



R O C H E S T E R

200 East Highland Drive
Rochester, NY 14610
585.461.2300
midtown.com/rochester

SPA HOURS

Monday-Thursday
9:00am-9:00pm

Friday-Sunday
9:00am-6:00pm



Massage

relaxation swedish massage

De-stress your body and let your tension melt away with this classic massage. Long, warming strokes will ease the mind, improve circulation, and create an overall sense of well-being.

deep tissue sport and fitness massage

Our signature massage targets muscular tension due to prolonged stress or sports injury. This deep tissue massage penetrates tense muscle fibers, increasing flexibility and restoring them to their natural function.

hot stone massage

Indulge in pure luxury as perfectly smooth polished basalt stones are heated, penetrating into muscles while melting away tension. The temperature and pressure of the strokes simultaneously relax and stimulate your muscles and improve circulation.

mommy-to-be massage

This massage is custom-designed to address the specific needs of pregnant women after their first trimester. Gentle massage techniques help alleviate discomforts associated with pregnancy, leaving mom and baby in a complete state of bliss.

couples massage

Share your massage experience with someone special as you enjoy therapeutic relaxation for two in the same room. Our talented technicians will make sure you both leave refreshed and renewed.

ACCOMPANIMENTS

neck and shoulder massage

Leave without a care in the world with time set aside to focus on the most common area of stress, pain, and repetitive motion.

foot massage

With more than 7,000 nerves in the feet, a foot massage can be very powerful. It is thought that trigger points in the foot correlate throughout the entire body. Release stress and restore balance with this ancient treatment.

scalp treatment

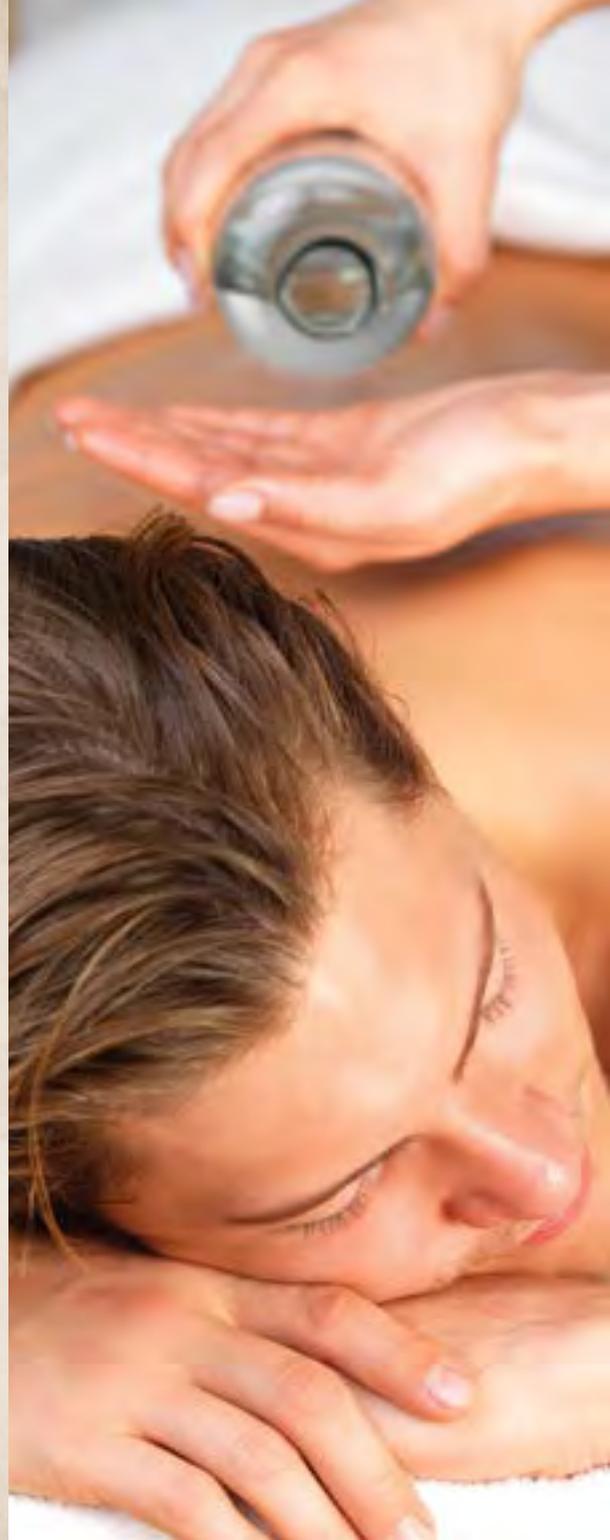
Clear your mind while stimulating and nourishing peppermint balm is gently massaged into your hair and scalp. Finish with your head cocooned in a hot towel as your therapist gently massages the tension out of your neck and shoulders. This peppermint infused treatment will leave your hair silky smooth, your scalp conditioned, and your mind totally refreshed.

warm stones

Calm your mind and slip into a deep meditative state by adding warm stones to your treatment.

aromatherapy

Choose an aromatic essential oil of your choice to enhance the therapeutic benefits of your massage. The sense of smell is a powerful aid in invoking feelings of relaxation, stress reduction, and happiness.





