

THE SPA

AT LIBERTY

Nail Services

Luxuriate in the privacy and comfort of The Spa at Liberty while treating yourself to one of our wonderful nail services.

Manicures

Complete your look with a Classic, French or Shellac manicure. Make it extra special by adding our EcoFin Hot Oil treatment or our individual Paraffin treatment, which you can take home to use again!

	Member/Guest
Classic Manicure	\$22/24
Shellac Manicure	\$38/40

Pedicures

Our pedicures are about more than just pretty toes. A therapeutic soak, exfoliation and massage increase circulation and keep hard working feet healthy, happy and...pretty, of course!

	Member/Guest
Classic Pedicure	\$42/46
Pick-Me-Up Pedicure	\$30/32
Shellac Pedicure	\$50/52

Combos

	Member/Guest
Classic Manicure/Classic Pedicure	\$56/62
Shellac Manicure/Classic Pedicure	\$74/76

Add On Services

	Member/Guest
Ecofin 100% Natural Paraffin Alternative	\$10/12
Individual Paraffin Spa Treatment*	\$15/18
Exfoliating Spa Treatment for Hands	\$8/10
French Polish with any Mani or Pedi	\$5/7
Shellac Removal Only	\$10/12

* "Paraffin Wax Works" is a luxurious, hygienic individual treatment you take home and re-use! 100% pure paraffin with jojoba and essential oils

For Men

	Member/Guest
Men's Hand Maintenance	\$15/17
Men's Foot Maintenance	\$33/35
Men's Combo (Hands/Feet)	\$42/44

For Ages 5-8 Only!

	Member/Guest
Mini Sticker Manicure	\$10/11
Lollipop Pedicure	\$16/18

Massage & Body Therapies

A combination of science and art, therapeutic massage is an excellent way to relieve stress and tension, ease stiff joints and muscle spasms, promote healing and flexibility, enhance athletic performance, improve circulation, and promote mental alertness and a feeling of wellness. Our therapists incorporate a variety of modalities including, Swedish, Deep Tissue (myofascial and neuromuscular), Sports and many more to create a customized massage.

	Member/Guest
30 Minutes	\$50/55
45 Minutes	\$65/70
60 Minutes	\$75/80
90 Minutes	\$100/105
120 Minutes	\$135/140

Thai Massage

Align the energies of the body with Thai massage. This blend of a variety of massage techniques focuses on preparing, aligning and opening energetic pathways throughout the body. Similar to yoga, the recipient feels centered and rejuvenated after a session, which is received on a Thai mat placed on the floor. Please wear comfortable, loose fitting clothing for this massage.

	Member/Guest
90 Minutes	\$120/135
120 Minutes	\$150/165

Pregnancy Massage

Offered in the second and third trimester, Pregnancy massage utilizes specialized techniques and supportive pillows to ease structural and muscular strain and relieve tension for a gentle, calming effect on both mother and baby.

	Member/Guest
75 Minutes	\$85/90

Reflexology

An entire session is focused on the soles of your feet and/or hands. Pressure is systematically applied to reflex points or referral zones which correlate to the body's organs, glands, bones, and muscles, promoting a sense of total relaxation and wellbeing.

	Member/Guest
30 Minutes	\$45/50
60 Minutes	\$70/75

Acupressure Face Massage (available Fridays & Sundays)

This therapeutic facial treatment lifts, tones and firms facial muscles, while providing sinus relief through targeting pressure points. This includes hot towels and aromatherapy, along with massage of the hands, feet, shoulders and neck.

	Member/Guest
75 Minutes	\$95/100

The Spa at Liberty

Please call 734.665.3738 ext. 134 to schedule an appointment. Guests are required to provide valid credit card information to schedule an appointment.

Please plan to arrive 15 minutes prior to your appointment. If you arrive late, your treatment time may be reduced in order to finish on time for the next scheduled client and the full fee for your service will be charged.

A confirmation call will be made 48 hours prior to your service. Please honor our 24-hour advance notice cancellation policy to avoid being charged the full fee.

In appreciation for outstanding service, gratuities may be given to the staff, or at checkout, at your discretion.

Prices and services are subject to change without notice.

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LIBERTY ATHLETIC CLUB
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