

A woman with dark hair in a bun is lying on her stomach on a massage table, receiving a back massage. A therapist's hands are visible on her back. In the background, another person is also receiving a massage. The setting is a bright, airy spa with large windows and indoor plants.

J
SPA

J HOUSE SPA

ABOUT US



A PERFECT RETREAT | Welcome to The Spa at The J House. Spoil yourself with our complete range of personalized spa treatments, from a revitalizing facial to a heavenly massage or aromatic body treatment. Our range of treatments are suitable for all clients and can be adapted to suit your specific requirements. Should you not find the treatment you are looking for, please call to discuss your preferences with one of our expert therapists who can tailor a treatment to suit your needs.

OUR TEAM | Our team of spa therapists are dedicated to helping you achieve your wellness and beauty goals. Every spa service is performed with personal attention and your well being in mind.

SKIN CARE INDULGENCE | We believe that beauty and well being begins on the inside and therefore all products used at The Spa at The J House are the result of careful and thoughtful consideration. We use chemical-free, organic and high-quality ingredients for all our treatments and services. ZENTS offers only the purest ingredients in amazingly luxurious formulations and is used in all our massage therapies. Kerstin Florian is a luxury skincare company that focuses on results through powerful plant, marine and technically-advanced ingredients as well as professionally designed spa services.



MASSAGE TREATMENTS




STRESS RELIEF | A relaxing treatment that uses pure essential oils with our stress relieving ritual that calms the nervous system and quiets the mind. \$160 (60 min) \$235 (90 min)

SPORTS | Great for pre/post workout. It can help to increase range of motion, flexibility and recovery. These sessions can often include stretching techniques for you to take home with you. \$170 (60 min) \$250 (90 min)

DEEP TISSUE | A therapeutic massage focused on deeper layers of tension and adhesions, designed to manage pain, open the body up and regain functional awareness in the body. \$170 (60 min) \$250 (90 min)

HOT STONE THERAPY | The application of gently heated stones as part of a deeply relaxing and penetrating massage unlocks the body's natural healing energies. \$200 (60 min) \$250 (90 min)

PRENATAL MASSAGE | Created specifically for expectant mothers in the 2nd or 3rd trimester, this pampering massage combines a luxurious and intensely moisturizing treatment with proven techniques that improve circulation, ease muscle discomfort, calm the nervous system, increase positive energy, and promote peaceful sleep. \$170 (60 min)



ADVANCED MASSAGE TREATMENTS



5 ELEMENT MASSAGE | This massage regulates qi (life force) by cleaning blockages and balancing the energetic flow of the meridians with a combination of focused massage strokes and firm deep rhythmic pressure. It is a unique holistic approach to induce relaxation. \$170 (60 min)

ANCIENT REFLEXOLOGY | This ancient Chinese therapy, involves expert stimulation of reflex points in the feet that correlate to individual body organs. Activating these reflexes helps to stimulate these body organs to relieve areas of congestion. This technique reduces pain, increases relaxation, and encourages circulation of blood flow to rebalance and renew. \$170 (60 min)

CBD MASSAGE THERAPY | This massage uses CBD hemp oil designed to hydrate and rejuvenate your skin while easing the inevitable aches and pains of an active lifestyle. Muscle specific work focuses on problem areas including tension, pain, injuries and chronic ailments. \$170 (60 min) \$250 (90 min)

DEEP TISSUE LYMPHATIC FLUSH | Is an integrated therapeutic approach to detoxification. A deep tissue massage focuses on the inner layers and adhesions of the muscles, stimulating the release of toxins. Vodder's method of manual lymphatic drainage massage opens up the pathways of the lymphatic system to further enhance removal of cellular waste. Drinking a minimum of 16oz of water is recommended before and after the treatment to help promote the flushing process. \$265 (90min)

ALTERNATIVE MASSAGE TREATMENTS



TABLE THAI MASSAGE | Traditional treatment of palm pressure, range of motion techniques and yoga like stretches designed to reduce stress and increase overall circulation. This treatment has been adapted to perform on a massage table. Please wear comfortable athletic clothing. \$245 (90 min)

CUPPING | An ancient form of therapy in which local suction creates blood flow, circulation of energy and removal of toxins to promote healing. In our comprehensive session both trigger point and soft cups will be used with therapeutic essential oils and prescriptive products to enhance efficacy. \$175 (60min)

DRENODETOX POWER MASSAGE | Drenodetox Power is a manual technique which uses hands and a special tool called Pantala. This massage is wonderful for reducing cellulite over time and increasing blood and lymphatic flow as well as relief from aches and pains. \$260 (90min)

