

Founder and director of Inner Essence Spa and Wellness Center, Shana McCarthy, B.S, Licensed Massage Therapist & Energy Medicine Practitioner, envisioned a place where health and beauty compliment one another in achieving the level of wellness we all deserve. To feel good inside and out is important.

What we put onto our bodies is equally important as what we put into our bodies. The skin is the body's largest organ. In our daily skin care regimes; washing, moisturizing, masks, toners, serums, etc... We want the skin to take in what we are putting on it, in order for the ingredients to do the jobs they are meant to do. We do not want the skin to absorb toxins or pollutants from our skin care products. That is why on this menu are only the cleanest ingredients. All organic and free from preservatives, our products are meant to keep your skin at its healthiest. Our skin combats environmental factors every day in the various forms of air pollutants and additives in products, here at Inner Essence our skin care products will protect the skin from these factors.

Therapeutic Massage:

Head, Neck, and Back Massage: 30 Min. \$55; 1 hr. \$85

Swedish Massage:

A soothing experience of lighter relaxing techniques. Wonderful for allowing the body to melt knots away.

30 min. \$55; 60 min. \$85; 90 min. \$127.50; 2 hr. \$170

Scalp Massage:

Besides feeling amazing, invigorating and ultra relaxing, scalp massage restores the flow of energy throughout the whole body. While stimulating accupoints, this technique also unlocks the scalp tissue, which relieves stress, tension, and muscle stiffness. It can also help to clear and focus the mind. 30 min. 's \$55 ; 60 min. 's \$85

Deep Tissue Massage:

An invigorating approach for loosening tension and working out deep knots. 30 min. \$55; 60 min. \$85; 90 min. \$127.50; 2 hr. \$170

Myofascial Release:

A deep massage targeting the fascia, which has the capacity to support and stabilize muscles, tendons, ligaments and bones. Fascia helps maintain balance in the body and plays a role in posture and structural alignment. After this therapy you will have gained an awareness of where your body and its muscles feel looser, lighter, longer & livelier.

30 min. \$60; 60 min \$90; 90 min. \$135; 2 hr. \$180

Ashiatsu Oriental Bar Therapy:

An adaptation of an ancient form of barefoot massage using deep compression and gliding throughout the body. Ashiatsu promotes deep relaxation as well as detoxification of the body. Experience Ashiatsu and you will have had "the deepest most luxurious massage on the planet."

60 min. \$85; 90 min. \$ 127.50; 2 hr. \$170

Acupressure (Shiatsu):

A Japanese form of natural healing. Finger pressure is applied at particular points with the intension of balancing the body so as to maintain homeostasis within the mind-body-spiritual connection.

30 min. \$60; 60 min. \$85; 90 min. \$127.50; 2 hr. \$170

Heated Stone Massage:

The benefit of heat combined with the texture and detoxification of basalt stones provides deep muscle relaxation. Stones are placed on strategic locations throughout the body, as well as used to release toxins from over-worked muscles. 60 min. \$90; 90 min. \$135; 2 hr. \$180

Raindrop Therapy:

The purest of undiluted essential oils are dropped along the spine like "little drops of rain" releasing dormant bacteria & viruses. This treatment supports the immune system, while relieving back pain & inflammation. Placement of warm towels completes this enjoyable experience. 60 min. \$105; 90 min. \$157.50

Pre-Natal Massage: Allow yourself to melt into the heavenly cushioning placed strategically around your body. Designed around the specific needs of expectant mothers, this massage will ease the tensions of pregnancy. Especially helpful in the 2nd and 3rd trimesters to increase circulation, decrease swelling, and enhance positive mood changes. Pregnancy massage has also been proven to support smoother labor. 60 min. \$85; 90 min. \$127.50 2 hr. \$170

Couples Massage:

A Great way to celebrate any relationship! Unwind in our beautiful signature Garden of Eden room, where you are surrounded by flowing water, lush foliage, and a relaxing fireplace. With two massage tables side-by-side there isn't a better way to rejuvenate and spend quality time with someone special. \$170/Couple

Deluxe package includes extra time allotted in this room to take in the ambiance, while enjoying fresh seasonal fruit, tea, snacks, sparkling water, and lemon water upon request.

