



PuraVida

body & mind spa

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 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 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



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 - SWEDISH 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/DEEP TISSUE - \$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**



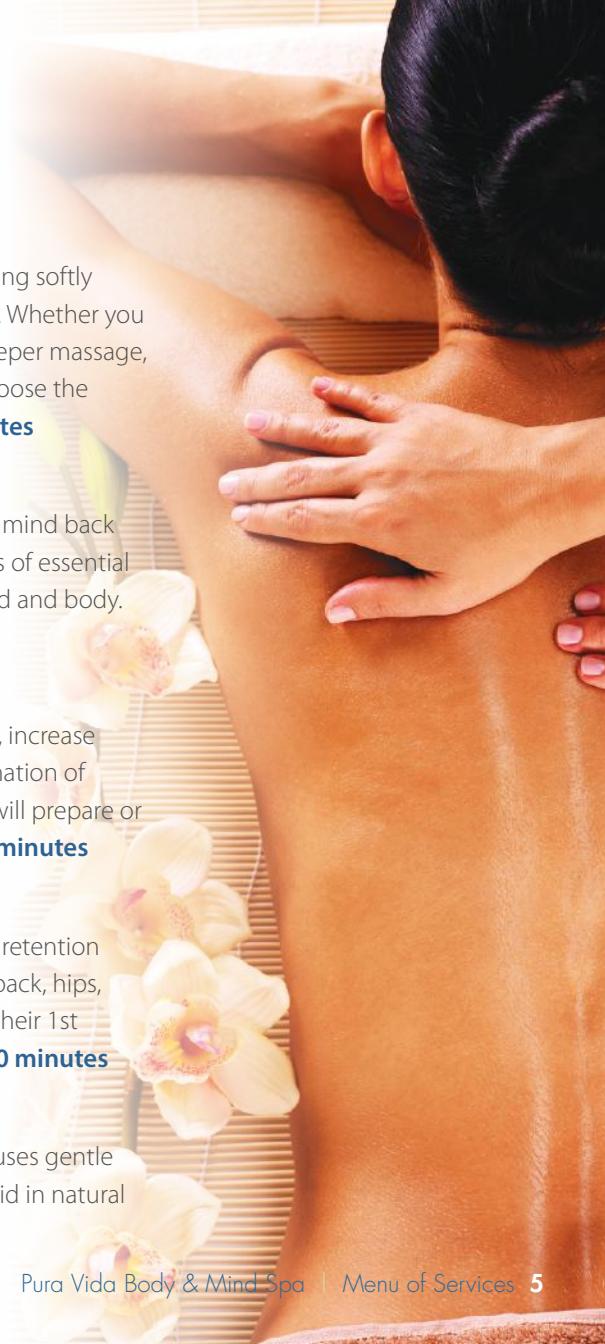
PRENATAL - \$85, \$95, \$125

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**



LYMPHATIC - \$140

A lymphatic massage is a therapeutic treatment that uses gentle pressure to help stimulate the flow of lymph fluid to aid in natural healing. **50 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**

HOT SALT STONE - \$35

Helps relieve muscle pain, tension and reduces inflammation ***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**

CBD OIL - \$15

Add CBD oil into your massage ***Does not add additional time**

Gratuuity is not expected.



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



LYPOSSAGE - Prices Vary

Lypossage works to detoxify the body, helping to move lymphatic fluid, which can remain stagnant under the skin causing the look of bumps, bulges and dimply skin that some describe as the “cottage cheese” or orange peel textured look. **Consultation is required.**

Gratuity is not expected.



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 grapefruit sugar scrub and a 50-minute massage using rich arnica cream and OrthoEase Essential Oils 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



ESSENTIAL FACIAL - \$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**



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**



DERMAPLANING - \$50 AND UP

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.





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 - \$175+

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*

Gratuity is not expected.



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 - IPL, Pico Genesis, Laser Genesis

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, and treating vascular and pigmented lesions. 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!



ACNE CHEMICAL PEEL

\$175 + 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

\$175 + 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

MEDICAL AESTHETIC TREATMENTS CONT.



DERMAL FILLERS

Consultation Required

- **Belotero Balance®**
An injectable wrinkle filler, Belotero Balance is approved by the FDA for the treatment of fine to deep wrinkles located throughout the facial area.
- **Juvéderm®**
Juvéderm is a collection of wrinkle fillers that we offer at Pura Vida in order to address signs of aging, including loss of volume and fine lines.
- **Radiesse®**
Radiesse can offer restoration to tired-looking, aged, and wrinkled skin by filling in the lines and depressions for a more youthful look.
- **Restylane®**
The Restylane collection of wrinkle fillers is an effective way to smooth out your facial features and the lines and creases that appear as you age.



