

HYDRAFACIAL

Signature Hydrafacial

This treatment includes 3 step process:
Cleanse, Extract and hydrate

1 Treatment	\$159
3 Treatments	\$430
6 Treatments	\$810

Deluxe Hydrafacial

This treatment includes everything in the Signature Package, as well as boosters for all skin concerns and LED light therapy

1 Treatment	\$225
3 Treatments	\$607
6 Treatments	\$1145

Platinum Hydrafacial

This treatment includes everything in the Deluxe Package, as well as lymphatic drainage

1 Treatment	\$275
3 Treatments	\$742
6 Treatments	\$1400



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221 East Park Avenue, Long Beach NY 11561
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HYDRAFACIAL COMBOS

HydraFacial Keravive Hair Growth and Scalp Treatment

Single Session \$350 3 Sessions \$950

Red Carpet: Cryo Trilift & Hydrafacial

Pair TriLift muscle stimulation + radio frequency with a platinum level Hydrafacial as well as local facial cryotherapy before your big moment.

1 Treatment \$850

Satin Skin

The most satiny skin is yours with a dermaplaning session to exfoliate and remove villus "peach fuzz" hair and a Deluxe Hydrafacial.

1 Treatment \$245

Velvet Skin

Get smoother, tighter, dewy skin with this combo of a dermaplaning session to exfoliate and remove villus "peach fuzz" hair combined with a local facial cryo to shrink wrap lax skin and a Deluxe Hydrafacial for an ultra glow. (90 Minutes)

1 Treatment \$285

Crowning Glory: Procell & Hydrafacial

Encourage new, thicker hair growth with Hydrafacial Keravive and Procell Microchanneling scalp treatment.

1 Treatment \$600



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HYDRAFACIAL BODY TREATMENTS



Hydrafacial Body Part Treatments

Deeply cleanse, exfoliate, extract, and hydrate the skin.

Neck and Decollete Single	\$95
Neck and Dec 3 session	\$250
Neck and Dec 6 session	\$485
Hands single	\$40
Hands 3 session	\$108 (30 Minutes)
Hands 6 session	\$200
Back Single	\$250 (60 Minutes)
Back 3 Session	\$675
Back 6 Sessions	\$1,275
Booty Single	\$250
Booty 3 session	\$675
Booty 6 session	\$1,275
Arms Single Session	\$125 (30 Minutes)
Arms 3 sessions	\$335
Arms 6 sessions	\$635



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FACIAL & PEELS

Facials

CBD Redness Calming	\$150
3 sessions \$400	
5 sessions \$650	
Elevation Oxygen Protein	\$275
3 sessions \$725	
5 sessions \$1,175	
Flawless Acne Focused	\$150
3 sessions \$400	
5 sessions \$650	
Fountain of Youth Peptide	\$150
3 sessions \$400	
5 sessions \$650	
Gentleman's Facial	\$150
3 sessions \$400	
5 sessions \$650	
Opulence Facial	\$300
3 sessions \$800	
5 sessions \$1,300	
Pod Spa Teen Clean	\$100
3 sessions \$250	
5 sessions \$400	
Regenerative Facial	\$250
3 sessions \$650	
5 sessions \$1,050	
Silky Smooth Dermaplaning	\$190
3 sessions \$500	
5 sessions \$800	
SkinWave Hydrotherapy	\$150
Full Back Facial	\$199
Express Dermaplane Facial	\$75



Peels

Brightening Peel (light)	\$100
3 sessions \$250	
5 sessions \$400	
Five Berry Peel (Deep)	\$130
3 sessions \$340	
5 sessions \$550	
Invigorating Peptide Peel (medium)	\$125
3 sessions \$325	
5 sessions \$525	
Pod Spa Signature Peel (Deep)	\$140
3 sessions \$370	
5 sessions \$600	
Pore Perfecting Peel (light)	\$130
3 sessions \$350	
5 sessions \$550	
Resilience Peel (Medium)	\$130
3 sessions \$340	
5 sessions \$550	