Additional \$20/Couple

Four Handed Massage: Two massage therapists combine their energy and experience with a rhythmic flow of movements and massage techniques. Treat yourself to an experience beyond relaxation that creates balance in your life. 30 min. \$110; 60 min. \$170; 90 min. \$255

Sports Massage: A more specific approach to a deep tissue massage, ideally received before or after a sports event.

30 min. \$55; 60 min. \$85; 90 min. \$127.50; 2 hr. \$170

Lymphatic Drainage: A gentle form of massage which stimulates the body's lymphatic system allowing it to naturally circulate fluids and help increase the body's metabolism and immune system.

30 min. \$55; 60 min. \$85; 90 min. \$127.50; 2 hr. \$170

Personalized Aromatherapy:

Have specific pure undiluted essential oils chosen for your needs and placed on specific locations during your massage.

Add to any service for \$10

Reflexology:

A holistic approach that benefits the entire mind-body system through the stimulation of points on the feet. A heavenly experience, you will feel relaxed & energized after the session. 30 min. \$55; 60 min. \$85

Energy Healing:

A process, which pays attention to the layers of energy surrounding our physical bodies. Energetic blocks, stuck patterns & physical & emotional ailments are addressed allowing for a more balanced energy field, creating opportunity for your true life essence to come through and allowing you to live life to its fullest potential. Sessions vary in length.

\$95

In-Home Massage:

Whether you are planning a romantic couples massage, hosting a spa day, or are unable to travel due to personal injury, allow us to come and take care of you in the intimate setting of your own home. \$105/hr

Therapeutic Facials:

Traditional Dermalogica™ Facial:

Get your skin in tip top shape with this results driven treatment. Using Dermalogica's widely known skin mapping techniques to deliver maximum results & only the newest & most sought after, clinically proven ingredients in skincare. This facial treats all zones of the face to bring about individualized results. Deep cleansing, exfoliation, extractions, relaxing aromatherapy massage, and finally the aesthetician will apply the appropriate moisturizer & sunscreen, leaving you ready to face the day!

1 hr: \$85 90 min. \$127.50

Eminence Organic Facial:

A customized facial with proven results using all organic products. High concentrates of antioxidants, active enzymes and AHA's refresh your skin while indulging your senses and achieving results. This rejuvenating facial will leave your skin with a healthy glow and revitalized complexion. 1 hour. \$85; 90 min. \$127.50

Eminence Organic anti-aging Facial:

Beginning with a combination of specifically selected fruit pulps containing the highest possible natural fruit acids (natural AHA's), this is the first all organic Glycolic Peel. Combined with a paprika herbal treatment, a beautiful rosy glow will emerge. Skin will be firmer, fresher, smoother, youthful and radiant. 1 hour \$90; 90 min. \$135

Bright Eyes Organic Eye Treatment:

Effectively treat and minimize fine lines, wrinkles, milia, crow's feet, puffiness, lack of skin tone, and dark circles, with this amazing four step treatment. \$30 as an add-on to any facial service & \$35 as a stand alone treatment;

*best results are seen over a series of treatments over 3-4 wks, combined with a home-use regime to keep the eye area lubricated & comforted.

Mini Organic Facial: A more time efficient version of the organic facial.

45 Min. \$70

Lip Treatment:

Renew and regenerate with this treatment developed for the delicate lip area. A pro-lip exfoliation, and treatment mask followed by a citrus balm, all organic and all made by eminence will leave your lips smooth and healthy. \$10

Busy Day Facial & Manicure Combo:

For people who are in a rush. Receive a classic manicure while relaxing and healing your skin on the treatment table. 45 minute facial with classic manicure \$90: One hour facial with classic manicure. \$105: 90 minute facial with classic manicure \$157.50

Organic Hand Facial:

