



MASSAGE THERAPY · ACUPUNCTURE · EUROPEAN FACIALS · MICRODERMABRASION · WAXING
 FACIAL REJUVENATION ACUPUNCTURE · MICROFACIALS · ELECTROLYSIS · EAR CANDLING

THE WHOLE YOU SPA | 718.884.9900

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FULL BODY MASSAGES *(except where indicated)*

relax / swedish	\$75 / 50 min \$105 / 75 min \$145 / 100 min
deep tissue, therapeutic, shiatsu, pre-/post-natal, lymphatic drainage, neuromuscular, sports <i>(includes hot packs where appropriate)</i>	\$90 / 50 min \$125 / 75 min \$170 / 100 min
hot stone / dry skin therapy: any massage <i>(advance appointment required for hot stone and dry skin therapy)</i> <i>(*30-min massage is <u>not</u> full-body)</i>	\$85 / 30 min* \$125 / 50 min \$170 / 75 min \$240 / 100 min
the whole you spa basic signature massage <i>(aromatherapy and thermotherapy for hands and feet, up to 10 min scalp massage and up to 15 min hands and feet reflexology)</i>	\$165 relax / 75 min \$185 all other / 75 min
the whole you spa signature plus massage <i>(aromatherapy and thermotherapy for hands and feet, up to 15 min scalp massage, up to 20 min hands and feet reflexology and up to 15 min face massage)</i>	\$215 relax / 100 min \$255 all other / 100 min
aromatherapy/thermotherapy massage treatment : any massage <i>(includes essential oils and aromatherapy for entire body)</i>	\$145 / 60 min

ADD-ONS TO FULL-BODY MASSAGES

aromatherapy <i>(essential oils)</i>	\$15
aromatherapy / thermotherapy	\$15 / hands \$25 / feet \$35 / hands & feet
massage: scalp / sinus / t.m.j.	\$25 / 10 min \$35 / 15 min
reflexology: hands / feet	\$25 / 10 min \$40 / 20 min \$50 / 30 min
paraffin for hands	\$35

REFLEXOLOGY

reflexology hands / reflexology feet	\$45 / 20 min \$55 / 30 min \$90 / 50 min
hot stone reflexology with semi-precious stones <i>(advance appointment required)</i>	\$70 / 20 min \$85 / 30 min

SPECIFIC MEDICAL MASSAGE TREATMENTS

upper back: chair (<i>dressed</i>)	\$25 / 10 min
upper back: chair (<i>undressed</i>)	\$50 / 30 min \$65 / 40 min
full back: table	\$70 / 40 min
arms/hands/feet/knees/legs	\$45 / 20 min \$55 / 30 min \$90 / 50 min
sinus / t.m.j.	\$45 / 25 min

DECLÉOR PARIS EUROPEAN FACIALS

mini	\$45 / 25 min
teen (<i>13-17 y.o.</i>)	\$65 / 40 min
young adult (<i>18-21 y.o.</i>)	\$85 / 45 min
aromaplastie	\$90 / 50 min
integral	\$115 / 70 min
specific	\$135 / 80 min
mature skin / anti-aging	\$125 / 70 min
anti-aging booster (<i>includes 2 serums</i>)	\$150 / 70 min
acne-buster with extraction (<i>\$25 per each additional 15 min</i>)	\$150 / 70 min
acne-buster follow-up: hi frequency only	\$45
acne-buster follow-up: hi frequency with light extraction	\$65
whitening / brightening (<i>no extraction</i>)	\$125 / 70 min
whitening / brightening with light extraction (<i>\$25 per each additional 15 min</i>)	\$140 / 80 min
back "facial"	\$85 / 40 min \$155 / 80 min
eye "facial"	\$45 / 30 min
the whole you spa signature facial <i>this full facial includes extractions and one healing serum with a hi-frequency treatment or paraffin mask to boost the effects of the serum. serums can address: wrinkles, rejuvenation, redness, hyperpigmentation, dehydration, renewal, acne, vitamin a and c.</i>	\$175 / 90 min +\$15 / 1 st add'l serum +\$10 / each add'l serum
glycolic exfoliation treatment (<i>deep exfoliation; approx 30 min; <u>not</u> a facial</i>)	\$65 / face \$80 / hands

