



## Welcome to Promise Spa of St. Augustine!

The only destination for affordable, authentic, world class therapy, skincare, spa treatments and wedding services on St. Augustine Beach. Whatever we can do to make your experience with us exemplary, just ask ~ we aim to please!



## Signature Combination Packages

### Come Together \$150

Look your best for that special event. Our invigorating natural~bristle body brushing exfoliates your skin, followed an apricot seed scrub to polish and refine. You'll be squeaky clean and ready for a detoxifying herbal weight reduction wrap. For your happiest face we include our rehydrating, 7~step facial. 2.5 Hours

Add airbrush bridal makeup \$225

### All You Need Is Love \$190

Whatever you need a little more of, this package will give you the boost you've been seeking. A full~body 60-minute aromatherapy Swedish massage followed by our 7~step facial, provided while you're snugly cocooned in our Sedona and French Red Clay warm mud wrap. Delicious! 2.5 Hours

### Give Peace A Chance As Priced

Give Peace, Give Love, Give Yourself a Chance! Here's one way to do that. Pick your favorite two regular items from our standard Massage and Skincare menu and receive a complimentary Paraffin Hand Treatment.



## Holistic Body Treatments

### Nourishing Mud Wrap \$80

Detoxifying, hydrating and calming, we paint your body with natural mineral~infused clays from the earth, then cocoon you for a one~hour transcendence into well~being. Walk away from this treatment feeling revitalized, toned, smooth and clean with glowing, vibrant skin.

### Herbal Weight Reducing Wraps \$90

Our generous combination of herbs are known for their powerful ability to purge toxins from the body, eliminate excess water and work to break up fatty deposits. We have successfully reduced clients up to 20" overall in one sitting. Great for special events.

### Ear Candling \$50

Eliminate toxins, relieve points of tension and release blocked energy with beeswax ear cones, a soothing therapy to aid in simple ear and sinus issues.



Allow our highly trained and talented therapists to release muscle congestion, or indulge yourself in our lighter touch massage and inspiring spa treatments. All sessions include cranio~sacral therapy, a subtle treatment to balance the cerebral~spinal fluids which move along the spine, maintaining a strong body/mind/spirit connection.



<b>Session Length</b>	60	75	90	120
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<b>Deep Tissue Massage</b>	\$75	\$85	\$105	\$140
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A house specialty for deep tissue connoisseurs: this treatment helps to release restriction and tension in those areas of your body which may contain adhesion (knots, scar tissue). We work gently yet firmly to soften the layers of fascia and to deeply loosen, release and smooth out the muscle using many different relaxing, yet thorough, techniques. (Sixty-minute sessions target upper body only.)

<b>Swedish Massage</b>	\$65	\$80	\$90	\$120
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A lighter touch, gentle and soothing massage intended to improve circulation as well as inner well-being, thereby creating a heightened state of relaxation.

<b>Pre~Natal Massage</b>	\$80	\$90	\$120
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For the deserving mother to be. Relieve tension and aches caused by shifting weight to the center of gravity. This treatment will help to reduce swelling and fatigue, enhance your energy and sooth your nervous system. Recommended after the first trimester.

<b>LaStone (Basalt Rock) Therapy</b>	\$95	\$115
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Naturally formed river rock, or as the Native American refers to them, "Our Ancestors," are warmed and used to penetrate deep into the muscle layers, providing an immense state of relaxation and a startling level of healing. Seasonal, November-April.

<b>Body/Mind/Spirit</b>	\$85	\$95	\$115	\$125
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Part massage and part discussion, an eye-opening inner look at the energetic world within. Various types of energy healing and interpretations are used to help you discover patterns and their origin, with the intent of resolution on all levels.

<b>Tandem Massage</b>	\$135
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Why have two hands when you can have four trained hands of Swedish massage perfection to unwind with. You'll believe you're floating on the clouds!

<b>Chair Massage</b>	\$1/minute
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Schedule in some time for much needed neck, shoulder & back work. (Thirty-minute segments.)



Add~Ons are a wonderful way to enjoy multiple services at a great price. Add one item from this menu with the purchase of a massage.

<b>Exfoliating and Revitalizing Body Scrub</b>	\$20
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Stimulating full body exfoliation with natural~bristle brushing followed by a vigorous scrub of crushed apricot seed in natural emollients. Rinse to feel your skin exfoliated, polished, refined, glowing.

As a standalone service	\$65
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<b>Heated Stone Therapy</b>	\$20
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Back of body. Seasonal.

## Aromatherapy Premium Oils

\$10

Known to improve mood and cognition, make your visit with us a holistic journey by adding essential oils to your treatment.

## Negative Pressure Cupping

\$25

An ancient healing technique used to enhance circulation, increase organ function, help relieve pain and pull out toxins that linger in your body's tissues.

## Tens Therapy

\$15

Proven to help control pain, electrodes are placed strategically on your skin and a series of mild, safe electrical signals are sent to the nerves, painlessly creating a break in the pain cycle.

## Paraffin Treatment~Hands or Feet

\$20

Great for the relief of arthritis, warm wax locks in moisture to soothe aching joints and improve circulation.

Both hands & feet ~ Add \$10

## Outcall Services

\$20

Enjoy massage services in the comfort of your own location.  
Five~mile drive maximum.

Stairs Add \$5



## Facials and Skincare

### I've Just Seen A Face

\$65

Tailored to your skin type and concern, our rehydrating 7~step process of cleanse, exfoliate, masque/steam, massage, vitamins, moisturize and protect will make the difference in your skin that you've been seeking. Only the highest grade ingredients are used in our skincare line, processed to be easily absorbed into your skin. Especially suitable for Gentlemen.