Exfoliate with a delicious sugar scrub, and then let a super hydrating masque sooth & heal your skin. Next, enjoy a luxurious hand massage designed to hydrate and protect. Lastly, your hands will be dipped into a warm paraffin bath that will further infuse the moisturizer and add even more to ensure you leave feeling silky & beautiful! \$35

Gentlemen's Organic Facial:

Deep cleansing and exfoliation of the skin begin this treatment. A purifying mask will alleviate skin that endures everyday shaving, allowing a softening, soothing and refreshing effect. Release stress and tensions while enjoying a neck, scalp, shoulder and hand massage. 1 hr. \$85; 90 min. \$135

Ultrasonic Facial with DermaSound Plus:

Without the use of crystals, salts or chemicals, this is the gentle alternative that can be used on any skin type no matter how sensitive (including rosacea, acne, and mature skin). This process resurfaces and heals photo-aging skin damage, as well as puts the cells back to work doing what they do best: growing, reproducing and protecting the body from age-causing environmental damage. Heat, stimulating collagen and elastin production into the deep layers of the skin causes the oxygen infused serums, antioxidants, and vitamins to be more readily absorbed resulting in firmer, plumper, smoother and healthier skin. 60 min. \$135

The Peel:

Looking for a deeper exfoliation? Why not try one of our Organic Peels. Peels remove old, damaged cells on the top layer of your skin which allows moisturizers to penetrate deeper into the Epidermis. As a result it smooths and softens the skin, diminishes fine lines, decreases acne outbreaks, evens out discoloration and lightens hyper pigmented areas. Our Organic Peel Treatments can be purchased as a stand alone service or an add-on to any of our Organic Facials. For optimum results, purchase a package of 6 treatments. \$50.00; Add to any facial \$45.00; If purchased in series of 6, buy 5 and get the 6th free.

In-home facial:

Whether you are planning a romantic couples facial, hosting a spa day, or are unable to travel due to injury; allow us to come and take care of you in the intimate setting of your own home. \$105/hour

Body Treatments:

Organic Back Facial: Great for oily and acne prone skin. Ease onto the table while a warmed herbal mud treatment is massaged on with relaxing strokes. Next, we soothe and heal the skin with an herbal serum, which will calm and smooth irritation and inflammation due to acne and even skin tone with diminished redness. This heavenly treatment ends with a therapeutic massage of aromatic moisturizers that will pamper your skin and your senses. 1 hr. \$95

Organic Body Wrap: Indulge yourself in one of our customized body wraps. We begin this treatment with a light exfoliation then we apply our Organic Body Mask, next you're wrapped for the ultimate hydration and relaxation experience, while your therapist performs a face and scalp massage to soothe away tension. Once unwrapped, you shower, and then we end the treatment with a nourishing light stroke massage leaving your skin, renewed and rejuvenated. 1 hr. \$95

Organic Sugar Scrub: Refine, smooth, and deeply hydrate the skin while supplying it with great nutrition. After a delicious massage with a customized scrub, further pamper your skin and senses with cinnamon and paprika lotion that will firm, detoxify, reduce visible cellulite and emerge smoother, softer, glowing skin. 1 hr. \$95

Cellulite Treatment: Enjoy the royal treatment while this herbal concoction increases circulation improving cellulite conditions. Detoxify your skin while achieving a firmer, more elastic skin tone, reducing the visible signs of cellulite, and emerge with softer, smoother, glowing skin. 1 hr. \$100

Exfoliating Salt Glow: Dead Sea salts are used to exfoliate, refine and tone the skin, leaving it moist and luminous, without irritating the skin. This treatment infuses the skin with essential oils and minerals, which are vital to good health. This is a wonderful treatment to have prior to a body wrap, or our Sun kissed Organic Self Tanner. 45 minutes \$65.

Jane Iredale all natural mineral self tanner application:
45 minute application \$45

Teen Specific Services:

45 Min Massage \$60

45 Min Facial \$65

Make-up Application Lesson \$50

Childrens' Services:

Children's Manicure \$12

Children's Pedicure \$18

(12 yrs. and under)

Mineral Makeup by Jane Iredale:

With all the healthy attributes Inner Essence has to offer, we wouldn't want your makeup to contribute anything but the same. Mineral makeup not only looks healthier on the skin, but also contributes to its health. Healthy skin is the most beautiful cosmetic you can wear; every product Jane Iredale develops is a true extension of skin care. It is so effective that it is recommended by dermatologists, plastic surgeons, and skin care professionals.

