension. Aromatherapy massage is safe for pregnant and nursing mothers as well as those recovering from illness.

50 minutes: \$70

Shiatsu Massage

Shiatsu is a Japanese massage that uses pressure on specific acupuncture points to activate the body's energy system and encourages balance in all body functions. This massage is done clothed on a massage table and is deeply relaxing to the nervous system to encourage your body to function better. Shiatsu is appropriate for problems related to stress, poor digestion, recovery from illness, under or over activity of the glandular system, and when there is a problem with function of any internal organ.

50 minutes: \$70

Reflexology

Reflexology is foot massage that targets zones in the feet that correspond to the entire body and helps to heal discomfort in areas that cannot be touched directly. By massaging points that "reflect" different internal organs, muscles and joints, the therapist encourages your body's natural regenerative ability.

(Note: We regret we cannot do reflexology on feet that are irritated with redness, itching, peeling skin, nail discoloration or warts. We invite you to take any of our other body treatments instead.)

25 minutes: \$40 ~ 50 minutes: \$70

Combination ~ 25 minute reflexology with 25 minute body massage: \$75

Heads First

Heads First targets the most vulnerable and stressed areas of the body; the head, shoulders and neck. Using aromatherapy, massage, Shiatsu and scalp massage, we encourage circulation and flexibility in these areas that get so contracted and uncomfortable. Heads First will allow you to feel calm, think more clearly, help sinus congestion, reduce or eliminate headaches, and create comfort in the neck and shoulders.

50 minutes: \$70

Hot Stone Therapy ~ Deep Heat for Muscle and Stress Relief

Hot Stone Therapy utilizes heated stones which are placed on the body on very specific points and also used to actually massage the body. This increases energy and blood circulation, and encourages the muscle to release waste products more efficiently than massage alone. Using heat relaxes the nervous system to such a degree that the body feels totally calm and peaceful. Hot Stone Therapy is a wonderful healing treatment to take when you need to be deeply relaxed and still have a penetrating muscle massage.

60 minutes: \$85 ~ 75 minutes: \$100

Deep Tissue Massage

Deep Tissue massage is very penetrating and vigorous for bodies that have pain after injury, over exertion from sports, or very solid muscles that normal massage pressure is not deep enough for. Utilizing a combination of deep transverse friction, myofascial release, and trigger point therapy, your therapist will allow areas of restriction to be released.

50 minutes: \$80 ~ 75 minutes: \$100

Add On:

Add these special services on to any facial or body treatment to target areas in need or extra attention, or to relax the body.

~ Massage Services ~

Body Haiku

Just like the simplicity and beauty of a Haiku poem, our Body Haiku treatment combines the best of our massage and facial services. Start with an **Aromatherapy Full Body Massage** for both physical and mental relaxation, followed by a **Japanese Facial Massage** using aromatherapy specifically blended for your skin type, lymphatic drainage massage and Shiatsu massage for the face. Body Haiku is the essence of our many treatments, creating a perfect balance for your physical health.

80 minutes: \$90

Reiki Treatment

Allow the soothing energy of Reiki to relax and calm the body and mind. **Reiki is an energy treatment done fully clothed, used for balancing the body after physical or emotional trauma, or to help balance during illness.** This treatment leaves you relaxed yet invigorated. Michael and Diane are certified Reiki Masters.

50 minutes: \$70

Prenatal Massage

There is no better time to have regular massage therapy than when pregnant. The increased circulation and decreased muscle tension allow you to feel so much better and improve oxygen and nutrition to the baby. Regular massage can help to prevent hyperpigmentation associated with pregnancy, allow tired backs and sore feet to be relieved, and give you more energy to deal with life.

50 minutes: \$70

Fibromyalgia Massage

Fibromyalgia is a systemic, rheumatic disorder that generally affects the muscles of the neck, shoulders, low back, and thighs. **Fibromyalgia massage is a gentle, rhythmic, soothing therapy to allow the muscles to relax and release excess waste products to relieve pain.** Energy work is included to help the body self regulate. Let our knowledge and experience help you give you back your body.

75 minutes: \$85

TMD Treatment

The TMJ joint is a double joint in the jaw which can get out of alignment due to injury, dental malocclusion, stress, and clenching or bruxism (grinding). Temporal Mandibular Joint Disorder can include jaw pain, headaches, neck pain, and pain around the ear. The symptoms are usually exacerbated during times of stress, menstruation, and following dental work. If you have been diagnosed with TMD or have jaw pain, our treatment may be extremely helpful.