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INJECTABLES

Botox/Dysport/Xeomin

Nasal Bunny	\$150
Forehead	\$250
Forehead + Crow's Feet	\$450
Glabella	\$250
Crow's feet	\$250
Lip Flip	\$150
Gummy Smile Reduction	\$250
Chin Dimple/Wrinkle	\$150
Glabella + Crow's Feet	\$450
Glabella + Forehead + Crow's Feet	\$675
Glabella + Forehead	\$450
Platysmal/Nefertiti Neck Lift	\$500
Masseters	\$550

Xeomin: Buy The Bottle Service

Our **Xeomin Buy The Bottle Service** allows clients to buy a 100-unit bottle of Xeomin for themselves or to share with a friend. Treatment can be applied during a single session or spread out over 3 treatments. (units must be used within 1 year of purchase) **\$800**



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INJECTABLES

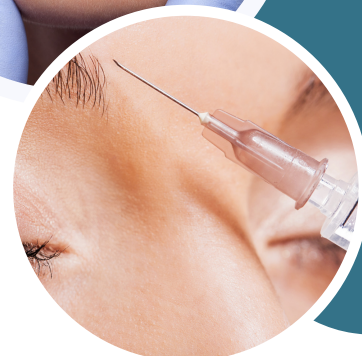
Filler Syringe

Restlyne Lyft/Defyne/Contour/Classic/Kysse/Versa

1 Filler Syringe	\$750
2 Filler Syringes	\$1,350
3 Filler Syringes	\$2,000
4 Filler Syringes	\$2,650
5 Filler Syringes	\$3,300

Filler Dissolver

Lips	\$500
Tear Trough	\$350
Cheeks	\$350
Chin	\$350
Bridge of the nose	\$350
Marionette Lines	\$350
Nasolabial Folds	\$350
Temples	\$350
Jawline	\$350
Lips + Marionette Lines	\$700
Lips + Marionette Lines + Nasolabial Folds	\$1,000
Cheeks + Tear Trough	\$600
Cheeks + Tear Trough + Temples	\$850



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BODY CONTOURING

TRUSCULPT ID ONLY (FAT REDUCTION)

Single Session One Body Part	\$650
Three Sessions One Body Part	\$1,650
Five Sessions One Body Part	\$2,400

TRUSCULPT FLEX ONLY

Single Session One Body Part	\$350
Three Sessions One Body Part	\$900
Five Sessions One Body Part	\$1,400

TRUSCULPT ID + FLEX COMBO

Single Session One Body Part	\$750
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SINGLE ID + MULTIFLEX COMBO

Single ID Plus 4 Flex Treatments One body part	\$1,700
Single ID Plus 5 Flex Treatments One Body Part	\$1,950
Single ID Plus 6 Flex Treatments One Body Part	\$2,200



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LASER HAIR REMOVAL

Laser Hair Removal

Hairline/Widows Peak \$35
6 sessions \$190

Ears \$45
6 sessions \$240

Upper Lip \$45
6 sessions \$240

Sideburns \$95
6 sessions \$520

Chin \$60
6 sessions \$320

Male Face \$75
6 sessions \$400

Full Face \$155
6 sessions \$840

Neck \$65
6 sessions \$350

Shoulders \$75
6 sessions \$400

Half Back \$200
6 sessions \$1,080

Full Back \$275
6 sessions \$1,480

Chest \$195
6 sessions \$1,050

Half Arm \$145
6 sessions \$780

Full Arm \$175
6 sessions \$950

Underarm \$65
6 sessions \$350



Abdomen Center Line \$60
6 sessions \$320

Areola \$45
6 sessions \$240

Navel Line \$35
6 sessions \$190

Abdomen \$95
6 sessions \$520

Lower Leg \$175
6 sessions \$950

Upper Leg \$115
6 sessions \$620

Full Leg \$290
6 sessions \$1,550

Bikini \$95
6 sessions \$510

Brazilian \$195
6 sessions \$1,050

Buttocks \$95
6 sessions \$520

Buttocks (center) \$50
6 sessions \$270

Feet & Toes \$35
6 sessions \$190



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SKIN REJUVENATION

Cool Peel CO2 Laser

Full Face 4 sessions \$1,800	\$500
Full Face + Neck 4 sessions \$2,700	\$800
Full Face + Neck + Décolleté 4 sessions \$3,500	\$1,100
Décolleté 4 sessions \$2,050	\$600
Neck 4 sessions \$1,600	\$480