NEUROTOXIN INJECTIONS (BOTOX & XEOMIN)

- **BOTOX** is a substance composed of botulinum toxin type A that is injected into the facial skin to relax your wrinkles, lines, and folds. **\$12/Unit**
- **Xeomin** is an FDA-approved wrinkle relaxer that works to smooth dynamic facial lines and wrinkles to result in a younger, softer facial appearance. **\$10/Unit**





VAGINAL REJUVENATION WITH VIVEVE®

Through the side effects of childbirth, menopause, and aging, the tissue and skin of the outer and inner vagina can lose elasticity, causing functional difficulties. Nonsurgical vaginal restoration with Viveve employs the use of a radiofrequency (RF) energy to tighten the inside of the vagina and treat complications with stress incontinence, sexual dysfunction, arousal, and vaginal dryness. Nonsurgical vaginal rejuvenation works by heating the interior and exterior vaginal tissue with monopolar radiofrequency energy to stimulate the body's natural collagen production. It is an exciting, noninvasive alternative to treat medical conditions and help restore the body's natural appearance and function.

Nonsurgical vaginal restoration by Viveve can be completed in our office in about 30 minutes. No anesthesia is necessary for the treatment. At the time of the procedure, a wand applicator will be inserted into your vagina as it emits controlled radiofrequency (RF) energy to the tissues and other internal

structures to stimulate collagen and help the body to self-heal, addressing many of the issues that area women experience. A thermometer is built into the Viveve handpiece to adjust the temperature as needed to prevent discomfort or injury.

There is typically no recovery period or downtime associated with a nonsurgical vaginal restoration procedure. Patients can return to their daily activities following the treatment. Considered a single-session treatment, patients will notice a gradual improvement over a period of around six months as the collagen in the area revitalizes. The system works to improve laxity, increase natural lubrication, reduce painful sex, improve bladder leakage, and increase overall sensitivity. Patients should refrain from sexual activity for two days following treatment while the recently treated tissues heal.



WAXING



SERVICES & PRICING

- Facial Waxing - \$65
(does not include brows)
- Brow Shaping - \$25
- Teen Brow Shaping - \$15
- Brow Tinting - \$45
- Lower Legs - \$80
- Full Legs - \$135
- Arms - \$45
- Upper Lip - \$15
- Back - \$125
- 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

