



## MENU OF SERVICES





# WELCOME

Pura Vida Body & Mind Spa is a one of a kind medical spa located in Fleming Island, Florida. Although many medical skin care treatments are provided, when you walk into the Pura Vida Spa, nothing about it feels “medical.” Instead, you will find yourself in a luxurious spa that combines peaceful surroundings and modern facilities with an impressive selection of more than 100 skin care and pampering services. The treatments and the décor are certain to soothe both mind and body while layers of tension and stress melt away.

If you wish to schedule an appointment or would like additional information, please visit our website at [www.pvmedspa.com](http://www.pvmedspa.com) or call to speak with a Client Concierge. We have very knowledgeable professionals at the Spa who can recommend the services best suited to your needs and preferences.

# ABOUT PURA VIDA BODY & MIND SPA

*Pura Vida Body & Mind was founded to provide a new approach to improving one's overall health by combining medical treatments that restore youthfulness and wellness with non-medical treatments that promote relaxation and serenity to reenergize the mind. Our holistic, results-centric solutions improve your skin, improve your confidence, reduce stress, and restore your body and mind to a more youthful state of being.*

*Our employees (which we refer to as our "Pura Divas") have agreed to follow a culture of ICAN, which stands for **I**nspiring **C**lients to **A**chieve **N**irvana. To help each client grow closer to nirvana, our Pura Divas work relentlessly to provide treatments and results that release you from any negative feelings about yourself and improve your confidence.*

- Nearly 4,000 square feet on the second floor of our beautiful brick building that overlooks Eagle Harbor pond
- Sophisticated and contemporary interiors blending natural materials, fabrics and textures with modern décor
- Water features designed to create a calm and soothing environment
- Oversized relaxation lounge with comfy chaise lounges
- Over 100 treatments available
- Gourmet snacks, teas, and coffees
- Locker rooms, robes and slippers
- Salt Cave/ Halotherapy Room with zero gravity loungers
- Private balcony for lounging (weather permitting)
- Retail boutique offering popular skin care products, spa apparel, Spa at home products, and many unique gifts.
- Professionally trained and licensed staff

*Come see us to Restore, Recharge & Renew*



# GENERAL INFORMATION



## SPA RESERVATIONS

To make a treatment reservation, please call and speak with a Client Concierge who is waiting to serve you. Our phone number is (904) 644-8586. You may also book online using our Client Portal. If you're purchasing for someone else feel free to use our online store at [www.pvmedspa.com](http://www.pvmedspa.com) to shop for retail products, spa services, gift cards and more.



## CANCELLATION AND RESCHEDULING

We require 24 hours' notice for cancellations in order to receive a full refund. Failure to give 24 hours' notice will result in a charge for 20% of the service booked.



## NO TIPPING PLEASE

We pay our "Pura Divas" well so that you don't feel obligated to tip. Please respect that our Spa Professionals are not permitted to accept tips from you. The very best way to reward them for a great treatment is to give them a review online and to refer your friends and family. Be sure to ask us how to leave a review.



## ARRIVAL

Plan to arrive 30 minutes prior to your scheduled service so that you may enjoy an unhurried, stress free check-in and have a few minutes to enjoy the exclusive facilities at the Spa. Unfortunately, late check-ins will likely result in an abbreviated service. If you are interested in skin care, you will have a complimentary Visia skin analysis performed. Our Visia Skin Analysis system uses a high tech imaging system to capture key visual information for eight areas affecting complexion health and appearance: spots, pores, wrinkles, texture, porphyrins (evidence of bacteria in pores), UV spots (characteristic of photo damage, typically from overexposure to sun), red areas, and brown spots. With this information, we can accurately tailor an individualized treatment plan specific to your skin and your desired goals.





## SPA USE AND AMENITIES

Spa guests must be 18 years of age or older to receive robed spa services and use the Spa amenities. Use of Spa amenities is complimentary for all Spa guests on the day of scheduled spa services.



## SPA ETIQUETTE

So that an atmosphere of relaxation can be maintained, and as a courtesy to other spa guests, we ask that all electronic devices (cameras, cell phones, laptops, tablets, etc.) be turned off and not used while in the Spa. We will provide private lockers for your phones and other valuables. Also, note, the Spa facility and its grounds are a smoke-free environment.