Makeup Application: *Let our specialists create the look you want, while showing off your most complimentary features. Look and feel more beautiful and confident for a special event in your life. \$55*

Makeup Lesson: *A great way to learn looks for everyday, evenings, or special events. Learn what is best for your face and coloring, and the tricks of the trade in how to apply it. A great way to ease your teen into makeup, let our aestheticians show her proper makeup use and give her the confidence to look and feel herself. \$65*

Bridal Makeup Application: *Allow our makeup specialists to provide a soft and flawless makeup application with staying power for the most important day of your life. Create a look that is you only better for this special day. \$85*

Bridal Makeup Trial: *\$50 the \$50 will be credited back if the bride ends up using us on the day of her wedding.*

Nails:

Spa Manicure: Keep hands feeling soft and rejuvenated with this complete service. Includes gentle exfoliation, and a moisturizing hand and arm massage. \$30

Gelish Manicure: A new version of the classic manicure, using a hybrid polish that lasts for 21 days! \$35

Classic manicure: A quicker more functional twist on the spa manicure. 30 min. \$18

Spa Pedicure: This therapeutic and beautifying treatment for your feet begins with an exfoliating massage, lots of cleaning up, and moisturizers that will leave your feet refreshed and nourished. 1 hr. \$50

Gelish Pedicure: A new version of the classic pedicure using a hybrid polish that lasts for 21 days! \$50

Classic Pedicure: A quicker more function oriented service than the spa pedicure. 30 min. \$35

Nail Therapy for Men: An exfoliating and hydrating treatment for overworked hands. 30 min. \$25

Men's Pedicure: An exfoliating and hydrating treatment to revitalize overworked feet. 45 min. \$40

Paraffin Treatments: Relax while warm paraffin restores moisture, soothes, and softens you skin. Hand Paraffin: \$10; Foot Paraffin: \$10

Simple: Polish Change: \$10

With Nail Fix: \$12

Acrylic nail fix: \$2-\$3/Nail

French Manicure \$4 extra

Body Waxing:

Eyebrow & Eyebrow Contouring \$15

Eyebrow tinting \$20

Eyelash tinting \$25

Lip \$10

Chin \$10

Arm \$35

Underarms \$15

Half Leg \$35

High Bikini \$40

Full Leg \$55

Bikini Line \$35

Navel Line \$10

Brazilian \$60 and Up

Manzilian \$70

Back \$55

Chest \$40

Sideburns \$15

Full Face \$40 and Up

Spa Packages:

To Have and to Hold Bridal Package: Bring yourself to the ultimate state of relaxation, health and beauty with a 60 min. massage of your choice (raindrop therapy, and heated stone therapy are extra), 60 min. Eminence organic facial, Bridal makeup application, Spa Manicure and Spa Pedicure, and Body treatment of your choice. Appr. 5 hrs. \$390 + tax

To Have and to Hold Grooms Package: Relax and rejuvenate to get yourself wedding ready. Begin with a 60 min. massage of your choice (raindrop therapy and heated stone therapy are extra), next get your complexion up to par with the gentleman's facial, then let us get your hands smooth for pictures and wedding band with our nail therapy for men, lastly relax while we get your feet ready for the honeymoon with the men's pedicure. Appr. 3 1/2 hrs. \$215 + tax

Mom to Be: Let us help your body to rejuvenate with a 1 1/2 hour pregnancy massage. Enjoy a warm, soothing, and moisturizing paraffin treatment for your hands and feet. Give your over stressed feet a break and some color with a relaxing pedicure. Appr. 2 1/2 hrs. \$165 + tax

Rejuvenation: Let yourself unwind and recharge with a 90 min. massage of your choice, followed by our signature organic facial (90 min.). After these three hours of pampering you will look and feel fresh and rejuvenated. Appr. 3 hrs. \$230 + tax