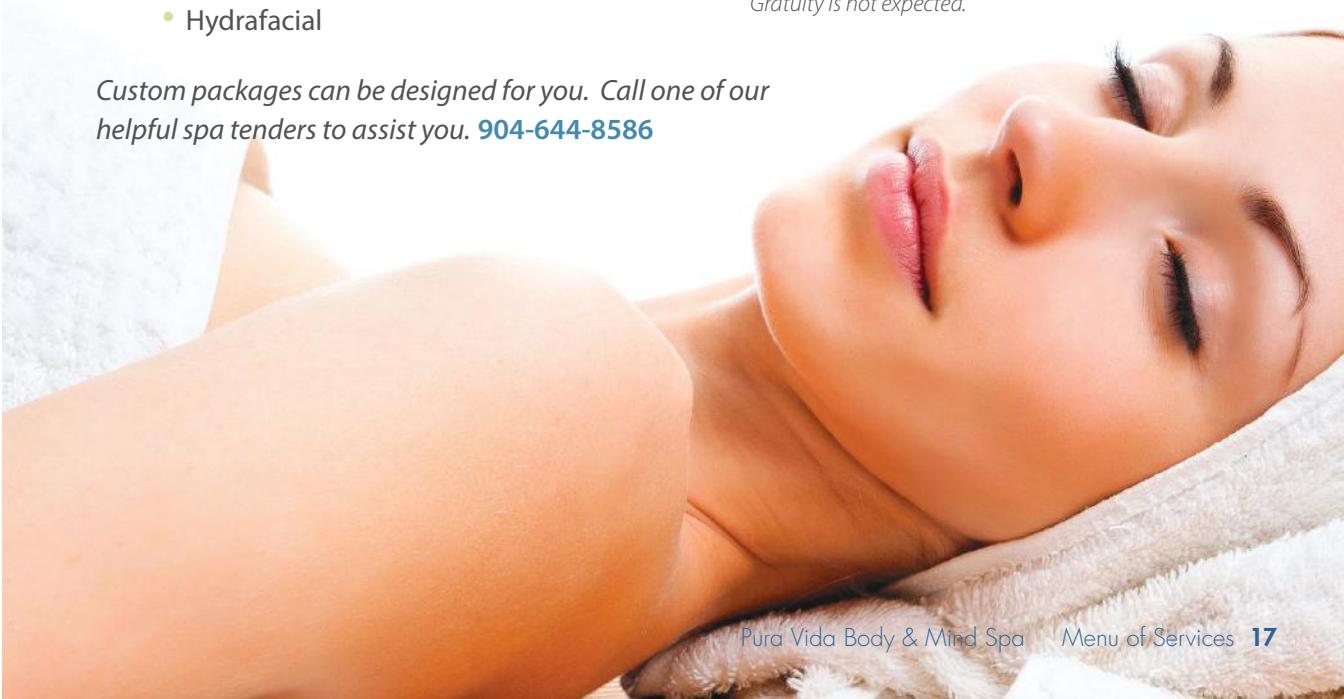


PURE DIVA (6 HOURS) - \$500

- 80 Minute Massage
- Signature HydraFacial
- Body Scrub
- Cheese/meat/fruit tray + Beverage
- Salt Session

Gratuity is not expected.

*Custom packages can be designed for you. Call one of our helpful spa tenders to assist you. **904-644-8586***





PURE FUN

DATES & TIMES VARY

- Weight Loss Counseling
- Nutrition Counseling
- Customized Girls Night Out
- Educational Events