ADD-ONS TO FACIALS

eyebrow cleanup	\$18	eyebrow shaping	\$28
mature upgrade	\$10	anti-aging booster	\$30
hi-frequency booster	\$35	galvanic booster	\$35
vitamin C	\$12	glycolic exfoliation	\$35
cream mask	\$15	clay mask	\$20
aromaplastie mask	\$20	collagen mask	\$25
pumpkin mask	\$35	pumpkin + glycolic peel mask	\$35-\$55
glycolic half-back treatment	\$80	glycolic full-back treatment	\$105

MICRODERMABRASION (microcrystal exfoliation / resurfacing)

full face	\$125 / up to 50 min
full face w/booster (<i>includes seaweed paraffin healing booster + 2 serums</i>)	\$195 / up to 90 min
micro-facial (<i>full facial with extractions + full microdermabrasion</i>)	\$185 / up to 95 min
micro-peel (<i>light microdermabrasion + light chemical peel; not for every skin type</i>)	\$215 / up to 80 min

microdermabrasion can be performed on other parts of the body as well; please call or stop by our office for more information and prices.

CHEMICAL PEELS (chemical exfoliation / resurfacing)

our chemical peels and add-ons are based on lactic and fruit acids and are customized to address specific problems. recent research suggests that lactic-acid-based peels produce longer positive effects on skin. because they are based on a natural substance that is recognized by the body, they are also safer: your skin is less likely to produce defensive reactions, such as inflammation. these treatments produce a delayed peeling action. proper follow-up and home care will maximize and prolong the effectiveness of the treatments.

single peel for face (<i>includes free consultation</i>)	\$90
enhanced single peel for face (<i>includes free consultation and one free retinol serum</i>). serums can address: wrinkles, vitamin a & c, rejuvenation, hyperpigmentation, redness, dehydration, renewal, and acne.	\$110 + \$15 / 1 st add'l serum + \$10 / each add'l serum

enhanced single peels can be performed on other parts of the body as well; please call or stop by our office for more information and prices.

intensive peel (<i>a combination of glycolic acid (strength adjusted to need) and pumpkin (to flood your skin with antioxidants and enzymes)</i>)	\$165 / up to 45 min
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HEALING BOOSTER FOLLOW-UP TO MICRODERMABRASION / CHEMICAL PEELS

one to two weeks after your microdermabrasion/chemical peel, your brand new skin will be ready to receive one of our healing serum treatments. encased in a nourishing, calming, and hydrating seaweed paraffin mask, the serum will be targeted at a specific problem area or need. the paraffin mask will "push" the serum into your skin and will provide additional benefits as well. serums can address: wrinkles, vitamin a & c, rejuvenation, hyperpigmentation, redness, dehydration, renewal, and acne.

seaweed paraffin booster follow-up (<i>includes one serum</i>)	\$65 / 35 min
first additional serum	+ \$15
each additional serum	+ \$10

MICROCURRENT / ULTRASOUND FACELIFT

this is a non-invasive treatment that uses mild electrical current to lift and tone the skin and underlying muscles. because it also enhances the effect of creams and serums, microcurrent is also an excellent add-on to microdermabrasion and facials.

microcurrent (basic) (<i>with ultrasound add-on : + \$35</i>)	\$140 / up to 45 min
enhanced microcurrent : includes either facial or microdermabrasion (<i>with ultrasound add-on : + \$35</i>)	\$245 / up to 75 min
triple microcurrent : includes microfacial and ultrasound	\$375 / up to 105 min
follow-up treatment series : basic microcurrent (<i>with ultrasound add-on : + \$35 / treatment</i>)	\$120 / each of 3 \$100 / each of 6 \$80 / each of 12

