

FARM SPA

AT FLORA FARMS

Farm Spa Services: Fall 2018

By appointment only, Tuesday to Saturday from 10am to 7pm & Sunday from 11am to 2:30pm

Prices do not include the 16% IVA tax which will be added at time of purchase.

SKIN THERAPY:

Organic Skin-Perfecting Facial:

Our organic facials combine healing herbal products from Dr. Schwab, a customized exfoliation, rejuvenating shoulder, neck & facial massage, and a vitamin-infused mask or soft peel to boost your skin's natural radiance. Each facial is personalized based on your skin type and lifestyle.

60 minutes - \$105 USD // \$1,995 MX OR

90 minutes - \$155 USD // \$2,945 MX (additional luxurious foot, hand and scalp massage)

Refresher Facial:

Are you interested in a rejuvenating facial but short on time? Did you get a little too much sun while on vacation? Then this is the facial for you! Only 30 minutes long, it includes aromatherapy and focuses on gentle cleansing, moisturizing, facial massage and a personalized face mask using all-natural products from the plant-based Dr. Schwab, Ambrosia, and Sea Enzyme lines. You can go right back into the sun after this soothing & non-invasive express facial.

30 minutes - \$55 USD // \$1,045 MX



FACIAL WAXING & BROW TINTS:

Lip/Chin Wax \$10 USD // \$190 MX

Eyebrow Wax \$15 USD // \$285 MX

Eyebrow Tint \$15 USD // \$285 MX

Eyelash Tint \$30 USD // \$570 MX

Rene Davis, Esthetician **Adriana Nava**, Esthetician **Lanay Ash**, Esthetician

MASSAGES:

Flora's Floral Relaxation Massage: .

Relax and rejuvenate with our soft Swedish massage designed specifically to ease stress & tension while promoting overall well-being. The soft notes of jasmine and lavender essential oils are combined with long slow strokes to calm the nervous system and relieve small muscle aches. This massage pairs wonderfully with our signature Herbal Soak (see below).

60 minutes - \$105 USD // \$1,995 MX per person

90 minutes - \$145 USD // \$2,755 MX per person

Flora's Grounding Garden Massage:

Relieve any muscular stress with this Sport-style massage which includes stretching and gentle joint manipulation. It's great for athletes who don't want the heavy pressure of deep tissue, but need a little more than a Swedish massage. Spruce and orange oils are used to ground and balance while also bringing relief to tight sore muscles. This massage pairs wonderfully with our signature Herbal Soak (see below).

60 minutes - \$115 USD // \$2,185 MX per person

90 minutes - \$150 USD // \$2,850 MX per person

Deep Tissue Therapy Massage:

This is the farm favorite - a classic deep tissue massage that is thorough and invigorating. We customize the pressure to your liking and work specifically on the areas that trouble you the most. Relieve long-held soreness and tension with a wide variety of techniques chosen by your therapist to provide maximum results. Oils of peppermint and eucalyptus are utilized for their invigorating qualities in order to assist the body in flushing out old toxins and lactic acid. This massage pairs wonderfully with our signature Herbal Soak (see below).

60 minutes - \$115 USD // \$2,185 MX per person

90 minutes - \$150 USD // \$2,850 MX per person

Arroyo Stone Massage:

Heated arroyo rocks are used to release muscle tension and toxins. The heat conducted by the smooth stones loosens and releases tense muscles, promoting deep relaxation that allows a massage therapist to manipulate the muscles with minimal discomfort.

Additionally, the warm temperature improves circulation to all of the muscles that need attention.

90 minutes - \$175 USD // \$3,325 MX per person

*****ADD: Herbal Soaking Tub Experience*****

After any massage, we offer a private, 20-minute outdoor soak with a combination of our beautiful farm-grown flowers & fresh herbs, in addition to customized blends of essential oils. This is a Farm Spa specialty and a wonderful way to finish a massage experience.

*An additional \$25 USD // \$475 MX

Neck, Shoulder, & Back Massage:

This short, relaxing massage is perfect for anyone with a sore shoulder or aching back. You will lie down on a massage table as with a full body massage, but the therapist will focus on a balanced treatment for your neck, shoulders, and back. Specific trouble areas will be focused on based on your personal requests.

30 minutes - \$60 USD // \$1,140 MX per person

Nicole Siegel, Massage Therapist
Angie Muriel, Massage Therapist

Juana Vega, Massage Therapist
Malu Santana, Massage Therapist

Relaxing Foot Massage:

It's amazing how quickly your stress and tension can melt away with a quick but thorough foot massage! Prepare to sit back and relax while our therapists use their knowledge of massage techniques and reflexology on your feet and lower legs. You will walk away with increased circulation & relaxation.

30 minutes - \$25 USD // \$475 MX per person

Angie Muriel, Massage Therapist

Rossy Gamez, Massage Therapist



AT THE BARBER SHOP & TATTOO PARLOR:

Men's Haircut: \$30 USD // \$570 MX

Men's Full Shave: \$25 USD // \$475 MX

Men's Haircut & Beard Trim: \$45 USD // \$855 MX

Men's Haircut & Full Shave: \$60 USD // \$1,140 MX

Local barber Gibran offers a classic experience in our retro-inspired barber shop where he specializes in men's hair services.