## MEDICAL CONDITIONS

So that we may perform your service safely and effectively, please inform us of any medical conditions or other special needs that require our attention when booking your spa treatment.



## PURA PROGRAMS

Be sure to ask about our Memberships, Loyalty and Referral programs, or to learn more, visit our website at [www.pvmedspa.com](http://www.pvmedspa.com)



## SPA ATTIRE

Complimentary spa robes and slippers are provided for all guests. For your privacy, professional draping is performed throughout the duration of your service. *Disposable spa bras and panties are available upon request.*



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# MASSAGE



## PURE JOY - SIGNATURE MASSAGE - \$85, \$95, \$125

This massage offers a customized experience by utilizing softly scented aromatic oils and skillful massage techniques. Whether you prefer the gentle touch of a Swedish massage or a deeper massage, this customized treatment approach allows you to choose the massage to best suit your needs.

**30, 50 and 80 minutes**



## AROMATHERAPY - \$105, \$135

Ease away the day's stresses and bring your body and mind back into balance. This traditional massage uses the powers of essential oils and carefully applied pressure to help restore mind and body. **50 and 80 minutes**



## SPORTS - \$125, \$145

A revitalizing massage designed to promote flexibility, increase circulation and stimulate the muscles. Using a combination of therapeutic techniques and products, this treatment will prepare or repair you before or after physical activity. **50 and 80 minutes**



## PRENATAL - \$85, \$95, \$125

Increase circulation, soothe muscles and lessen water retention with this gentle massage centered around the lower back, hips, shoulders and feet (expecting mothers must be past their 1st trimester; deep work not administered). **30, 50 and 80 minutes**



# MASSAGE ENHANCEMENTS



## SCALP - \$35

Warm oil massaged into scalp and head to relax and de-stress. **\*Adds 25 minutes**



## FEET - \$35

Massage concentrating on specific reflex points on the feet. **\*Adds 25 minutes**



## TMJ/SINUS RELIEF - \$35

Massage to relieve sinus pressure and the painful symptoms of TMJ. **\*Adds 25 minutes**



## HOT STONES - \$25

Add Hot Stones into your massage to help relieve muscle tension **\*Does not add additional time**





# SPECIALTY MASSAGES



## WESTERN THAI - \$175

East meets the West in this complete head-to-toe massage routine consisting of special techniques that reduce stress and strain on your body while allowing you to have a highly therapeutic massage. A unique style of massage that blends the relaxing strokes of the Swedish Massage with the stretching techniques of a Thai Massage. **80 minutes**



## SOLE MASSAGE - \$125

The session begins with a renewing scrub to exfoliate and moisturizing wrap to hydrate the feet and legs. A massage concentrating on specific reflex points on the feet will balance the entire body and leave you with a refreshed state of mind. **50 minutes**



# BODY SCRUBS & WRAPS



## POLISH - \$120

Invigorate the skin in this full-body exfoliation of sugar, sea salt and your choice of softly scented oil. The treatment finishes with a vitamin E and Jojoba oil to seal in moisture. **50 minutes**



## DETOX - \$175

Rid your skin of toxins, stress and environmental factors. Your entire body will be **gently** massaged to begin the detox process. Next, impurities and dead skin cells are lifted from the skin while stimulating circulation. This treatment includes dry brushing of the skin and a lymphatic massage (**which is a very light touch technique to move toxins into the lymphatic system**). **80 minutes**



## RELAX - \$175

We'll work your cares away with an oil-enriched exfoliation, omega-based body massage that will put a smile on your face. **80 minutes** *Treatment includes dry brushing of the skin*



## RENEW - \$250

This luxurious treatment brings healing to every part of the body! Our body scrub, hot oil scalp massage and a 50-minute Signature Massage will help you reach a higher state of blissfulness. **110 minutes**



## RESTORE - \$225

This treatment session is designed to brighten the skin while soothing sore muscles and mental tension. Experience an exfoliation scrub, liniment rub to relieve sore muscles and a 50-minute massage using rich arnica cream that will leave you feeling renewed and energized. **90 minutes**



## MICRONUTRIENT BODY SCULPT

*Pricing determined at initial consult*

A vast majority of us are deficient in essential micronutrients needed for optimal health. Using a revolutionary topical process, your body is wrapped in highly potent micronutrients by Nutrient Body Sculpt, leaving it hydrated, refreshed and sculpted. The micronutrient and mineral solution contains the essential ingredients that enrich your skin. Sculpting is a perfect companion to a balanced diet and active lifestyle, helping you slim down and attain the figure you want in a shorter amount of time.