### With A Little Help From My Friends

\$15

Add a double peel of Glycolic enzymes followed by Vitamin C and Ferulic to our 7-step facial, and you will have had a lot of help from your friends. This resurfacing peel exfoliates, lightens and brightens. A final layer of Hyaluronic is applied to seal in hydration.

### Something In The Way She Moves

\$10

An excellent age intervention for lines and deep wrinkles. Finish your "Help From My Friends" facial with a final layer of peptides, developed to boost cell regeneration. Our peptides are 100% active. Special cold~processing ensures that all bio~active ingredients are maintained at the premium potency for maximum effectiveness.

### Across the Universe

\$75

Our 7-step facial quality Jessners peel, a blend of Salicylic and Resorcinol, is a highly powerful anti~aging product addressing photodamage, aging, hyperpigmentation and acne without the abrasiveness of other peels. Finished with a layer Hyaluronic and BB lotion with SPF.

### Dermarolling Collagen Enhancement

A natural treatment that tightens skin and improves the production of healthy collagen and elastin in skin cells. Stretch marks, wrinkles, scars and uneven, pitted skin have noticeable improvement. Offered as an add-on to our basic facial. A package of 3 is recommended.

Single Treatment

\$25

Package of 3 treatments

\$65



## Wedding and Special Events

### Wedding Officiant

Winners of the *Wedding Wire Couples Choice Award for 2016*, and *Best of Thumbtack for 2015 and 2016*. We will schedule an interview with you to glean your vision and create your personalized wedding, vow renewal and memorial ceremony. Please call for our special pricing when combining officiant services with bridal hair and makeup.



### Event Hair and Makeup

Hair Trial	\$50
Bridal Hair	\$75+
Updo and Event Styles	\$65~\$85
Children Under 11	\$30+
One~Hour Consultation	\$50
French Braid	\$25+

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|-----------------------------------|---------------|
| Bridal Makeup                     | \$65          |
| Special Event Makeup              | \$55          |
| Lesson                            | \$65          |
| Airbrush Makeup Upgrade           | \$20          |
| One~Hour Consultation / Trial     | \$55          |
| Children's Makeup                 | \$35          |
| Lash and Brow Tint w/makeup       | \$35          |
| Strip Eyelash Application         | \$20          |
| On~Location Fee                   | \$50+         |
| Grandmothers of the Bride & Groom | Complimentary |



### Brows and Lashes

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|---------------------------------------------------------------|------|
| Brow Shaping ~ First Treatment<br>(arching, waxing, tweezing) | \$30 |
| Touch~Ups                                                     | \$15 |
| Tinting ~ Brows                                               | \$20 |
| Tinting ~ Lashes                                              | \$20 |
| Tinting ~ Combo                                               | \$38 |
| Strip Eyelash Application                                     | \$20 |
| Single Eyelash Application                                    | \$25 |



### Waxing

|                 |      |           |      |
|-----------------|------|-----------|------|
| Chin            | \$12 | Upper Leg | \$35 |
| Lip             | \$12 | Lower Leg | \$35 |
| Brow            | \$15 | Full Leg  | \$50 |
| Brow, Lip, Chin | \$37 | Half Arm  | \$30 |
| Brow and Lip    | \$23 | Full Arm  | \$40 |
| Full Face       | \$35 | Nose      | \$15 |
| Bikini          | \$35 | Toes      | \$ 8 |



## Appointments and Scheduling

### *Check-In, Cell Phones and Pagers*

Please arrive 10-15 minutes in advance of your appointment to allow for check in. For your own relaxation, turn electronic communication devices off.

### *Community Discounts*

Seniors, Military Service personnel, City employees ~ Take 10% off massage regular priced services Wednesdays on a first come, first served basis.

### *Package Discounts*

Enjoy a 10% discount for prepaid packages of 5 regularly priced massage or skincare sessions of any combination. See our Website for further details.

### *Special of the Month Club*

If you love us, and we hope you do, please check our website for our great monthly specials. It's always special to come to Promise Spa, especially with a discount!

### *Charitable Contributions*

Make your voice heard. We will contribute 6% from each purchase you make at our retail store. Choose from our rotating list of local, national and international human and animal welfare groups to help bring aid, courage and strength to many in need.

### *Bridal / Spa Parties*

There's always a good reason to celebrate...and then there's a wedding; a very special celebration, indeed! We go the extra mile to make sure your event is top shelf. How so? Because we care! Please ask about special pricing for groups.

### *Appointments and Scheduling*

We will gladly accommodate calls for service when we can, however it is recommended to set an appointment convenient to you.

### *Late Arrivals & No-Show Appointments*

We try to accommodate people's crazy schedules. Please call when you'll be running late. Where possible, time will be made to give you a full session. A 50% credit is applied for no-shows.

### *Products*

We have a lengthy selection process to determine the products to provide to our valuable clients. Products sold at Promise Spa are considered final sale and are nonrefundable.

### *Gratuity and Service*

For your convenience, a 20% service fee will be added to all services.

### *Payment*

We accept Mastercard, Visa, American Express and Discover card. Charge card must be present. Cash and in-state checks with proper ID.

### *Gift Certificates*

Gift certificates are available and can be used within one year of purchase. Present your gift certificate at time of service or other payment may be expected.

### *Cancellations*

Appointment changes or cancellations require 24 hours advance notice. Less than 24 hours may result in a fee.

SAINT AUGUSTINE BEACH

# Promise Spa

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wellness \* massage \* beauty & weddings



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By Appointment  
**904-461-9962**

Beth Hurewitz, LMT, BCTMB, LE, ORD  
Multi-Dimensional Healing Arts

**PromiseSpa.com**

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Our skincare and massage products  
are manufactured in the United States  
Titles compliments of the Fab Four



Thumbtack  
For Professionals



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