

## ***Rejuvenating Body Salt Glow*** \$130 (80mins)

Unwind as your therapist uses a custom blend of pink Himalayan sea salts, orange granules and essential oils to gently exfoliate and nourish the skin. A hydrating, full-body massage will leave your body looking radiant.



## ***Invigorating Coffee Scrub*** \$130 (80mins)

Buff your skin into smooth shape with our exfoliating coffee scrub. Our coffee scrub is made from COCO's very own coffee grounds and a blend of luxurious essential oils. This gentle exfoliation removes dead skin cells and makes way for the benefits of a hydrating full body massage, leaving your skin looking and feeling vibrant.

## ***Thai Yoga Massage*** \$90 (60mins)

TYM is an ancient form of Asian bodywork therapy. The massage uses gentle rocking, rhythmic compression, tapotement, and passive stretching to increase flexibility, relieve muscle and joint tension, and balance the body's energy system. TYM does not require the receiver to be flexible, athletic, or strong. Each treatment is designed to suit the client's needs.

## ***The Mandarin Pre and Postnatal Massage***

\$45 (30mins) \$70 (50mins)

Massage therapy during and after pregnancy is a healthy way to reduce stress and promote overall wellness. This massage relieves a lot of the uncomfortable symptoms caused by edema, helps with sciatica, headaches and back pain.

\*\* Must be past your first trimester\*\*

## ***Amethyst BioMat Therapy***

\$20 (45min Biomat session)

\$10 as an add-on to a massage

The Amethyst BioMat uses a combination of fabrics and Amethyst stones which generate far infrared rays and negative ions. Far infrared rays warm the inside of your body as the part of your body making contact with the Amethyst BioMat releases negative ions. Benefits include: increased blood circulation, relieves anxiety and promotes relaxation, reduces inflammation, helps with joint and muscle pain.

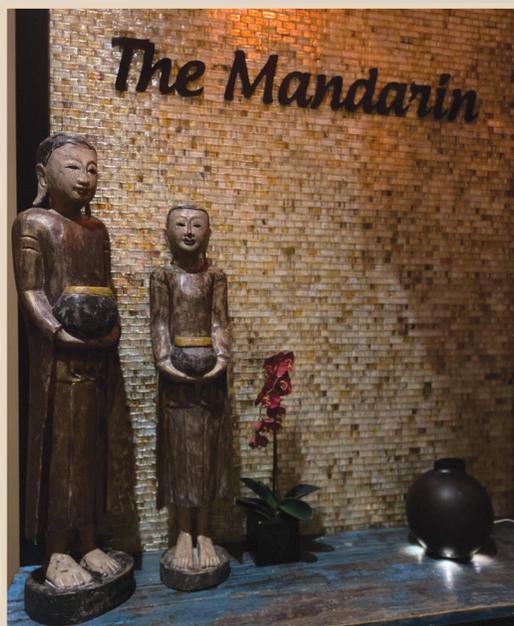
*Please arrive 20 minutes early  
to your appointment  
(sessions will end at scheduled time).*

*Cancellations must be 24 hours in advance  
in order to avoid being charged.  
Specific cancellation fees for other  
packages are covered with your spa guide  
at the time of inquiry.*

# *The Mandarin at New Leaf*



## SPA MENU



# *The Mandarin at New Leaf*

606 13th Street  
Lawrenceville, IL 62439

618-707-2400

[newleaffitnessandspa.com](http://newleaffitnessandspa.com)

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*The Mandarin Spa is your  
convenient world away.*

Experience any of our featured  
services with courteous and  
professional staff in a beautiful  
surrounding.

## The Mandarin Signature Massage

\$45 (30mins) \$70 (50mins) \$110 (80mins)

Deep Tissue (add \$20)

Our SIGNATURE massage brings the full flavor of The Mandarin Spa experience to you. Enjoy the relaxing aura of our spa's steam room, private sauna, showers, and a fully stocked locker with terry wrap, towel, robe, slippers and amenities for the shower.

Considered a therapeutic massage, the SIGNATURE incorporates aromatherapy, hot stone massage, warm towels and essential oil blends. Our Licensed Massage Therapists are trained in Swedish, firm pressure, and deep tissue to accommodate your individual needs.

Warm paraffin treatment for hands or feet is an add-on option. (Add \$20)

Cupping Therapy technique add-on. (Add \$20)

## Himalayan Salt Room

\$20 (30min session)

Punch Pass: \$99 for 7 sessions

Popular in most metropolitan cities in the world, the therapeutic benefits of sitting in a "salt cave" are healthy ones. Not only do we illuminate the room with hundreds of pounds of deeply-mined pink salt, our salt room has an added benefit of a Halo Generator, which infuses a cloud of pure pharmaceutical salt into the air. Better than swimming in the ocean, this salt air is breathed into the lungs helping with antibacterial and anti-inflammatory properties.