Gibran Flores, Barber

*****Essential Oil Renewal & Repair for your Hair*****

Come and work with our stylist to address your concerns and leave with shiny, pampered hair! Essential oils will be hand-chosen for your treatment after your initial consultation. We have blends for dry scalp, dandruff, hair loss, dry or damaged hair, and more!

After an invigorating shampoo, you will receive a scalp massage with a blend of organic almond oil & your personalized essential oil blend to address scalp issues and stimulate your roots. A combination of organic argan oil & essential oils will also be applied to your ends for maximum restoration. After a second wash and full blowout, you will notice that instead of feeling oily, your hair will be shiny and voluminous. This treatment is fast becoming a farm favorite!

Women's Blow Dry & Style with Essential Oil Renewal: \$45 USD // \$855 MX

Basic Women's Wash & Blowout: \$40 USD // \$760 MX

Men's Face & Scalp Massage with Organic Oils: \$35 USD // \$665 MX

Pamela Storey, Stylist

Tattoos: COMING SOON...

Aaron Kreiss, Tattoo Artist

*please email spa@flora-farms.com to discuss tattoos



NAIL TREATMENTS:

Spa Manicure: \$25 USD // \$475 MX, \$30 USD // \$570 MX with gel polish

Spa Pedicure: \$35 USD // \$665 MX, \$40 USD // \$760 MX with gel polish

Spa Mani/Pedi Combo: \$55 USD // \$1,045 MX, \$65 USD // \$1,235 MX with gel polish

Every spa manicure or pedicure comes with your choice of one of our plant-based products to use throughout the entire experience. From the certified organic Be-Care-Love Spa line, we offer: Lemongrass + Green Tea for purifying and energizing skin or Lavender + Mint for calming and moisturizing. Your soak, scrub, and massage lotion will all contain the same scent and set the tone for a luxurious and customized experience. The full treatment includes relaxing aromatherapy, different types of exfoliation, cleaning & shaping of both nails & cuticles, intensive moisturizing & massage, and the polish of your choice.

***Add Luxury Foot Massage to your Spa Pedicure:** Add an extended foot massage to your spa pedicure and enjoy a thorough, 15-minute massage on each foot and lower leg . \$20 USD // \$380 MX

Express Manicure: \$15 USD // \$285 MX, \$20 USD // \$380 MX with gel polish

Express Pedicure: \$25 USD // \$475 MX, \$30 USD // \$570 MX with gel polish

Express manicures & pedicures are perfect for when you're short on time! You choose your moisturizing lotion from the certified organic Be-Care-Love Spa line, either Lemongrass + Green Tea for purifying and energizing skin, or Lavender + Mint for calming and moisturizing. This express treatment includes cleaning & shaping of both nails & cuticles, moisturizing & massage, and the polish of your choice.

Polish Change: \$10 USD // \$190 MX, \$15 USD // \$285 MX with gel polish

*****ADD: Organic Moisture Mask*****

As part of any nail treatment, you can add an organic, clay-based moisture mask that intensely & naturally hydrates your skin with antioxidant-rich Argan Oil from Morocco and botanical extracts. Left on the skin for ten minutes, it deeply nourishes while drawing out impurities to reveal more radiant skin while you relax and enjoy the heated foot and hand warmers.

*an additional \$5 USD // \$95 MX for either hands or feet

Angie Muriel, Nail Technician

Rossy Gamez, Nail Technician



Please request an appointment for spa services via the Facebook page:

<https://www.facebook.com/peacefulspatreatments/> or via email.

EMAIL ADDRESS: spa@flora-farms.com

Booking, Late Arrival, & Cancellation Policies: The Farm Spa requires 24 hours advance notice to book appointments. You are encouraged to book an appointment before your arrival at the farm to guarantee your preferred days and times.

If you are running late, please let us know ASAP. If you arrive up to 10 minutes late, you will receive a shorter service for the full cost. Late clients that arrive 15 minutes or more after the confirmed appointment time will be charged the full amount for the services booked and will not be able to receive the scheduled service.

We also require 24 hours notice for any cancellation of confirmed spa services. No-shows and cancellations after the 24 hour window will be charged the full amount for the services booked.

Thank You!

*Please see our current **Farm Spa Class Schedule** for the week's fitness and wellness class offerings, Tuesday-Friday, 9am-5pm.*

\$18 USD per fitness class, per person

\$25 USD per meditation session, per person

Special workshop & private class prices vary, see invitations and/or class schedule.

Private meditation, nutrition, personal training, & transformational breath sessions can also be booked through the spa, upon request.

ALL class and workshop reservations can be made by contacting: spa@flora-farms.com

Current Workshop Offerings:

Transformational Breath Session:

***Adriana Mondragon, Facilitator**

Transformational breathwork utilizes a full, relaxed breath that starts in the lower abdomen and encourages exhalation and inhalation without pauses. Different from other breathing styles that are used during yoga, the goal is to reset your breathing pattern and to flush your system with increased oxygen. During the hands-on coaching and assessments by Adriana, you will experience an opening of the mind and body, as you let go of locked muscles and send increased energy to your extremities. She will guide you through setting and integrating a personal intention, while offering specific suggestions and support during the session. Participants will leave the session with personalized strategies to continue their practice at home. *Private sessions with Adriana can also be booked through the spa.