# FACIALS



## ESSENTIALS - \$85

A classic deep cleansing facial personally tailored to meet your skin's needs. Whether you have dry, sensitive, oily or acne prone skin, your concerns are addressed and improved in this results-oriented facial. **50 minutes**



## TEEN FACIAL - \$45

This treatment is great for both girls and boys going through the changes that effect skin appearance and produce acne. By deep cleaning the pores and applying light therapy to kill acne producing bacteria, breakouts and acne scarring are reduced. **30 minutes**



## JUST FOR MEN - \$85

A facial treatment addressing the needs and common skin conditions of men, which is designed to calm razor burn, soothe environmental exposure and clarify impurities. Skin is revitalized for a more youthful appearance. **50 minutes**



## KUKUI NUT VOLCANIC FACIAL - \$150

This refreshing facial will help fight against free radical damage. Combined with a light nourishing vitamin C peel, this facial offers complete rejuvenation, vitality and brightening. It will help calm redness and improve the overall radiance of your skin. **50 minutes** *This treatment includes red light photo facial*





# PERSONALIZE YOUR FACIAL WITH AN ENHANCEMENT



## FOCUS ON EYES - \$20

This intensive eye treatment addresses the special needs of the eye zone which is prone to visible signs of aging including fine lines, wrinkles, dark circles, moisture loss, free radical damage and collagen breakdown.



## NECK AND DÉCOLLETÉ - \$25

Utilizes a cooling mask to firm, hydrate, soothe and even skin tone.



## CUSTOMIZED CHEMICAL PEELS - \$150+

Consult with your Aesthetician to find the right peel for you and your skin type. All consultations are complimentary and can be done in conjunction with your treatment or in advance.



## LED LIGHT ENHANCEMENT - \$55

Following the facial of your choice, LED Light is applied to your skin. LED light therapy provides overall vitality to the body. It is FDA -approved for anti-aging and improving skin conditions such as acne, rosacea, eczema, psoriasis, collagen production, skin tone, and skin texture. *Requires an additional 15 minutes. May also be purchased as single sessions*





# MEDICAL AESTHETIC TREATMENTS



## RF MICRONEEDLING WITH VIVACE

The Vivace® RF Microneedling device uses the latest in robotic, radiofrequency (RF) technology, to amp up the effectiveness of our microneedling procedure. While RF treatments have been around for many years and are well known in the cosmetic industry for improving skin tone, texture, and laxity, the Vivace system is different. Vivace adds heat and red (and/or blue) LED light to robotic precision microneedling. Where normally this would require three separate treatments, Vivace has combined them all into one. This combination encourages more production of collagen and elastin in the deeper layers of the skin (dermis) resulting in a tighter, smoother surface of the skin. This therapy can also be used in conjunction with platelet-rich plasma (PRP) application to optimize your results. This highly effective treatment creates firmer skin, a smoother texture, and a glowing complexion that lasts over time. Typically, a series of 3 treatments is required for optimal results. Prices varies accordingly and can only be determined following a consultation. **50 minutes**



## LED LIGHT THERAPY - \$75 (Series of 6 - \$400)

LED Light therapy uses specific color wavelengths of light that penetrate the skin at varying depths. This stimulates a healing response and increases the skin's production of collagen. It is FDA-approved for anti-aging and improving skin conditions such as acne, rosacea, eczema, psoriasis, collagen production, skin tone, and skin texture. For maximum results, weekly treatments are recommended for 12 weeks, followed by monthly maintenance sessions.