Balance: Get back in balance starting with a 1 hour massage of choice, a 1 hour soothing organic facial, spa pedicure, hand paraffin, and finally a spa manicure. You can't help but leave more balanced, confident, and feeling great! Appr. 4 hrs. \$235 + tax

Stress Reliever: Looking for that ultimate pick me up after a long work week, or just a need to get away for an afternoon or evening of pampering just for you. Why not enjoy an hour massage of choice (raindrop therapy and heated stone therapy are extra), an hour Organic Facial, and next enjoy our classic manicure that is sure to brighten anyone's day. \$170 + tax

Busy Day Facial & Manicure Combo: For people who are in a rush. Receive a classic manicure while relaxing and healing your skin on the treatment table. 45 minute facial with classic manicure \$85: One hour facial with classic manicure \$100: 90 minute facial with classic manicure \$140

Spa Lunches Available Upon Request

Inner Essence Spa & Wellness Member Details

In order to make more available all the wonderful health & Beauty benefits we have to offer we are now offering yearly memberships.

**In regards to massage therapy & facials, the membership includes your choice of a 50 min. massage/facial for \$59, 60 min. massage/facial for \$69, or a 90 min. Massage/facial for \$100. You agree to one massage/facial a month for a year, and if you start with a 50 minute massage/facial, you can choose to pay the difference on any given visit if you wish for longer table time. Also, should you miss a month, the massage/facial will simply roll over, you do not lose the session.*

** Memberships are also available for waxing, manicures, pedicures, body treatments and acupuncture. They work in the same way and individuals will receive comparable discounts.*

Please call or email us to sign up!
contact@inneressencespa.com
203-795-4170

Hours

Reception Hours: Sunday 12-4, Monday 10-6, Tuesday 10-6, Wednesday 10-6, Thursday 10-8, Friday 10-6, Saturday 9-5

We are happy to book any services on the earlier or later end of the reception hours, just call or stop in during reception hours to book your appointment!

Policies:

Timeliness: Please arrive 15 minutes prior to your scheduled appointment; this gives time for paperwork, check-in, shower, and preparation for your treatment. Late arrivals will have a shorter session at full fee in order to not inconvenience the next guest.

Spa Amenities: All spa services include the use of robes, slippers, lockers, towels, and showers. Please make yourself comfortable in our relaxation room, before and after your sessions.

Quiet Environment: Please silence all cell phones upon entering the building. As a courtesy to other guests please maintain low voice volume.

Contraindications: For your health and safety please consult with your physician if you have any of the following before receiving any services; heart or circulation conditions, high blood pressure, diabetes, pregnancy, or any condition you have a question about.

Cancellation Policy: Please allow 24-hour notice for any cancelled appointments. We require appointments to be reserved on credit card; appointments cancelled without sufficient notice will be charged a 50% charge of the services fee.

Gratuities: Gratuities are left to the guest's discretion. We recommend a standard gratuity of 18%-20%. Gift certificates do not include gratuity unless otherwise indicated. Spa packages do not have gratuity added in already.

Gift Certificates: Customized gift certificates are available. All gift certificates are non-refundable, but fully transferable. Because our gift certificates do not expire, recipients of gift certificates are responsible for any price increases. Gift certificates must be presented at check-in and are not redeemable if lost or stolen.

Party Bookings: We happily book out for wedding showers or outings, engagement parties, baby showers, birthday parties, bachelorette outings, girls night out, guys night out, etc... for a spa party. All parties are reserved with a credit card number, and a deposit is required to hold the time and space. 20% gratuity will automatically be added into the total of any parties consisting of 3 or more people

Payments: We accept cash, personal checks, check card, Visa, Mastercard, and Discover Card. Returned checks will be subject to a \$20.00 service charge.

Prices: We reserve the right to change our prices at any time and without prior notice, please make sure you have an updated copy of our pricing.

“Thank you for experiencing Inner Essence Spa and allowing us to touch your lives. We welcome any feedback; constructive or positive, and truly appreciate your business.”