LYMPHATIC MASSAGE | Lymphatic Massage is a gentle massage that helps promote the movement of lymphatic fluid. It should not be confused with a traditional massage. Rather, it is a light pressure focusing primarily on key areas of the body where the bulk of the lymph nodes and lymphatic vessels are found. \$175 (60min)



FACIAL TREATMENTS



THE ESSENTIAL | This results-oriented treatment will address specific skin conditions. From hyperpigmentation, sensitivity, oily skin and premature aging, this personalized facial helps treat and correct individual concerns. Includes a customized exfoliation for the face, neck and décolleté to renew the skin, a deep-cleaning massage to promote circulation and hand-selected masque to balance and nourish. \$175 (60 min)

BIO CELL COLLAGEN FACIAL | Serum-saturated mask features freeze-dried marine collagen and an advanced microencapsulation delivery system for unparalleled results. Marine collagen, potent peptides, powerful antioxidants, botanical extracts, and a stable form of Vitamin C help hydrate, brighten, and firm. Reduces the appearance of fine lines and wrinkles after just one treatment!. \$185

ALL ABOUT PORES FACIAL | Mineral-rich thermal mud and papaya and pineapple enzymes help detoxify, clarify, and unclog pores while maintaining the skin's essential moisture levels. Pearl powder soothes and brightens problem skin, leaving skin silky soft and smooth. Excellent for congested or blemish-prone skin. \$175 **ADD ON:** LED blue light - targets blemishes and clogged pores by eliminating blemish-causing bacteria, improving clarity and minimizing the look of skin imperfections. \$85

PRO PEEL EXPRESS FACIAL | A brighter, smoother complexion in minutes. Professional-strength peel leaves skin visibly firmer & more even-toned. Polymerized micro-peel lightly exfoliates the skin with glycolic and lactic acids to refine uneven texture, clear and tighten pores, and minimize the appearance of fine lines and enlarged pores. \$95

THE SPA AT THE J HOUSE





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ADVANCED FACIAL TREATMENTS

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OH MY GLOW FACIAL | This amazing facial utilizes Le Mieux stem cell infused skincare to dramatically lift, tighten, and define facial contours, while brightening skin for an immediate glow. Hydrolyzed collagen peptide, vitamin C, rice starch, and pearl powder help tone, re-texture, and brighten skin for a firmer, more youthful-looking appearance. Finishing with an oxygenating infuser dispensing an ultra-fine, hydrating mist for instant volume and a “glass skin” glow. \$225

SCULPTING AND LIFTING FACIAL | The Sculpting and lifting facial is a 75 minute anti-aging treatment featuring massage techniques to help stimulate muscles to sculpt, lift and posture the skin and face. Results are immediate after one session. The sculpting and lifting facial finishes with LED light to help boost collagen production, assist in diminishing hyperpigmentation and add an overall smoothness to the skin. \$225

GUA SHA FACIAL | Gua Sha is an ancient Chinese method that helps stimulate microcirculation, de-puff, and promotes collagen production. Leaving your skin with a gorgeous glow and a more youthful appearance. Gua Sha massage can stimulate the lymphatic system of the face and help clear puffiness, congestion, and inflammation. \$199

NUFACE SCULPTING AND TONING SYSTEM | Combining the power of NuFace microcurrent technology and polypeptides for an overall more youthful appearance, this treatment can create instant results such as a lifted and toned face, tighter skin, reduction of fine lines and wrinkles, reduction of puffiness, smaller pores, as well as clearer and hydrated skin. \$199

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HYDRAFACIAL TREATMENTS

SIGNATURE HYDRA FACIAL MD | Achieve visibly transformative results, with the only hydra-dermabrasion treatment that simultaneously provides cleansing, exfoliation, extractions, and hydration using proprietary serums filled with antioxidants, peptides, and hyaluronic acid. This non-invasive, nonsurgical process delivers instant rejuvenation with no discomfort or downtime. \$209 (series available)

PLATINUM HYDRA FACIAL MD | A Customized HydraFacial targeting your specific skin concerns by including a booster serum of your choice and a glycolic peel. This HydraFacial concludes with LED therapy to further address the visible signs of aging. \$309

HYDRAFACIAL NECK AND DÉCOLLETÉ | This ultimate neck and décolleté treatment provides immediate anti-aging and brightening results by infusing super serums filled with antioxidants, peptides, and hyaluronic acid deep into the skin. This HydraFacial treatment addresses your specific skincare concerns in this often overlooked area to reduce visible signs of aging, resulting in smoother lines and a youthful neck and décolleté. \$209