50 minutes: \$70

CranioSacral Therapy

CranioSacral Therapy is a unique modality that uses very gentle pressure to heal problems in the back, spine, head, and skull, by encouraging flow of the cerebrospinal fluid. It is done clothed and face up, and is used to heal problems of birth trauma, scoliosis, residual problems after accident, chronic pain, chronic sinus congestion, and headaches. Because CranioSacral Therapy works directly on the nervous system via the brain and spinal cord, it encourages the body to resist the effects of stress and greatly enhances immune function.

50 minutes: \$70

Lymphatic Facial Massage

Lymphatic massage manually moves excess fluid and waste products from the face and sinuses, which allows facial puffiness and sinus congestion to be relieved. This is an excellent treatment for sinus headaches, pre and post facial surgery, and facial edema (swelling). This treatment has noticeable anti-aging benefits. Wonderful addition to any massage or facial service.

35 minutes: \$45

Eye Mask Add On

Eye contour mask with marine collagen for firming and anti-puffiness. \$20

~ Dr. Hauschka Facial Treatments ~

Dr. Hauschka facials use **organic, holistically created cosmetics** from some of the finest plant sources in the world. We are fortunate to be able to incorporate these incredible products into our treatments to bring your skin back into balance gently and naturally.

Dr. Hauschka Classic Treatment

Using pure botanicals and a nurturing touch, this holistic treatment encourages lymph stimulation to help purify and strengthen the immune system.

120 minutes: \$150

Dr. Hauschka Relaxation Treatment

Take this soothing treatment for complete body relaxation. Allow stress and tension to melt away as your facial skin is rejuvenated.

75 minutes: \$95

Dr. Hauschka Cleansing Treatment

Purify your complexion with this deep cleansing treatment using aromatherapy compresses, herbal steam bath, lymphatic stimulation and nourishing mask. Skin feels fresh, clean and renewed.

90 minutes: \$110

Dr. Hauschka Acne Treatment

Take this therapeutic treatment to restore a healthy complexion. Deep cleans and calms inflammation.

75 minutes: \$95

Dr. Hauschka Firming Treatment

(for rosacea and/or mature skin)

Create tone and health in mature skin and clam rosacea or sensitive skin with this exquisite facial using the gentlest botanical products.

60 minutes: \$75



Diane Ryan,

L.M.T., Certified Dr. Hauschka Aesthetician,

Specializing in Craniosacral Therapy

Reiki Sensi Master

Michael Ryan,

L.M.T., Specializing in Craniosacral and Deep Tissue Therapy

Reiki Sensi Master

Best Massage Therapist, Spa Finder's

Reflexology Foot Massage Add On

Allow your feet to be pampered by a soothing reflexology treatment that targets all the reflex zones in the body.

15 minutes: \$20

~ Facial Services ~

One Body Spa Signature Facial

Let your skin be totally rejuvenated with this exquisite treatment. Start with a **Japanese facial massage** with **Shiatsu** to energize the circulation and facial muscles, then extraction if necessary, followed by **lymbatic massage** to eliminate puffiness and congestion. As your facial masque nourishes your skin, enjoy **foot reflexology** to relax your entire body.

75 minutes: \$110

European Cleansing Facial

Our European Cleansing Facial is a wonderful way to deep clean your skin, increase circulation to the facial tissues, and have a relaxing and nurturing experience. With regular monthly treatments your skin will feel smooth and healthy, have increased vitality and decreased effects of aging and environmental stress.

50 minutes: \$65

For increased effectiveness add aromatherapy: \$5

Deep Pore Cleansing Facial

Aestheticians are extremely effective in the treatment of acne. The Deep Pore

Cleansing Facial combines herbal extracts of tea tree, rosemary and olive leaf to heal the skin and control bacteria. Let us help you create skin you love.

50 minutes: \$70

Facial Peels

Facial peels are given to allow a more radiant and youthful skin to emerge. They are used to treat acne, decrease sun damaged skin and discoloration. Peels are one of the most effective tools in combating the aging process. A series of six is recommended for maximum results (your first peel can be applied to the series).

Facial Peel: \$65

Series of six peels (recommended for the best results) 5 Facial Peels with 1 Free

Japanese Facial Massage

Take this relaxing treatment to restore vitality to the complexion. Manual lymphatic drainage is included to reoxygenate skin and flush waste products from the sinus. Ideal to combine with L.E.D. Light Treatment. Excellent preparation to look your best for an event (no extractions).

