

Sports Massage

\$50/30 min | **\$90/60 min** | **\$110/90 min**

A type of massage designed for highly active people who engage in athletics. Engaging in sports is harsh on the body and can often lead to injuries in both the short and long term. Sports massage enhances performance and prolongs a sports career by helping to prevent injury, reduce pain and swelling in the body, relax the mind, increase flexibility, and dramatically improve recovery rates. Sports massage is also highly effective in aiding the rapid recovery of an athlete from an injury by encouraging greater kinesthetic awareness and in turn promoting the body's natural immune function.

Prenatal Massage

\$50/30 min | **\$90/60 min** | **\$110/90 min**

A natural, touch therapy treatment aimed at alleviating pregnancy related symptoms. Experienced therapists choose techniques that are safe and effective for pregnant women. Prenatal massage offers a wide range of benefits which include easing backaches, headaches, shoulder and neck aches that may be caused by muscle tension and shifts in posture to accommodate increasing weight.

Reflexology

\$50/30 min | **\$90/60 min** | **\$110/90 min**

A type of bodywork that focuses on applying pressure to the specific nerve zones in your feet. Unlike other foot massages that are intended to mostly relieve tension in the feet themselves, reflexology is a far more in-depth science that aims to harmonize your entire body. According to reflexology, every part of the human body is mapped into the feet. Reflexology treatments have been found to be highly effective for conditions such as allergies, headaches and depression.

Hot Stone Massage

\$110/60 min

A style of massage therapy in which water-treated stones are placed at specific sites on the client's body to promote relaxation and to help open up the blocked energy. Muscles are pretreated with the heated stones to allow the therapist to more easily perform deep tissue manipulations.

Neuromuscular Therapy

\$50/30 min | **\$90/60min** | **\$110/90min**

A style of bodywork that focuses on stimulating and releasing "trigger points" in the body. Trigger points are tender areas of tension similar to acupressure points, except they occur in the belly of the muscle tissue rather than along the energy pathways of the body. These 'knots' are built up throughout a person's life due to physical, mental, and/or emotional stress. During a session, focused pressure is applied through a variety of techniques in order to release trigger points.

Call today to be added to our e-updates list
and learn more about our monthly specials:
760.931.3171



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Tri-City Medical Center

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Administered by Tri-City Healthcare District



*Innovative treatments.
Glowing results.*

AESTHETIC SERVICES



Our premier Wellness Spa is located in the beautiful Tri-City Wellness Center in South Carlsbad and is staffed by an expert medical team committed to innovative skin care solutions, superior customer service and, most importantly, patient safety resulting in excellent outcomes.

With extensive training coupled with the use of the latest technology and physician-grade skin care products, our aesthetics team will tailor the most effective treatment plan for your specific skin type based on your individual concerns, to deliver youthful, natural results!

Tri-City Wellness Spa is the only cosmetic treatment center in North San Diego County affiliated with a Joint Commission accredited hospital. This ensures that your treatment course will be based on best-practice medicine and delivered by trusted medical experts.

Enjoy a radiant, youthful appearance and positive experience at Tri-City Wellness Spa.

SKINCARE

Organic Passion Fruit Facial \$110/60 min

A papaya, pineapple, pumpkin, and mango infused blend of organic and medically effective ingredients designed to rebalance tired, stressed and dull-looking skin. This non-chemical peel naturally rebalances, regenerates, restores and soothes your skin with organic ingredients.

On The Run Facial \$55/30 min

This is a quick rejuvenation facial for a refreshing glow. Includes cleansing, exfoliation, light facial massage and mask treatment. Finished with protective topicals. No extractions.

Signature Facial \$90/60 min

This relaxing facial is customized to your specific skin care needs. Perfect for those in need of repair, nourishment, increased blood circulation, deep hydration, and improved tone and texture.

Series Discount: 3/\$245, 6/\$475

Corrective Care \$85/60 min

This corrective care facial is a comprehensive treatment for congested, acne or problem skin. For both teens and adults, this is the first step towards a clearer complexion.

Series Discount: 3/\$230, 6/\$450

Free SkinCare Analysis \$0/15 min

FACIAL EXTRAS

Eye Treatment	\$15
Hand Treatment	\$15
Facial Enhancement Add-On	\$10
Extra Extraction	\$15

Add brow shaping to any facial for only \$10

SKIN SMOOTHING EXFOLIATION PEELS

Derma Analysis \$75/30 min

After a derma analysis, your esthetician will work with you to decide the appropriate peel for your skin.

Series Discount: 6/\$405

Four-Layer Facelift Level 1 \$85/30 min

This revolutionary four-layer facelift will change the image of your skin in just one application. Vitamin C, glycolic acid and gentle but highly active enzymes speed up cellular turnover and brighten, tighten and lighten your skin in just one treatment.

Wrinkle Lift Level 1 \$105/45 min

This ultra-resurfacing glycolic and retinol treatment exfoliates dead surface skin cells, leaving skin firmer and healthier. Visibly reduces the appearance of fine lines.

WAXING

Half Arm	\$25/30 min
Full Arm	\$45+/45 min
Back	\$55+/45 min
Bikini Line	\$35/30 min
Bikini Full	\$45/45 min
Brazilian	\$60/45 min
Brow Design	\$20/30 min
Brow Maintenance	\$15/15 min
Chin	\$15/15 min
Full Face	\$40/30 min
Lower Leg	\$40/30 min
Upper Leg	\$50/30 min
Full Leg	\$65+/60 min
Lip	\$15/15 min
Underarm	\$25/15 min
Chest	\$45+/45 min
Tummy Trail	\$20/15 min

MASSAGES

Swedish Massage

\$50/30 min | \$90/60 min | \$110/90min

A very relaxing and therapeutic style of bodywork. It combines techniques with an array of strokes such as rolling, kneading, and percussion to help the body improve its circulation. The benefits of this type of bodywork are wide-ranging and include relief from aches and pains, decreased stress levels in the body, enhanced mental clarity, improved appearance, and greater flexibility.

Deep Tissue Massage

\$50/30 min | \$90/60 min | \$110/90min

A form of bodywork that aims to relieve tension in the deeper layers of tissue in the body. Deep Tissue Massage is a highly effective method for releasing chronic stress areas due to misalignment, repetitive motions and past lingering injuries.