Subnovii Plasma Treatment

Crows Feet	\$450
Décolleté	\$1000
Forehead	\$700
Upper and Lower Eyes	\$700
Sub-Jaw Area	\$650
Lip/ Mouth Area	\$650
Lower Face and Neck	\$1200
Neck	\$850
Tragus	\$450
Full Face	\$1500
Full Face and Neck	\$2000



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SKIN REJUVENATION

Procell MicroChannel "PRO"

Full Face 4 sessions \$940	\$275
Full Face + Neck 4 sessions \$1,100	\$325
Full Face + Neck + Décolleté 4 sessions \$1,500	\$450
Hand Rejuvenation 4 sessions \$850	\$250

Procell MicroChannel "MD"

Full Face 4 sessions \$1,100	\$325
Full Face + Neck 4 sessions \$1,275	\$375
Full Face + Neck + Décolleté 4 sessions \$1,700	\$500
Hand Rejuvenation 4 sessions \$1,000	\$300



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SKIN REJUVENATION

Tetra CO2

Full Face	\$850
3 sessions \$2,000	
Décolleté	\$850
3 sessions \$2,000	
Neck	\$750
3 sessions \$1,800	
Full Face + Neck	\$1,400
3 sessions \$3,300	
Full Face + Neck + Décolleté	\$2,000
3 sessions \$4,800	

Tixel Fraxel

Full Face	\$400
3 sessions \$1,000	
Neck + Décolleté	\$800
3 sessions \$2,000	
Full Face + Neck + Décolleté	\$1,200
3 sessions \$2,900	
Hand Rejuvenation	\$275
3 sessions \$700	
Periorbital Area	\$350
3 sessions \$890	



TriLift

Trilift Single Session	\$650
Trilift w/o microneedling	\$550
Trilift Five Session	\$2,500
*includes 2 micro-needling sessions	
Trilift Six Session	\$3,000
*includes 2 micro-needling sessions	
Trilift Ten Session	\$4,750
*includes 3 micro-needling sessions	



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SKIN REJUVENATION COMBO

Awaken Treatment- Hydrafacial + Cool Peel

Full Face	\$600
3 sessions \$1,600	
Full Face + Neck	\$875
3 sessions \$2,300	
Full Face + Neck + Décolleté	\$1,200
3 sessions \$3,000	

Clarity Trio- Hydrafacial + Virtue RF + Cool Peel

Full Face	\$1,200
3 sessions \$3,000	
Full Face + Neck	\$1,500
3 sessions \$3,800	
Full Face + Neck + Décolleté	\$1,650
3 sessions \$4,200	

Collagen Combo- Virtue RF + Subnovii

Full Face	\$2,250
3 sessions \$5,100	
Full Face + Neck	\$2,500
3 sessions \$5,600	
Full Face + Neck + Décolleté	\$2,800
3 sessions \$6,300	

Glow H2O- Hydrafacial + Virtue RF

Full Face	\$725
3 sessions \$1,800	
Full Face + Neck	\$1,100
3 sessions \$2,800	
Full Face + Neck + Décolleté	\$1,250
3 sessions \$3,100	

Renew & Rejuvenate- Subnovii + Virtue RF + Hydrafacial

Full Face	\$2,350
3 sessions \$5,600	
Full Face + Neck	\$2,650
3 sessions \$6,300	
Full Face + Neck + Décolleté	\$2,950
3 sessions \$6,800	

Ultimate Duo- Virtue RF + Cool Peel

Full Face	\$1,500
3 sessions \$3,600	



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VIRTUE RF MICRONEEDLING

Deep RF

Abdomen	\$1,500
3 sessions \$3,600	
Arms	\$1,250
3 sessions \$3,000	
Buccal	\$450
3 sessions \$1,080	
Buttocks	\$1,500
3 sessions \$3,600	
Inner / Outer Thighs	\$1,500
3 sessions \$3,600	
Scars	\$850
3 sessions \$2,040	
Stretch Marks	\$1,250
3 sessions \$3,000	
Submental	\$650
3 sessions \$1,560	