Drift off into a meditative state as you recline in a soft robe, or have refreshments delivered to the salt room from COCO's as you enjoy your time here.

Our clients have urged us to create the "Punch Pass" so their return visit is that much easier. It is noted that regular use of a salt room helps with circulation, sleep disorders, asthma, respiratory illness, fatigue and

## Aromatic Hot Stone Massage

\$125 (70mins)

Our clients request this massage repeatedly. Aromatherapy and soothing heat help set it apart from the rest. Smooth volcanic Basalt stones are heated and used with classic massage strokes on a full body treatment, including hands and feet.

Hot stones help with defusing tension in the muscles, promoting overall balance to the body.

We can provide extra activities to extend a group spa party with a private session in cardio, yoga, or aerial yoga.

Transportation, a BUTTERCREAM celebration cake, floral delivery for your special occasion, and of course dinner reservations at COCO's are some of the possibilities we can help with.

## THE DAY AWAY

3 hour getaway \$275 per person

Leave all your worries at the door as you put on a spa robe and slippers for the next few hours. This DAY AWAY experience offers three of our most popular spa treatments, and use of the steam room, private sauna, and showers. All of your needs are met with a fully stocked locker room, including terry wrap, towel and shower amenities.

Our Spa Guides will usher you through a flawless experience and serve a snack with wine or soft beverage while you are enjoying the COPPER FOOT BATH treatment in our Quiet Room.

The DAY AWAY package also includes a peaceful session in the HIMALAYAN SALT ROOM, and your choice of the MANDARIN SIGNATURE MASSAGE or the RADIANCE FACIAL MASSAGE.

Lunch is included from our SPA Lunch Menu with a glass of wine or soft beverage in the comfort of the Mandarin Lounge.

*Enjoy all of these comforts and calm The Mandarin Spa has for you. It's your DAY AWAY and you deserve it.*

## THE GRAND DAY

4-1/2 hour getaway \$355 per person  
(tax and gratuity included)

THE GRAND DAY encompasses all areas of the Mandarin Spa with our most popular treatments delivering a head to toe experience in a relaxed measured progression. Our Spa Guides will usher you all along the way while serving spa snacks, beverages and lunch in the Mandarin Lounge, in the comfort of your robe, as you may choose.

This rejuvenating journey includes the following services and features:

COPPER FOOT BATH treatment in our Quiet Room with spa snack and beverage

MANDARIN SIGNATURE MASSAGE (50 min) in private or as a couples experience

RADIANCE FACIAL MASSAGE with warm paraffin hand treatment added

HIMALAYAN SALT ROOM 30 minute session with wine or soft beverage

You will have full access to our beautiful spa locker room with Eucalyptus infused steam room, private sauna, showers with amenities, and a fully stocked locker including terry wrap, towel, robe, slippers. We are here to make sure this is the spa day you will love and remember.

*Make your day a GRAND DAY for yourself or as a couple.*

## Copper Foot Bath in our Quiet Lounge

\$80 (40mins)

\$120 (55mins) Includes hand massage with warm paraffin treatment

Step out of the everyday grind and enjoy a warm cup of tea, or treat yourself with your favorite beverage or snack from COCO's as this relaxing treatment fully dedicates time for massage of the feet. A warm water copper basin with essential oils, lavender, salt and orange peel soothe as you relax in a soft robe. A gentle foot and leg scrub stimulates circulation and refreshes the skin followed by our comforting warm paraffin treatment.

*This is a popular session to book with a friend or two.*

## A Bed of Roses

\$210 (1-1/2 hours)

Tax and gratuity included.

One of our most popular spa treatments has been elevated with the hydrating and uplifting properties of five different roses from all over the world. The ELEMIS ROSE PRO-COLLAGEN facial massage and rose oil with salt scrub for arms and legs are followed by a 30 minute body massage. This package includes a HIMALAYAN SALT ROOM treatment with spa snack, a glass of wine or soft beverage. Full use of spa amenities are available. The steam room, private sauna, showers include a fully stocked locker with terry wrap, robe, towel and slippers so you can take your time enjoying your BED OF ROSES package.

## The Radiance Facial Massage

\$80 (30mins)

A facial massage is one of the most relaxing treatments we offer. The Mandarin provides the "calm" as you breathe in the clean fragrance of the ELEMIS PRO-COLLAGEN honey-like cleansing balm, and all of the creamy components used in this product line from London, England. While the massage focus is on helping circulation of the facial muscles and scalp, we balance the body to include massage of the hands and feet.

Paraffin treatment for hands or feet are available as an ultimate finish (Add \$20).

618-707-2400

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