LIGHTSTIM LED | Experience wellness in a new light. Visibly improved, radiant, healthy-looking skin. LightStim LED therapy for wrinkles, acne, increased collagen production and reduction in inflammation. Can be scheduled separately or add on to any facial. \$85 (20min)

HYDRA FACIAL EYE PERK (ADD ON ONLY) Brightens, tones and firms the outer eye area. Improves skin hydration. Gently removes surface layer dead skin cells. \$50

HYDRA FACIAL LIP PERK (ADD ON ONLY) Contains peppermint oil, aloe leaf extract, and peony extract to hydrate the lips. Not only will your lips be remarkably moisturized, but the treatment also leaves them lightly plumped. \$50

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BODY TREATMENTS

UNZENTED BODY POLISH | Discover your softest, smoothest skin with this hydrating body polish. Sugar and salt work together to buff the skin to perfection. A rich infusion of Shea butter and coconut oil soothes and protects delicate skin from the elements. \$165 (60 min)

THERMAL MOOR MUD WRAP | A revitalizing European therapy using authentic thermal moor mud to heal, soothe and rejuvenate tired muscles and dull skin. Moor mud is harvested near one of only two spa lakes in the world, with more than 1,000 years needed to naturally create just three meters of this black, organic mud, rich in thermal water-derived minerals and trace elements. This treatment re-mineralizes, softens and purifies the body. \$195 (60 min)

THE ULTIMATE ZEN | This ultra-hydrating ritual will quench the skin and sooth the mind. Your Zen journey begins with a stimulating full body scrub. When your exfoliation is complete, hand harvested Shea butter quench is then expertly applied to your skin before you are wrapped in a cocoon of comfort. Your scalp is treated to a hot-oil massage, as the warmth and moisture of the wrap reinvigorates your skin from the neck down. \$265 (100 min)

SKIN RENEWAL TREATMENT | Designed to firm, repair and rejuvenate your body's skin. Begin with a nourishing and revitalizing exfoliation, followed with gua sha to boost circulation and collagen production, while performing other anti-aging and age management techniques to help lift and smooth the appearance of skin. Finish with a long lasting hydrating antioxidant mist to help maintain and balance the skin barrier. \$275 (75 min)





SIGNATURE RITUALS



PURE ZEN | A Classic combination of the most popular treatments; stress relief massage, detoxifying foot treatment and our essential facial. \$360 (2hr / 45min)

THE J RETREAT | Achieve head-to-toe results with an invigorating body polish followed by a 90-minute stress relief massage, the essential facial , and for the ultimate finish, a firming eye treatment. \$425 (3hr)

COUPLES RETREAT | Experience relaxation with someone special. Enjoy a 60-minute stress relief massage and essential facial for two! \$540 (2hr for each person)

RELAX AND UNWIND | Take a spa break with a therapeutic moor mud body treatment wrap to nourish your skin and encourage detoxification. Your journey continues with our signature essential facial designed to leave your skin feeling smooth and refreshed with a healthy glow. \$350 (2 hr)



ENERGY TREATMENTS



ENERGY ALCHEMY HEALING SESSION | Energy Alchemy Healing Session is a curated and interdisciplinary approach to treat physical and somatic trauma, transition, and consciousness. Each session integrates Focused Radio Frequency, Focused Pulsed Electromagnetic Application, Laser or Scalar Application, Energetic Healing Techniques, Brain Therapy, Lymphatic and Glymphatic Therapy, Cranial Sacral Therapy, Deep and Soft Tissue/Fascia Techniques, Somatic Therapy, Shamanic Healing, Verbal and Visual Guidance. All sessions may be complimented by Sound Healing, Color Therapy Applications, and various energetic resonance tools and techniques. Your curated session is intuitively and artfully guided and applied with expert application. This session style may be unlike what you are accustomed to. Feel free to ask questions prior to booking for clarity. \$360 (90min) \$450 (2 hour) \$540 (2 hour 30min)

REIKI | One of the most effective ways to relieve the symptoms of blocked chakras is through the powerful practice of reiki, a holistic modality that addresses energetic imbalances in the body. A Reiki session can help ease tension and stress and can help support the body to facilitate an environment for healing on all levels – physical, mental, and emotional. \$175 (60min)*Can be added to a massage \$85 (30min)

ENERGY TRANSMISSION SESSION | We are energy before we manifest as matter. Affecting our energetic systems have a qualitative affect, along with ones own choosing, toward an outcome. This session includes the principles of Jin Shin Jyutsu, Barbara Brennanm Reiki, Shamanic healing and spirit given “gifts”. \$250 (60min)

A man with a beard and blonde dreadlocks is sitting in a meditative lotus position in the shallow surf of a beach. He is shirtless, wearing dark blue swim trunks, and his eyes are closed. The ocean waves are breaking around him, creating white foam. The background is a vast expanse of the ocean under a clear sky.

