

Pregnancy Massage

This therapeutic massage focuses on the needs of the mother-to-be as her body goes through the changes of childbirth. This massage relieves stress on weight bearing joints, assists in maintaining proper posture and reduces swelling

..... from 85.00

Soothing Stone Massage

This therapy with heated basaltic rock will bring intense calm and a sense of peace and tranquility. The warmed river-bed stones glide across your body, soothing the nervous system, cleaning toxins and gently balancing the body's energy

..... from 90.00

We are always happy to add other services and treatments to your facial, such as enzymes, waxing, etc. Please ask your esthetician for his or her recommendations, and be sure to mention any extras at the time of booking so we can ensure enough time during your appointment. See the Main Menu for current prices.

Healing Hands has a 24-hour cancellation policy. If you cancel later than 24 hours before your appointment, you will be charged for the missed treatments. We appreciate your cooperation and understanding.

As we desire your visit to be tranquil and relaxed, we ask that all cell phones and pagers be turned off before you enter the lobby. We love children, but we have no facilities to care for them, so we ask that you leave them at home.

HEALING HANDS

Healing Hands Skin Care Clinic

*“Dedicated to the complete
revitalization of body and spirit
in a tranquil environment.”*

Diplomat in Homeopathic Estheticology

**Diploma from the CA Botana International
Academy of Aesthetics**

**Member of the San Diego Aesthetic
Association**

**Visit us at our website
<http://www.healinghandsskincare.com>**

**7960 University Ave. Suite 220
La Mesa, CA 91941
619/465-SKIN (7546)**

Body Treatment Menu

BODY TREATMENTS

Chest or Hand Treatment/ Both

Excellent for sun damaged, freckled, dull alligator skin. Includes honey and almond scrub, seaweed filtrate, seaweed mask, and seaweed body cream

..... from 25.00/45.00

Foot and Leg Treatment

A treatment from the knee to the tip of your toes. First dead skin is removed with honey and almond scrub. Next, a rich moisturizing cream is massaged into the skin followed by peach paraffin

..... from 45.00

Back Treatment

Cleansing, steam, papaya enzyme peel, extractions and mask

..... from 75.00

Root Cause Consultation

Specially trained esthetician locates the root cause of skin problems and mild internal ailments, for treatment from the inside out. If you suffer from abdominal bloating, cellulite, acne, psoriasis or any other problem that is not related to a serious condition, root cause analysis will not only help identify the cause but also determine the treatment

..... from 45.00

Seaweed Anti-Cellulite Treatment

This seaweed and paraffin treatment improves firmness and smoothes the body's contour. Eliminates toxins and assists in the reduction of cellulite

..... from 105.00

..... series of 3 from 285.00

Underwater Massage

Effective stimulant for the break up and dissolution of cellulite. Increases circulation and stimulates skin function. Relaxing and invigorating. from 75.00

Seaweed Body Mask

Pure seaweed indulgence for the entire body. This mineral-rich seaweed body mask will nourish, rebalance, detoxify, tone and hydrate the skin while reducing stress

..... from 125.00

Vichy Salt Glow

Hydrating sea salts and massage oil are blended together and massaged over the area to be treated. A pulsating Vichy shower stimulates and cleanses, leaving the skin refreshed and luminous.

..... from 70.00

Thalassotherapy

Water, nature's healer, can soothe muscle soreness, stimulate lymphatic drainage, and assist in the treatment of sport injuries, arthritis, or circulation problems. Choose from our stress relief or rejuvenation sea bath for higher intensity underwater massage. Please bring a bathing suit for this service

..... from 65.00

HOMEOPATHIC TREATMENTS

Fango Therapy-Secrets from the Sea

A specialized facial to detox and rejuvenate the skin. Helps constrict enlarged pores, minimize fine lines, and refresh and revitalize the complexion

..... from 85.00

Ayurvedic Facial and Auric Massage

A salon treatment designed to relieve the symptoms induced by environmental stress, headache, muscle pain, fatigue, nervous tension, PMS, etc.

..... from 110.00

MASSAGE

Full Body Massage

Techniques derived from therapeutic, Swedish and deep tissue practices are combined to provide you with a relaxing and healing experience for your entire body, especially those parts which hold the most tension. Good for individuals with chronic fatigue, mild aches and pains, and stressful lives.

1 hour from 70.00

1 1/2 hours from 90.00