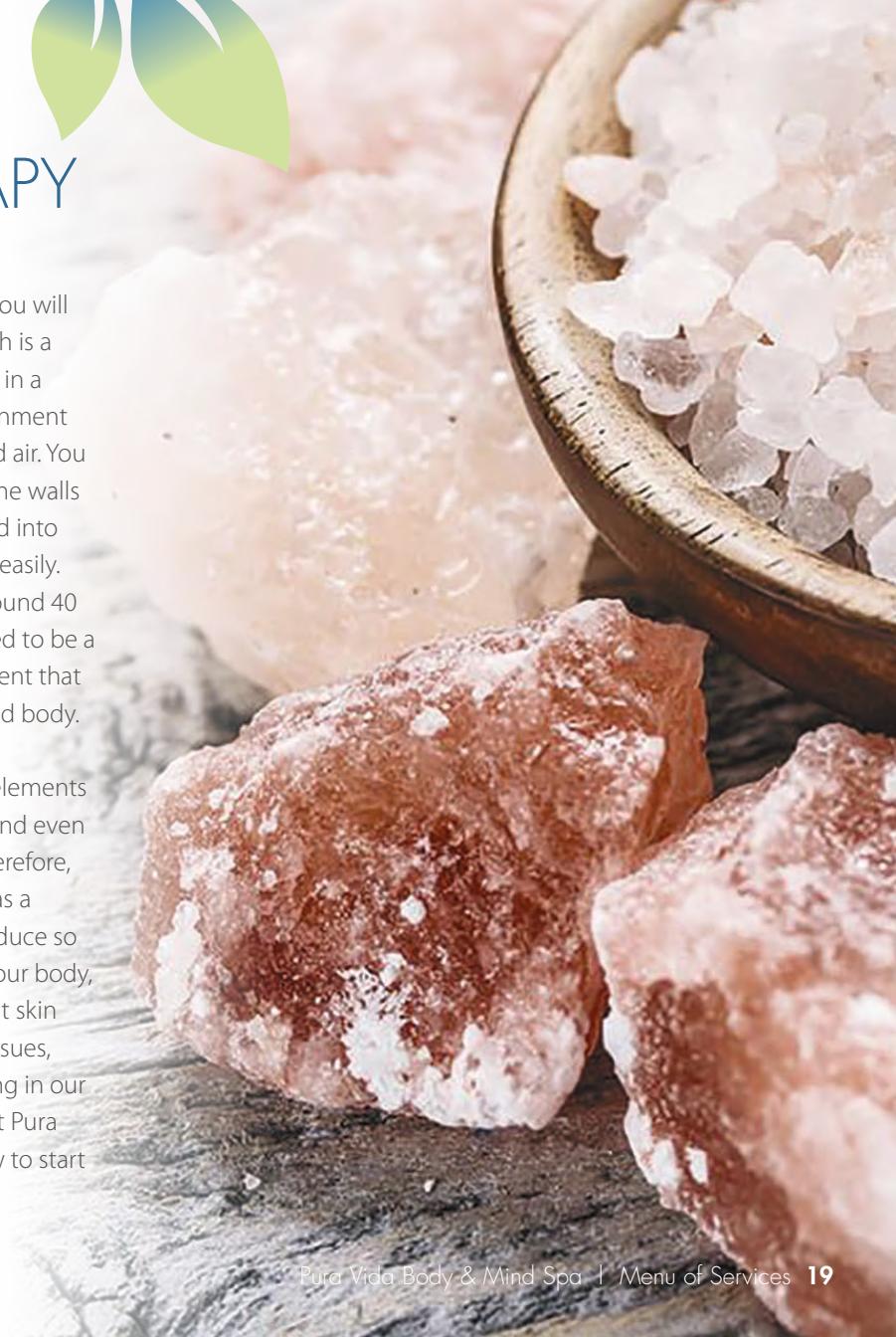


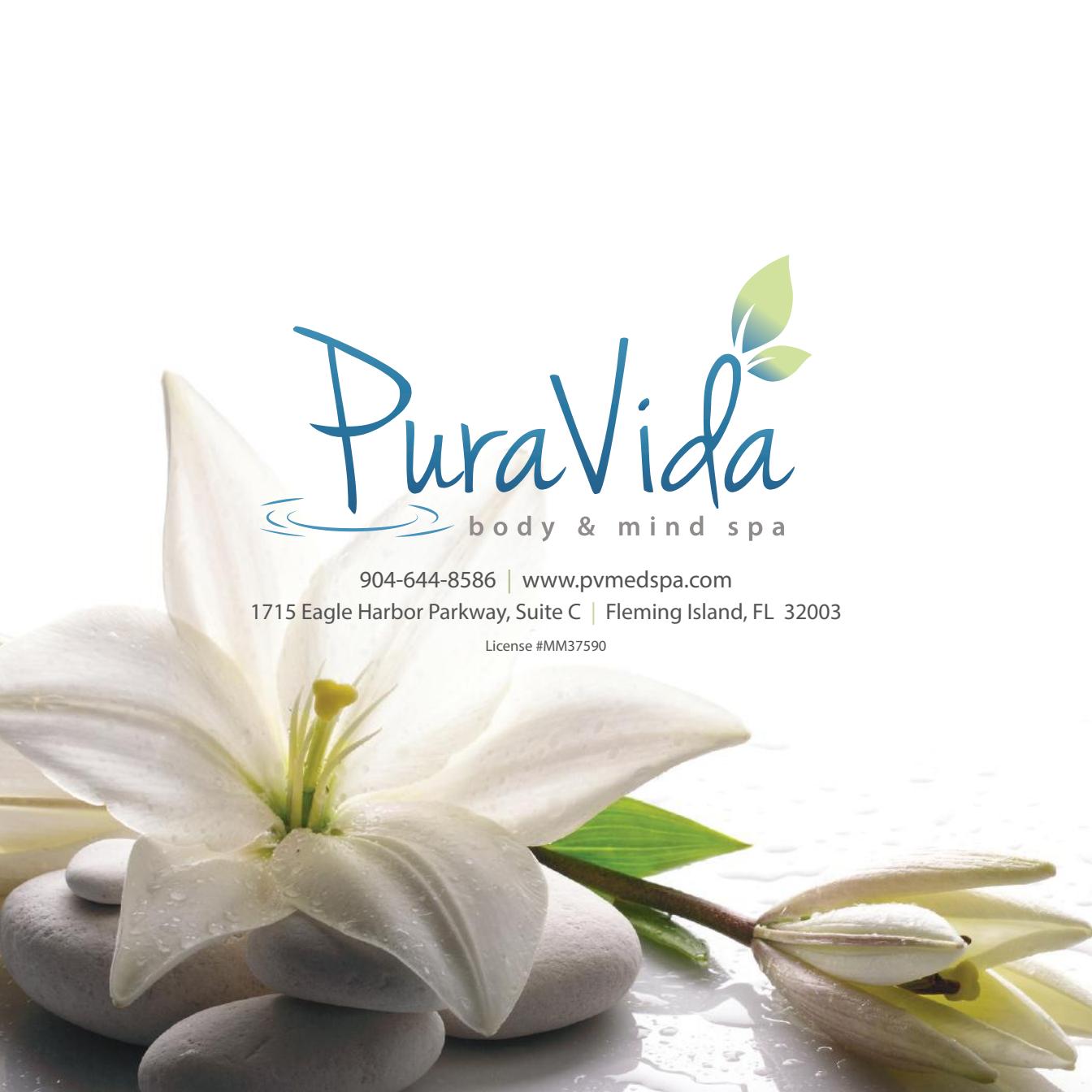
SALT THERAPY

\$30 per session

During a salt therapy session, you will be taken to our Salt Cave, which is a place designed for you to relax in a temperature-controlled environment and inhale the natural salt-filled air. You will be surrounded by salt on the walls and floor, which will be diffused into the air so you can breathe it in easily. These sessions typically last around 40 minutes at a time. This is created to be a comfortable, stress-free treatment that brings healing to your mind and body.

Salt is one of the most crucial elements for the human body to thrive and even continue working properly. Therefore, it is no wonder that using salt as a therapeutic treatment can produce so many wonderful benefits for your body, skin, and mind. You can combat skin afflictions, reduce respiratory issues, and decrease stress by partaking in our relaxing salt therapy sessions at Pura Vida. Call today to find out how to start your treatments.





PuraVida

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