MIND-BODY TREATMENTS



CRANIAL LYMPHATIC RELEASE AND FLOW | This advanced therapy utilizes the combination of cranial sacral, lymphatic and glymphatic drainage, in a highly perceptual way to release brain centered restrictions and promote balance to the entire nervous systems, providing relief for conditions such as anxiety, trauma, headaches, brain fog, whole body pain and more. \$250 (60min)

DORN METHOD SPINAL ALIGNMENT | The Dorn method was developed based on Rolfing and structural integration. The areas addressed are specific vector points of constriction, when released, affect numerous relationships within the bodily systems. This is an “active” session where you will be guided to utilize breath work and enjoy liberation from pain. \$250 (60min)

HEART CENTERED THERAPY | This approach combines somatic, energetic and verbal guidance to transmute core traumas. This approach is gentle and respectful of vulnerabilities. You will be supported in a safe environment to access a deeper connection to your authentic self. \$250 (60min)

FREQUENCY SPECIFIC MICROCURRENT | FSM is a low level current application that reduces inflammation, repairs tissue damage and relieves pain. \$250 (60min)

PULSED ELECTRO MAGNETIC THERAPY | PEMF is a low field magnetic stimulation that enhances cellular repair, uptake of oxygen and transport of ions. \$250 (60min)





FOR HIM



GENTLEMEN'S FACIAL | A personalized facial designed for the modern man. By focusing on particular skin care needs, our esthetician will develop a personalized facial and follow up regimen. The result is healthier, more resilient skin. \$175 (60 min)

PURIFYING BACK TREATMENT | An enzymatic deep pore exfoliation and skin purifying masque treat your back to reveal new skin that is deeply cleansed, thoroughly smoothed, and intensely moisturized. \$150 (40 min)

FOOT CLEANSING RITUAL | A reviving Turkish salt scrub with Eucalyptus exfoliate the feet, which are then deeply relaxed with reflex point acupressure. We complete this foot treatment with a magnesium rich mineral massage to relax muscles and joints to promote healthy energy levels, sleep and overall well-being. \$125 (40 min)

MAGNESIUM ENHANCED MASSAGE | This Ultimate Wellness Enhancement takes your massage to a therapeutic experience, with the power of magnesium to promote detoxification and replenish commonly deficient levels. Whilst the magnesium dissipates tension deep within the muscles, the coconut oil and shea butter deeply nourish the skin. \$170 (60 min)
\$250 (90 min)



SPA POLICIES

HOURS OF OPERATION | 9:00am to 7:00pm Monday—Friday
9:00am to 6:00pm Saturday—Sunday

RESERVATIONS | We strongly recommend that you schedule spa services at least two weeks in advance to secure the time that is most convenient for you. If you prefer a male or female therapist, please advise when making your appointment. Same-day appointments and walk-ins are always welcome, based upon availability. All reservations must be secured with a major credit card and telephone number.

SPA COMFORT | This is your spa experience and we encourage you to communicate with your therapist regarding room temperature, pressure and technique to ensure your overall comfort. We also invite you to discuss any of your preferences or special needs with our spa staff. This will help us select the therapist who will best meet your needs and make your spa experience exceptional.

ARRIVAL | We ask that you arrive 15 minutes prior to your appointment so that we are able to get necessary paperwork and introductions completed before the start of your treatment.



LATE ARRIVALS | Sometimes circumstances prevent a guest from arriving on time. Please keep in mind that arriving late may require the spa to shorten the length of the treatment so as not to inconvenience other guests (full charges will apply).

CANCELLATION POLICY | Your spa treatments are reserved especially for you. We value your business and ask that you respect the spa's scheduling. Should you need to cancel or re-schedule your appointment, please notify us at least 24 hours in advance. Any cancellations or rescheduling of appointments with less than 8 hours notice, as well as missed appointments, will be charged in full.

GRATUITIES | Gratuities are left to your discretion and based upon your satisfaction with the services and your service provider. Envelopes are provided at the spa checkout desk. Gratuities may be added to your room, credit card charge, or cash. 18%–20% recommended.

CELLULAR PHONES | For your relaxation and the relaxation of other guests, we kindly ask that you conclude all calls and turn your phone to silent prior to entering the spa.

GIFT CARDS | Spa gift cards are available for purchase in person or online in any denomination for the perfect celebration.



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