



Training Spa

Luxurious Massage And Spa Treatments

At Affordable Prices

**Professional Massage
Therapists**

Intern Massage Therapists

Our professional massage therapists

are trained and well-seasoned in a full range of massage and spa modalities. Their experience radiates through their skillful hands as they deliver a custom-designed session to meet clients' individual needs. All of our professional therapists have graduated from fully-accredited institutions of excellence. Their training far exceeds certification standards for the state of Indiana. They are dedicated to continuing education, and maintaining credentials from nationally recognized professional massage therapy organizations.



Our intern massage therapists

have completed all of their massage coursework, including many practice hours. They are working in our spa to hone their skill set, and to obtain feedback from spa supervisors, professional massage therapists, and clientele. Although fine tuning of their skills is necessary, clients will find our interns well-trained, and eager to deliver a high quality session.

Professional Massage Therapists Intern Massage Therapists Therapeutic Massage

30 min	35	20
60 min	55	35
90 min	75	50
4-hand -60 min	105	60
4-hand -90 min	145	90

Add-on Services

Additional Time (5 min increments)	5	3
Body Butter	5	5
Aromatherapy	5	5
Thermotherapy		
Ice		2
Rubefacient (hot/cold topical analgesic)		2
Hot Towel Therapy		5

Hot Stone Therapy

60 min	65	45
90 min	90	65

Prepared Spa Treatments

Essential Renewal <i>Our signature treatment</i>	170	120
Paraffin hands <i>or</i> feet	20	15
Paraffin hands <i>and</i> feet	40	30
Hand and Foot Treatment	45	30
Back Treatment	45	30
Smoothing Cellulite	90	65

Spa Treatments à la carte

Body Wrap	40	25
Exfoliation	20	15
Body Shampoo	20	15
Balancer	5	5
Aromatherapy	10	10
Finishing Product	5	5

Hours of Operation

Tuesday – Thursday	1pm-5pm
Friday	9:30am-8pm
Saturday	9:30am-4pm
Sunday – Monday	Closed



**HARRISON
COLLEGE**

www.harrison.edu

Training Spa

8150 Brookville Rd
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Therapeutic Massage

The session will begin with a brief consultation with your therapist, in which your treatment will be custom designed based on your state of health, your goals, and your preferences.



Add-on Services

Body Butter

This rich ultra-moisturizing emollient becomes liquid silk as it is heated and applied to your body, leaving you feeling smooth and pampered.

Aromatherapy

Indulge your senses and your spirit as pure and aromatic fragrances and essential oils are added to your massage for relaxation, detoxification, or uplifting stimulation. Your therapist will begin your session with deep inhalations of your selected fragrance, and incorporate the scent throughout the session

Thermotherapy

Treat aches and pains in joints and muscles, or to add to the relaxation effect of your massage.

Ice - Your therapist will massage areas of mild inflammation with ice, and utilize it to reduce muscle spasms.

Hot Towels - Hot and steamy towels are placed on areas of tightness and discomfort to aid in relaxation and tension relief.

Rubefacient - A topical substance is applied locally to aid in the relief of discomfort from sore muscles and joints associated with soft tissue injuries.

Hot Stone Therapy



Basalt stones are heated to help warm and ease tension in muscles, tendons, and other soft tissues. The heat is soothing, sedating, and healing. Stones will be placed on

areas of the body and used in massage strokes to help you slip into a deeper state of relaxation.

Prepared Spa Treatments

Essential Renewal

Our signature spa treatment is an extravagant experience. Begin your session with an indulgence of aromatic inhalations. Relax as your body is lathered in luxurious foaming gel, followed by a balancer to refresh your skin. Improved circulation, lymphatic flow, and decreased muscle tension are a result of your full body exfoliation. Rejuvenate your mind, body, and spirit through the warm embrace of our deliciously decadent fango mud body wrap. A 90 minute full-body massage with aromatherapy-infused liquid silk body butter completes the experience. Your therapist will custom design your massage to meet your specific needs and preferences.
180 minutes

Paraffin

Our therapists will begin with a steamy towel to prepare the area, then apply a generous layer of body butter before enveloping in heated paraffin. Eases your sole muscles and joints, and leaves your skin soft and moisturized.

Hands or Feet 20 min

Hands and Feet 40 min

Back Treatment

Treat your over-worked back with aromatherapy, body shampoo, balancer, exfoliation, fango mud wrap, and body butter:

45 min

Smoothing Cellulite Treatment

Targets specific areas of cellulite with detoxification and firming through aromatherapy, exfoliation, mud wrap, and vigorous massage intended to lift, heat, and smooth tissues to temporarily reduce the appearance of cellulite:
90 min

Milk & Honey Infusion

Aromatic inhalations of a healing oil blend, followed by an invigorating sugar body polish. A luxurious application of our milk & honey infused Body Luxe emollient envelopes the skin while surrounded by a warm, cocoon body wrap. A 60 minute, full-body massage completes this body treatment fit for royalty.

120 min

Spa Treatments à la carte

Body Wrap

Warm and comfort your body in a deeply relaxing cocoon while your mind slips away to enjoy some quiet, peaceful moments. Select from one of the following types of wraps:
40 min

Aromatherapy Wrap

Select one of our pure and natural fragrance or essential oils to be applied to different points on your body, and heated with the warmth of the body wrap, followed by a moisturizing treatment infused with the selected oil.



Fango Mud Wrap

Mud blends are selected based upon treatment goals and are painted generously on the body's surface, then activated by the heat of the wrap. Select from one of the following mud applications:

- Rose Mud – A soothing mud chosen for its moisturizing properties
- Black Baltic Mud – A dark moor mud thickly applied to aid in detoxification

Exfoliation

Increase circulation, lymphatic flow, and vital energy of the body, while decreasing muscle tension, and promoting relaxation 20 min

Microbuff body polish– a fine exfoliant made of apricot and peach seeds encased in a moisturizing cream

Exfoli-Sea Salt – course exfoliant made of mineral rich sea salt and rejuvenating oil

Body Shampoo

Let us lather you with luxurious foaming gel to wash away excess oil, residue, and tension:
20 min

Balancer

Invigorate, cool, and refresh your skin: 5 min

Additions

Aromatherapy

For inhalations and mixed with spa products used in your treatment.

Finishing Product

Rich ultra-moisturizing body butter can be selected in place of lotion or oil.

Therapeutic Massage

Finish your à la carte body treatment by adding a massage to complete the ultimate spa experience.

Gift Certificates Available



Massage Therapists available for private and corporate events, both off-site and within our spa