Smart RF

Full Face	\$650
3 sessions \$1,500	
Face + Neck	\$1,050
3 sessions \$2,520	
Face + Neck + Decollete	\$1,200
3 sessions \$2,880	

Exact RF

Eye Bags	\$1,200
3 sessions \$2,800	
Festoons	\$1,200
3 sessions \$2,800	
Jawline	\$1,200
3 sessions \$2,800	
Lesions	\$700
3 sessions \$1,600	
Peri-Orbital (Upper+ Lower)	\$1,600
3 sessions \$3,800	
Submental	\$1,800
3 sessions \$4,000	



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AEROLASE ERA

Refresh (Micropeel or Sub-Ablative Treatments)

Hands Single Session: **\$400**
 2 Sessions \$720
 3 Sessions \$1,020

Full Face Single Session: **\$500**
 2 Sessions \$900
 3 Sessions \$1,275

Décolleté Single Session: **\$500**
 2 Sessions \$900
 3 Sessions \$1,275

Neck Single Session: **\$400**
 2 Sessions \$720
 3 Sessions \$1,020

Face & Neck Single Session: **\$800**
 2 Sessions \$1,400
 3 Sessions \$2,040

Face, Neck & Décolleté: **\$1,300**
 2 Sessions \$2,300
 3 Sessions \$3,300

Renew (Deep Wrinkles & Sun Damage)

Full Face: Single Session **\$800**

Neck: Single Session **\$700**

Perioral: Single Session **\$500**

Periocular: Single Session **\$500**

Face & Neck: Single Session **\$1,300**

Face, Neck & Décolleté: Single Session **\$1,700**

Reveal (Fine Lines & Minor Sun Damage)

Hands Single Session: **\$500**
 2 Sessions \$900
 3 Sessions \$1,275

Full Face Single Session: **\$600**
 2 Sessions \$1,080
 3 Sessions \$1,530

Décolleté Single Session: **\$600**
 2 Sessions \$1,080
 3 Sessions \$1,530

Neck Single Session: **\$500**
 2 Sessions \$900
 3 Sessions \$1,275

Face & Neck Single Session: **\$900**
 2 Sessions \$1,600
 3 Sessions \$2,300

Face , Neck & Décolleté: **\$1,400**
 2 Sessions \$2,500
 3 Sessions \$3,500



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AEROLASE NEO

Skin Rejuvenation & Tightening

Full Face: Single Session **\$400**

2 Sessions \$720

3 Sessions \$1,080

6 Sessions \$1,900

Neck: Single Session **\$400**

2 Sessions \$720

3 Sessions \$1,080

6 Sessions \$1,900

Décolleté: Single Session **\$400**

2 Sessions \$720

3 Sessions \$1,080

6 Sessions \$1,900

Full Face & Neck: **\$500**

2 Sessions \$900

3 Sessions \$1,350

6 Sessions \$2,400

Full Face, Neck & Décolleté: **\$600**

2 Sessions \$1,080

3 Session \$1,500

Acne Treatment

Face: Single Session **\$300**

2 Sessions \$540

3 Sessions \$800

Chest: Single Session **\$400**

2 Sessions \$720

3 Sessions \$1,000

Back: Single Session **\$600**

2 Sessions \$1,050

3 Sessions \$1,600

Back & Shoulders: Single Session **\$700**

2 Sessions \$1,260

3 Sessions \$1,800



Reverse Aging Neo & Era Combination Treatment

Full Face **\$1,100**

3 sessions \$1,980

3 sessions \$2,800

Neck **\$750**

2 sessions \$1,350

3 sessions \$1,900

Décolleté **\$850**

2 sessions \$1,530

3 sessions \$2,200

Full Face + Neck **\$1,600**

2 sessions \$2,880

3 sessions \$4,000

Full Face + Neck + Décolleté **\$2,200**

2 sessions \$3,960

3 sessions \$5,600



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AEROLASE NEO

Spider Veins

Face: Single Session	\$150
Legs: Single Session (depending on area)	\$300

Rosacea

Face: Single Session	\$300
3 Sessions \$800	
Face & Neck: Single Session	\$400
3 Sessions \$1,080	