HAIR REMOVAL

electrolysis (advanced computerized permanent hair removal)

up to 5 min)	\$15	<i>(after 5 min, times are calculated to the minute: each additional min, add \$2)</i>	
30 min	\$60	90 min	\$170
60 min	\$115	120 min	\$225
<i>after 2 hrs, time is calculated @ \$2.50 / minute. needle change during long treatments may be recommended for best results (@ \$5).</i>			

speed-waxing for body and face

full body	\$195	knees <i>(only)</i>	\$20
full legs	\$65	knees <i>(add-on)</i>	\$15
full legs with regular bikini	\$85	hairline at back of neck <i>(women)</i>	\$15
full legs with brazilian bikini	\$95	hairline at back of neck <i>(men)</i>	\$20
full legs with full brazilian bikini	\$110	shoulders	\$35
upper or lower legs	\$40	full arms	\$50
upper/lower legs with reg bikini	\$65	upper or lower arms	\$35
upper/lower legs w/ brazilian	\$75	underarms	\$20
upper/lower legs w/ full brazilian	\$90	chest <i>(women / men)</i>	\$30 / \$45
upper thigh	\$20	abdomen <i>(women / men)</i>	\$20 / \$35
upper thigh with regular bikini	\$50	chest & abdomen <i>(women / men)</i>	\$45 / \$70
upper thigh w/ brazilian	\$60	full back	\$75
upper thigh w/ full brazilian	\$70	upper back	\$55
regular bikini	\$40	lower back <i>(women / men)</i>	\$20 / \$30
brazilian bikini	\$50	buttocks <i>(women / men)</i>	\$35 / \$45
full brazilian bikini	\$65	fingers or toes	\$15
bikini trim	\$7		
women only: chin / lips / cheeks / hairline around face / sideburns / neck / forehead			\$15 <u>one</u> area / \$12.50 each additional

threading for body and face

lower lip	\$6	upper/lower arms	\$24
upper lip/chin/sideburns/cheeks	\$12 each area	full arms	\$36
eyebrows	\$12	upper/lower legs	\$28
		full legs	\$46

EYEBROW / EYELASH GROOMING & COLORING / TINTING

eyebrow grooming		semi-permanent coloring	
waxing only	\$15	eyebrows	\$25
waxing & cutting	\$20	eyelashes	\$35
waxing & tweezing	\$35	eyebrows & eyelashes*	\$55
tweezing <i>(cleanup)</i>	\$25		
tweezing + thinning <i>(shaping)</i>	\$35		
thinning	\$10		
re-shaping	\$55	*10% off with any eyebrow grooming	

EYELASH EXTENSIONS

extensions are applied individually; they may contain one or multiple lashes, depending on degree of "fill" required

"awake" (regular) or "party" (decorative) eyes (up to 12 extensions per eye)	\$120 / up to 40 min
upper full set / upper + lower full set (up to 40 extensions per eye)	\$270 / up to 120 min
upper and lower full set ("hollywood")	\$360 / up to 180 min
touch up (<i>first week</i>)	Free
touch up (<i>3 wks after initial full set</i>)	30% of full cost
touch up (<i>5 wks after initial full set</i>)	40% of full cost

upgrades (decorative lashes) are available; please call us or inquire at the front desk for more information

ACUPUNCTURE (*times are approximate*)

acupuncture can help many different conditions; please call or inquire at the front desk for more information

consultation only	\$50 / 30 min
first visit (<i>includes consultation & treatment</i>)	\$90 / 80 min
follow-up visit	\$70 / 50 min
add-on tui-na chinese massage	\$15
ear seeds	\$35
quit smoking	\$65 / 40 min
facial rejuvenation acupuncture – first visit	\$175 / 80 min
facial rejuvenation acupuncture – follow-up visit	\$140 / 60 min

EAR CANDLING

ear candling treatments can be modified according to individual needs and will be priced accordingly

up to 25 min (1 candle per ear, brief face massage)	\$55
up to 40 min (1 candle per ear, full face massage)	\$75