## LASER TREATMENTS

**(Anti-aging, tattoo removal, spider veins, dark spots, skin texture, hair reduction)**

Using our top of the line Cutera lasers, we are able to treat a wide range of skin conditions including minimizing the signs of aging, improving wrinkles, treating vascular and pigmented lesions, hair reduction and removing tattoos. Treatment time depends on the area of the body being treated. However, most treatments should take less than one hour. One to three treatments are usually sufficient to see results. Additional treatments may be recommended, especially for excessively sun damaged skin. *A consultation is required before booking.*

# MEDICAL AESTHETIC TREATMENTS CONT.



## THE LIQUID GOLD FACIAL - (RF MICRONEEDLING WITH PRP)

**\$800**

The Liquid Gold Facial is a unique nonsurgical procedure utilizing microneedling along with PRP (Platelet-Rich Plasma) to help erase wrinkles and improve skin texture and tone. It is also used to improve scars. The Platelet Rich Plasma is taken from your own blood and is applied topically following microneedling to rejuvenate and improve your skin or scars. Microneedling causes minor trauma to the skin allowing for the topically applied PRP to be absorbed over the treated areas. PRP activates growth factors that stimulate improved blood flow and angiogenesis (new blood vessel formation) as well as promote collagen and elastin production that leaves a fresher and younger glow to your skin. PRP can be your fountain of youth!



## HYDRAFACIAL - \$155 AND UP

Using the HydraFacial device, a wet microdermabrasion treatment is performed that resurfaces the skin and provides instant results! This facial effectively minimizes the appearance of fine lines and wrinkles, while improving skin tone and texture. **30 - 50 minutes (determined by client)**



## ANTI-AGING FACIAL - \$95 AND UP

Mask the signs of aging with this luxurious clinical facial which acts as a wrinkle corrector by utilizing a combination of peptides and retinol. After one treatment, lines are relaxed and skin is plumper and exquisitely rejuvenated. **80 minutes**



# MEDICAL AESTHETIC TREATMENTS CONT.



## ACNE CHEMICAL PEEL

**\$150 + Consultation Required**

An intensive peel treatment suitable for all skin types that reduces fine lines and wrinkles, minimizes pores, fights blemishes and clarifies dark spots.

Benefits include a smoother, brighter, more youthful and clearer complexion.

**50 minutes**



## CUSTOMIZED PEELS

**\$150 + Consultation Required**

Be prepared for tighter, smoother, brighter looking skin with an intensive peel treatment customized for your skin. Your customized medical peel decreases fine lines, wrinkles and pores, diminishes hyperpigmentation and stimulates collagen synthesis. Visible improvements are seen after just one treatment. For best results, a series of 3-6 treatments is recommended.

**50 minutes**



## DERMAPLANING

Dermaplaning is a technique of exfoliating the face using a sterile surgical blade that can only be performed by a trained professional - for obvious reasons. This exfoliation method removes the top layer of dead skin that hasn't yet sluffed off naturally while also removing the vellus hair (peach fuzz). Your face will be soft and smooth allowing for more efficient absorption of skin care products and a smoother look to your makeup.



# WAXING



## SERVICES & PRICING

- Facial Waxing - \$45
- Brow Shaping - \$25
- Teen Brow Shaping - \$15
- Brow Tinting - \$45
- Lower Legs - \$55
- Full Legs - \$125
- Arms - \$45
- Lips - \$15
- Back - \$75
- Underarm - \$25
- Bikini - \$35
- Brazilian - \$65



# PACKAGES

The Spa services selected for each package have been specifically designed to achieve optimum results. Services are not interchangeable and must be utilized within the same day by the same guest.



## PURE SERENITY (3 HOURS) - \$200

- 50 Minute Massage
- Essential Facial
- Salt Session



## PURE RESTORE (4 HOURS) - \$275

- 80 Minute Massage
- Salt Session
- Hydrafacial



## PURE DIVA (6 HOURS) - \$500

- 80 Minute Massage + Enhancement of Choice
- HydraFacial
- Body Scrub
- Gourmet cheese/meat/fruit tray
- Salt Session





## SPA DAY ENHANCEMENTS

Enhance a special occasion with one of the following celebration packages: A minimum of two services each for two persons on the same day is required to add a celebration package. A 30% service charge and tax will be added. Must be booked at least 48 hours in advance.