50 minutes: \$70 ~ With L.E.D. Treatment add \$45

~ L.E.D. Light Therapy ~

This amazing breakthrough in the science of anti-aging targets **wrinkles, smoothes irregular pigmentation, tightens pores and firms by increasing collagen and elastin fibers** with an F.D.A. approved **Red L.E.D. Light (625nm)**. The **Blue Light (420nm)** increases singlet oxygen to **kill acne bacteria** with no damage to the surrounding tissue. Our Revita Light system is the only cosmetic device to use the patented Lambertain L.E.D. for maximum light penetration and maximum results.

~ F.D.A. cleared for acne vulgarus and skin rejuvenation.

~ No pain - no anesthesia required.

~ No harmful U.V.A. rays.

~ No risk of bacterial infection.

~ Eliminates post procedure down time.

~ No harsh chemicals or risk of skin damage.

~ No hyper or hypo pigmentation risk.

~ Calms and heals rosacea

Light Therapy: \$75

Series of six treatments (recommended for best results) 5 Treatments with 1 Free
May be added to any facial for \$45 extra.

Steam Bath Add On

Add an aromatherapy steam bath before or after any massage service to encourage relaxation and circulation, and further enhance the benefits of your massage.

Steam bath: \$12 ~ Aromatherapy Steam Bath: \$16

Owner operated for the most personalized and professional service.

25 minutes from Kingston

35 minutes from Woodstock

20 minutes from New Paltz

10 minutes from Stone Ridge

10 minutes from High Falls

35 minutes from Highland

20 minutes from Ellenville

By Appointment Only.
Please call: 845.626.2377

Gift Certificates
available for all special occasions

For more information,
please visit our website:
www.onebodyspa.com



~ Body Treatments ~

Ginger and Grapefruit Salt Glow

Allow the beneficial effects of sea salt, ginger and grapefruit to exfoliate the skin, leaving it silky and smooth. Salt glows are the most vigorous of all our body exfoliators, and therefore give maximum results. Please do not shave legs 48 hours before taking this service.

Ginger and Grapefruit Salt Glow: \$50
Ginger and Grapefruit Salt Glow with 25 min. massage: \$80
Ginger and Grapefruit Salt Glow with 50 min. massage: \$95

Back Facial

Love your back again. Our back facial includes a deep cleanse, exfoliation, steam, extraction, mask and oil free hydration. For men and women.
50 minutes: \$75

Seaherbal Body Masque

This extraordinary treatment utilizes the finest quality sea plants from France to remineralize and revitalize the entire body. Sea plants have amazing skin softening properties and are especially appropriate for fatigue, arthritic conditions, cellulite, and improving general health. (Precaution for thyroid problems.)

Seaherbal Body Masque 50 minutes: \$80
Seaherbal Body Masque with 25 min. massage: \$105
Seaherbal Body Masque with 50 min. massage: \$125

Shirodhara Hair and Scalp Massage

A stream of warm herbal oil is poured onto the forehead and into the hair to relax the nervous system. A scalp massage follows allowing the herbal oil to penetrate the hair for a conditioning treatment. We finish with a face, neck and shoulder massage. Take the Shirodhara treatment for stress relief and mental fatigue.

Shirodhara Hair and Scalp Massage: \$85

Botanical Waxing

Waxing is a method of non-permanent hair removal that can leave the skin soft and silky. With regular waxing the hair grows back much finer and lighter with no stubble. Waxing is the best semi-permanent method of hair removal for most people. We use Botanical Waxing for the most natural and hygienic treatment available.

Upper Lip: \$10 ~ Full Face: \$35 ~ Arms: \$35 ~ Half Leg: \$40 ~ Full Leg: \$80
Bikini: \$30 ~ Enhanced Bikini: \$35-\$50 ~ Brazilian: \$55-\$75
Back: \$35-\$80 ~ Underarms: \$20

Oh, Look At Those Gorgeous Brows! Eyebrow Shaping

The eyes may be the windows to the soul, but the brow frames and defines the eyes and is the feature most capable of changing the face. Professional make-up artists believe that the eyebrows are the most important facial characteristic, and if you don't get the brows right, make-up can't make up for it. Shaping the eyebrows is a time consuming, artistic service that will actually enhance your natural beauty. If there is one beauty treatment you choose, do a brow shaping for yourself.

First Brow Shaping: \$45 ~ Follow up Brow Shaping: \$25

One Body Spa
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www.onebodyspa.com

  and Personal Checks Accepted

list of services



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WINNER
"Best Small Spa in
the Hudson Valley"

— Hudson Valley Magazine



One Life

One Heart

One Body