Angiomas

Depending on Area	\$150+
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Scar Revision

Depending on Area	\$150+
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Cutaneous Lesions

Depending on Area	\$300+
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Pigmented Spot Removal

Back	\$300
6 sessions \$1,500	
Chest	\$300
6 sessions \$1,500	
Shoulders	\$250
6 sessions \$1,300	
Full Face	\$200
6 sessions \$1,000	
Full Leg	\$425
6 sessions \$2,100	
Full Arm	\$275
6 sessions \$1,100	



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AVICLEAR ACNE TREATMENT

AviClear: The Future of Clear Skin

The first and only FDA-cleared energy device for the treatment of mild to severe acne. AviClear's 1726 nm wavelength treats acne at the source by selectively targeting and suppressing the sebaceous gland safely and effectively. 3 Sessions 1 treated area.



3 Sessions

\$2,800



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LYMPHATIC MASSAGE

Post-Surgical Lymphatic Drainage

Single	\$95
Six Sessions	\$513
Nine Sessions	\$769
Twelve Sessions	\$1,000
Fifteen Sessions	\$1,282

General Wellness Lymphatic Massage

Single	\$130
Three Sessions	\$351
Six Sessions	\$702
Nine Sessions	\$1,053



Lymphatic Massage Packages

6 Lymphatic Massage + 3 IV Drips + 3 CryoTherapy Tank	\$1,032
9 Lymphatic Massage + 5 IV Drips + 4 CryoTherapy Tank	\$1,628
12 Lymphatic Massage + 8 IV Drips + 7 CryoTherapy Tank	\$2,309



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CAVITATION

Cavitation

Single Session	\$130
Cavitation 3 Sessions	\$351
Cavitation 6 Sessions	\$702
Cavitation 9 Session	\$1,053
Cavitation 12 Sessions	\$1,404

Cavitation Packages

1 Cavitation - 1 Sauna Single	\$161
1 Cavitation - 1 LDM Single	\$213
1 Cavitation - 1 LDM - 1 Sauna Single	\$247
1 Cavitation- 1 LDM- 1 IV Drip Single	\$375
3 Cavitation - 3 Sauna	\$459
3 Cavitation - 3 LDM	\$607
3 Cavitation - 3 LDM - 3 Sauna	\$702
3 Cavitation- 3 LDM- 3 IV Drip	\$1,066



Cavitation Packages Cont.

6 Cavitation - 6 Sauna	\$867
6 Cavitation - 6 LDM	\$1,147
6 Lymphatic Massage-3IV drip-3Cryo	\$1,032
6 Cavitation- 6 LDM- 6 Sauna	\$1,326
9 Lymphatic Massage-5 IV drip-4 Cryo	\$1,626
6 Cavitation- 6 LDM- 6 IV Drip	\$2,014



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GENTLEMEN PACKAGES

Optimum Rejuvenation **\$850**

Give your skin the Ultimate Rejuvenation treatment and improve the tone and texture with this package. This effective bundle includes:

- Cool Peel Laser
- Red light LED
- Signature Vitamin Boost IV Drip of your choice

*All services listed are single session

The Athlete **\$250**

Deeply recover and recharge your body and muscles! This package includes:

- Cryotank session
- Infrared sauna 45 minutes
- Fitness class of your choice
- Signature Vitamin Boost IV drip of your choice.

*All services listed are single session

The BroTOX Treatment **\$675**

Reduce wrinkles to the forehead, between brows, and crow's feet with botox or dysport. Pricing is for three areas with unlimited units needed to reach appreciable aesthetics goals.



The Athlete Express **\$200**

You've got things to do so get in and get out with this swift service. This package includes:

- Cryotherapy Local centered on one body part
- Signature Vitamin Boost IV Drip of your choice

*All services listed are single session



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GENTLEMEN PACKAGES

The Wellness Fix

\$450

Take charge of your well-being with one of our most robust packages. This effective bundle includes:

- Gentleman's Facial
- Cyro Tank Session
- IV Drip of Choice
- Laser Hair Removal of Ear and Neck

*All services listed are single session

Renew Back Cleanse

\$300

Everyone wants to look good with their shirt off.