### CHOOSE ANY THREE

- Seasonal Fresh Fruit
- Delicious Cheese tray for two
- Meat Tray
- Hummus & Veggie Tray

## PURE FUN DATES & TIMES VARY

- Yoga
- Weight Loss Counseling
- Nutrition Counseling
- Customized Girls Night Out
- Wine, Women & Skin
- Makeup Classes
- Educational Events



# WELLNESS MEMBERSHIPS

Want to live the Pura Vida life? Having a Spa membership is a great way to do just that! Apply your membership fee to the service of your choice each month and enjoy the added perks of membership. Your body & mind will thank you!



## GET WELL- \$99/\$159 / MONTH

- Service or combination of services up to \$99/\$159
- 2-4 Salt Room sessions per month
- 10% off any Service Enhancements
- Get Pura Perks and Members Only special pricing



## GET WELL FAMILY - \$399 / MONTH\*\*

*(Parent must be present if under 18 – ID required/up to 5 family members)*

- Service or combination of services up to \$399
- Unlimited Salt Room sessions
- 10% off any Service Enhancements
- Get Pura Perks and member special pricing



## GET FIT - \$799 / MONTH

*(Requires 3-month minimum commitment)*

- Membership fees applied toward Nutrient Body Sculpt only *(Up to 3 Sessions per month)*
- Unlimited Yoga
- Unlimited Salt Therapy Sessions
- 35% off Nutritional Counseling
- Get Pura Perks and member special pricing



# WELLNESS MEMBERSHIPS INCLUDE



## PURA PERKS

- 15% off all Pura Vitale Skin Care and Pura Vida brand retail items
- Unlimited complimentary skin care consultations
- 10% off Boutique purchases
- Complimentary glass of champagne or wine with any service
- Bring a guest and your guest will receive 15% off any service
- Spa Party booking fees waived

Please refer to our Membership cards for all of our membership rules.





# SALT MEMBERSHIPS

The calming and detoxifying effects of halotherapy (Salt inhalation therapy) can support the immune, nervous and lymphatic systems. Additional benefits are reduced stress and headaches, increased energy, and better sleep patterns. Salt ions purify the air and may increase lung capacity and reduce physical ailments for adults, children and athletes. Treatments are recommended to help keep the body healthy during flu or allergy seasons.

Skin conditions can also be improved with halotherapy (psoriasis, rashes, eczema, acne). Table salt, sodium chloride, is dehydrating, but pure mineral salts have natural moisturizing properties and support the skin's water balance and barrier function by attracting moisture to the skin. Minerals are necessary for cell function and detoxification, so mineral salts have strong rejuvenating properties. The concentration of particles in halotherapy is about 10 to 15 times the concentration found by the sea. A 45-minute session is equal to three days by the sea. Kinetically activated dry salt particles are like an army of janitors helping to detox the respiratory system. Breathing salty air is a refreshing ritual to add to your wellness routine. Experience natural detoxification and see for yourself if you breathe easier.



# SALT MEMBERSHIPS



## **SLIGHTLY SALTY** - \$99 / MONTH

- Up to 4 Salt Therapy Sessions per month  
(45 Mins)



## **SALTY FAMILY** - \$199 / MONTH

- 2 Salt Therapy Sessions per person per month  
(45 Mins per session)



## **BARELY SALTY** - \$59 / MONTH

- 2 Salt Therapy Sessions (45 Mins) per month



## **SUPER SALTY** - \$179 / MONTH

- Unlimited salt therapy sessions (Not more than once daily)

**Single Salt Sessions are \$30**

# SALT MEMBERSHIPS INCLUDE



## **PURA PERKS**

- 10% off any Service Enhancements
- Bring a guest and guest will receive 15% off a 30 Min salt therapy session
- 20% off all Pura Vitale Skin Care and Pura Vida brand retail items
- Unlimited complimentary skin care consultations







# PuraVida

body & mind spa

904-644-8586 | [www.pvmedspa.com](http://www.pvmedspa.com)

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