PACKAGES

packages cannot be combined with coupons, gift certificates, or specials. services are non-interchangeable

package of 5 equal treatments (<i>excludes microdermabrasion, peels & acupuncture</i>)	5% off
package of 10 equal treatments (<i>excl. microdermabrasion, peels & acupuncture</i>)	10% off
full facial and any massage on the same day (<i>excludes reflexology, back facials, glycolic treatments, chemical peels, microdermabrasion and micropeels</i>)	10% off massage
package of 5 equal microdermabrasion treatments	6 th treatment free
package of 5 enhanced chemical peels (<i>additional serums are add-ons</i>)	6 th treatment free

CONSULTATIONS (*times are approximate*)

consultations that are followed immediately by a treatment are free

acupuncture stand-alone consultation	\$50 / 30 min
all other services stand-alone consultation	\$25 / 15 min

IMPORTANT INFORMATION

gift certificates

gift certificates are available starting at \$15. they may be used to purchase any service or product sold by the whole you spa and are good for one year from date of purchase (some restrictions may apply— please ask when purchasing your gift certificate). gift certificates for special offers or packages revert to face value if date of offer expires before appointment or if terms of offer/package are broken. you can purchase a gift certificate at the front desk, or order one over the phone and we can mail it to you or to the recipient.

making appointments

please notify us when you make your appointment if you are pregnant; if you have or ever had cancer; or if you have a heart condition, a skin condition, any communicable illnesses, or an implant (pacemaker, breast implant, etc.) that may affect your treatment. if a particular treatment is contraindicated by your condition, we may recommend an alternative or modified treatment. **all of our treatments are customized to individual needs.** appointments are required for all services. we will do our best to accommodate walk-ins, but we cannot guarantee an opening.

when making an appointment, it is important for us to know how much time you will need, whether you want a service that requires special preparation (e.g., paraffin, hot-stone, dry skin treatments), and whether you will be using a gift certificate or coupon.

please arrive a few minutes prior to your appointment, or call us if you are running late.

securing appointments

we respect your time and value your patronage. we ask you to secure your appointments in order to guarantee you the time and treatment you need. we hope you will honor your commitments to us, just as we strive to honor ours to you.

a credit card number (not a debit card number), cash deposit, or gift certificate number is required to secure all appointments. if the value of a gift certificate is less than that of your scheduled appointment, we may also require a credit card number.

cancellation policy (missed or late appointments)

for Monday appointments changes must be made by 4pm the Saturday before the scheduled appointment.

for Tuesday through Saturday appointments changes must be made 24 hours before the scheduled appointment.

for late cancellations and no-shows you will be charged the full cost of the reserved appointment: both the type and length of the reserved treatment will factor into the charge; gift certificates and vouchers will be forfeited.

please note, if you are late for an appointment, we reserve the right to offer a shorter treatment (if time permits) for the full price of the scheduled appointment.

payments and insurance

we welcome cash and all types of credit and debit cards except American Express. the minimum charge/debit is \$20. checks are not accepted unless we have a valid credit card number on file (we will validate your card). all treatments must be paid for at time of service.

we do not issue refunds for services (credit only). there is no refund or credit for facial and pain-relief products.

for **acupuncture**: we accept some insurance. Call for information.

for **medical massage**, we can provide you with statements that may help you get insurance reimbursement.

hours

Monday – Friday : 10 am - 8 p Saturday : 10 am - 6 pm Sunday : home visits only
home visits : 7 days a week; advance appointments only; surcharges apply.

location

our office is conveniently located in central Riverdale, on Riverdale Avenue near West 238th street. facing the main door to the Riverdale medical pavilion, our entrance is one door to the left. the bx7 bus stops in front of our office (coming from the Henry Hudson Parkway) and directly across the street from our office (coming from Broadway). the Bronx-Manhattan express bus also stops nearby (W239th street on Henry Hudson Parkway).

for more information, please call or stop by our office. prices subject to change without notice. © the whole you spa 2012