This package includes:

- Laser Hair Removal of Full Back
- Decongesting Back Facial

*All services listed are single session

Reveal Back Treatment

\$600

Reveal your smoothest skin yet with treatments to banish breakouts. This effective bundle includes:

- Tixel Skin Rejuvenation on Full Face
- Hydrotherapy Facial
- Salt Cave Session

*All services listed are single session

The Ultimate Fix

\$500

You will be looking your best with the following services listed below:

- Gentleman's Facial with Time Freeze Cyro add on
- Salt Cave 30 minutes
- TriLift facial with submental muscle stimulation and RF Sculpting (Microneedling not included)

*All services listed are single session



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TREATMENT ENHANCEMENTS

Advanced Healing Accelerator Serum	\$130
Advanced Results Boosting Package	\$220
Advanced Stemcell Treatment	\$80
Gold Standard Microcurrent Facial Mask	\$100
Healing Accelerator Serum	\$80
LED Light Treatment	\$25
Premium Acne Microcurrent Face Mask	\$80
Premium Anti-Aging Microcurrent Mask	\$80
Premium Brightening Microcurrent Mask	\$80
Premium Hand Care Microcurrent Glove Set	\$80
Premium Microcurrent Face Sheet Mask	\$80
Premium Microcurrent Neck Sheet Mask	\$80
Premium Neck Lifting Microcurrent Mask	\$65
Results Boosting Package	\$150
RF and Microcurrent Face Slimming Treatment	\$40
Soothing Hyaluronic Mask + Cooling Globes	\$35
Stemcell Treatment	\$50
Time Freeze Cryofacial	\$25



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LASH & BROW CARE



Lashes

Lash Lift

\$50

An all-natural, semi-permanent procedure that gives you the appearance of fuller, thicker eyelashes without the use of any leave-on chemicals or extensions. The natural lashes are boosted from the root, giving them a lifted, lengthened appearance. Results last approximately 4 weeks.

Lash Tint

\$50

Enjoy darker, more luscious lashes! A safe, semi-permanent vegetable dye is applied to the eyelashes. This is done to make your dull lashes appear not only darker, but also longer and fuller. Results last approximately 4 weeks.

Lash Lift & Tint Combo

\$90

Get effortlessly lovely lashes that are darker, lifted, and fanned out. This service combines our lash lift and tint processes to reveal your most naturally gorgeous eyelashes yet! Results last approximately 4 weeks.

Eyebrows

Eyebrow Shaping

\$25

Includes tweezing and trimming, enhancing your natural shape.

Eyebrow Tint

\$50

Thicker, more youthful looking brows are yours! A safe, semi-permanent vegetable dye is applied to the brows, darkening the fine hair surrounding the perimeter of the brow to increase width. It also allows darkening the fine hairs in the inner core of the brow that are in less dense areas. This creates a longer brow line (brow tail) or fuller front and a more ideal shape. Results last up to six weeks.

Eyebrow Shaping & Lamination Combo

\$90

Obtain fuller, more lifted brows with this simple process that smooths and reshapes hairs in a more aesthetically pleasing shape. This is a fantastic alternative to brow blading for many individuals looking to address sparseness, gaps, or unruly brow hairs. Results last up to six weeks.



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MASSAGE THERAPY

Basic-Overall Relaxation

When you think of a classic massage, you're actually thinking of a Swedish massage. It is the most commonly practiced massage therapy and offers you a wonderful relaxing and rejuvenating experience. The goal of Swedish massage is to improve your circulation and promote relaxation through soothing your muscles. The benefits are easing of muscle pain, Increased blood circulation, Increased range of movement, Reduction in physical stress and improve sleep.

55 Minutes **\$135**

85 Minutes **\$185**

Deep Tissue Massage

Deep Tissue is a massage technique that's mainly used to treat musculoskeletal issues, such as strains and sports injuries. It involves applying sustained pressure using slow, deep strokes to target the inner layers of your muscles and connective tissues. This helps to break up scar tissue that forms following an injury and reduces tension in muscle and tissue. It may also promote faster healing by increasing blood flow and reducing inflammation. This treatment is done in the salt cave.

55 Minutes **\$145**

85 Minutes **\$195**



Luxury Signature Massage

Our Luxury Signature treatment to achieve ultimate relaxation. This treatment uses Himalayan hot stones and aromatherapy combined with traditional Massage techniques to soothe mind, body & spirit. This treatment is done in the salt cave.

55 Minutes **\$160**

85 Minutes **\$210**

Thai Massage

Thai massage uses gentle pressure and stretching techniques to relax the whole body. It is sometimes referred to as assisted yoga as it is a service that requires you to move with the practitioner, holding extended versions of postures that would be difficult to achieve alone. This massage is performed on a traditional Thai mat, on the ground. Breathe deeply into every crevice as your body is guided through each stretch and posture.

60 Minutes **\$160**



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PodSpa

& Wellness

IV & IM THERAPY

IV Therapy

Pod Spa After Party Drip	\$175
3 sessions \$475	
5 sessions \$775	
Pod Spa Glowing Goddess	\$185
3 sessions \$505	
5 sessions \$825	
Pod Spa Resilience	\$180
3 sessions \$490	
5 sessions \$800	
Pod Spa Signature Vitamin Boost	\$190
3 sessions \$520	
5 sessions \$850	
Pod Spa Skinny Drip	\$195
3 sessions \$535	
5 sessions \$875	
Pod Spa Wellness Defense Drip	\$170
3 sessions \$430	
5 sessions \$815	



IM Therapy

Glutathione: Detox Blast Injection	\$60
3 sessions \$160	
5 sessions \$250	
10 sessions \$500	
Lipomino: Energy Blast Injection	\$50
3 sessions \$130	
5 sessions \$200	
10 sessions \$400	
B12 Add On	\$60
D3 Add On	\$60



Prices are subject to change please visit our website for the most updated pricing.

221 East Park Avenue, Long Beach NY 11561
888-766-8889 www.podspas.com

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SALT CAVE INFRARED SAUNA CRYOTHERAPY



Salt Cave (Halotherapy)

30 Minute Session	\$40
3 sessions \$105	
5 sessions \$150	
10 sessions \$250	

Private Sauna Suite for 1

30 Minute Session	\$35
3 sessions \$100	
5 sessions \$155	
7 sessions \$210	
10 sessions \$280	

45 Minute Session	\$45
3 sessions \$125	
5 sessions \$200	
7 sessions \$275	
10 sessions \$350	

Localized Cryotherapy

Single Session	\$39
Five Sessions	\$175
Seven Sessions	\$235

Cryotherapy Tank

Single Session	\$40
Three Sessions	\$114
Five Sessions	\$190
Seven Sessions	\$266

Cryotherapy Combo

Local and Tank Combo:

Single Session	\$75
Five Sessions	\$350
Seven Sessions	\$500



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YOGA, MEDITATION & FITNESS

Yoga, Meditation and Fitness Classes

10 Class Pack- 30 min 1 Sauna Room & 30-minute 1 Salt Room Session	\$195
20 Class Pack- 30 min 2 Sauna Room & 30-minute 2 Salt Room Session	\$360
Single Yoga/Fitness/ Meditation	\$22
Single Zoom Class	\$11
Workshop: Chakra Dance	\$30
Workshop: New Moon Women's Circle	\$40

Monthly Specials & Memberships

New Clients ONLY: New Student Special Unlimited One Month (One time only use)	\$40
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Unlimited Class Pack:	\$175
Renews Automatically: 3-Month Commitment Required	
<ul style="list-style-type: none"> • Unlimited Fitness & Yoga classes (workshops are Not included) • 1 30 Minute Salt Cave Session • 1 30 Minute Infrared Sauna Session • 1 Cryotank Session • 15% Off All Products & Services (does not include private training sessions) 	

One on One Private Sessions

30 Minute Meditation with Stacey	\$75
1 Hour Yoga with Stacey (Vinyasa or Kundalini)	\$125
Private Meditation 1 Hour	\$125
Private Reiki (Saturdays only 9:30am-10:30am)	\$150



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