Skin Care

ORGANIC OR CLINICAL OPTIONS AVAILABLE

european facial

Individually customized by skin type, this facial includes cleansing, exfoliation, toning, and a treatment mask to improve skin tone and texture. Finishes with a moisturizer that leaves skin glowing.

gentleman's facial

Specifically designed for the gentleman's complexion, this facial features relaxing massage movements accompanied by calming, aromatherapy-infused hot towels. This deep-cleansing facial treats ingrown hairs, razor burn, and sensitivity to shaving. The face is cleansed and exfoliated, leaving skin refreshed and nourished.

signature facial

This nurturing facial is specially designed and customized to enhance circulation, improve skin radiance, and melt away stress and fatigue. Your specific skin care concerns are addressed with an additional treatment mask while you're pampered with a massage so you leave completely relaxed and refreshed.

mini facial

Want a quick exfoliation and rebalancing without all the pampering? Our abbreviated treatment is the perfect introduction to skin care or for any person on-the-go.

teen facial

Keeping in mind the unique activity that hormones have on teen skin, this facial includes a cleanse, exfoliation, mask and balancing cream. Includes care analysis and recommendations for a healthy skin care routine.

back facial

This hard-to-reach common problem area will receive special treatment with a double cleanse, exfoliation, mask, and moisturizer specific to your needs. You'll leave feeling cleansed and refreshed.

REJUVENATION SERVICES

glycolic treatment

This alpha hydroxy peel provides intensive support for the skin's regenerative processes to improve overall complexion. Accelerating regeneration of the skin, wrinkles are minimized and skin regains its youthful glow.

yam & pumpkin treatment *organic only

This treatment will rehydrate your skin with natural fruit enzymes, antioxidants, glycolic, lactic, and hyaluronic acids. Helps smooth fine lines and wrinkles and reduce hyperpigmentation.

derm renewal clinical treatment

Deep exfoliating containing a lactic & glycolic blend essential for maintaining and restoring the skin's health. This treatment will reduce the signs of aging and treat acne concerns.

illuminating arctic berry facial *organic only

This facial includes an organic professional peel that gently exfoliates skin to reduce hyperpigmentation and fine lines. The antioxidant rich peptide system creates a smoother, brighter complexion. Great for acneic, rosacea and sun damaged skin. Recommended in a series of four professional treatments for the year with an at-home kit to keep your skin radiant between spa treatments.

microdermabrasion

A skin-freshening technique that resurfaces the skin for immediate visible results. This manual exfoliation gently removes the dull outer dermis, stimulating production of collagen, leaving you with radiant, healthy skin.

microcurrent treatment

Our most popular treatment, this non-invasive technology improves muscle tone in the face and neck by firming and lifting the eyebrows and jawline, while relaxing the muscles that create expression lines.

micro combination treatment

Combine the benefits of advanced exfoliation with microdermabrasion and the superior technology of microcurrent to firm and tone in a single treatment.





CLINICAL TREATMENTS

algomask + facial

An enriched thermo-corrective treatment that provides instant radiance. This facial will hydrate, soothe, and decongest. Ideal for sensitive, rosacea, and acne-prone skin.

hydrolifting treatment

An advanced clinical treatment that provides intense, immediate hydration. Lifts and firms the face and neck for more radiant skin.

sea c spa treatment

Powerful antioxidant treatment that protects skin from free radicals to inhibit premature skin aging. Reduces the appearance of fine lines and wrinkles, restoring skin's youthful appearance.

phyto stem cell & facial

This Nobel Prize-winning clinical service utilizes plant stem cells to increase skin cell longevity and formation. Renovage™ prolongs cell life span and improves cellular metabolism, mimicking a DNA repair effect. Osirtine™ promotes skin cell survival and longevity.

collagen 90-II treatment

This treatment contains pure native collagen which restructures and plumps the skin, reducing fine lines and wrinkles. Provides intense hydration, promotes skin regeneration, and strengthens the collagen structure for a visibly radiant and more youthful-looking appearance.

oxygen treatment

A revolutionary oxygenating treatment designed to clear skin congestion, diminish acne, and brighten the overall complexion. Revitalizes fatigued skin, and pores instantly appear more refined, leaving skin looking radiant.

botinol treatment

This clinically proven system prevents and corrects expression lines caused by micro-contractions of the skin. Combining five peptides including retinol and exclusive patented formulations to instantly reduce expression lines, fine lines, and wrinkles.

FACIAL ACCOMPANIMENTS

glycolic mask

Treat yourself to a deeper exfoliation with our glycolic mask.

yam & pumpkin peel *organic only

With natural fruit enzymes, antioxidants, glycolic, lactic, and hyaluronic acids this peel will rehydrate your skin, smooth fine lines and wrinkles, and reduce hyperpigmentation.

algomask

An enriched cooling, thermo-corrective treatment that provides instant radiance. This mask will hydrate, soothe, and decongest.

derm renewal clinical peel

Deep exfoliating is essential for maintaining and restoring the skin's health. This will reduce the signs of aging and treat acne concerns.

lip plumping

Deeply hydrate and plump lips with a gentle exfoliation, finished with a nourishing and protective balm.

eye brightening

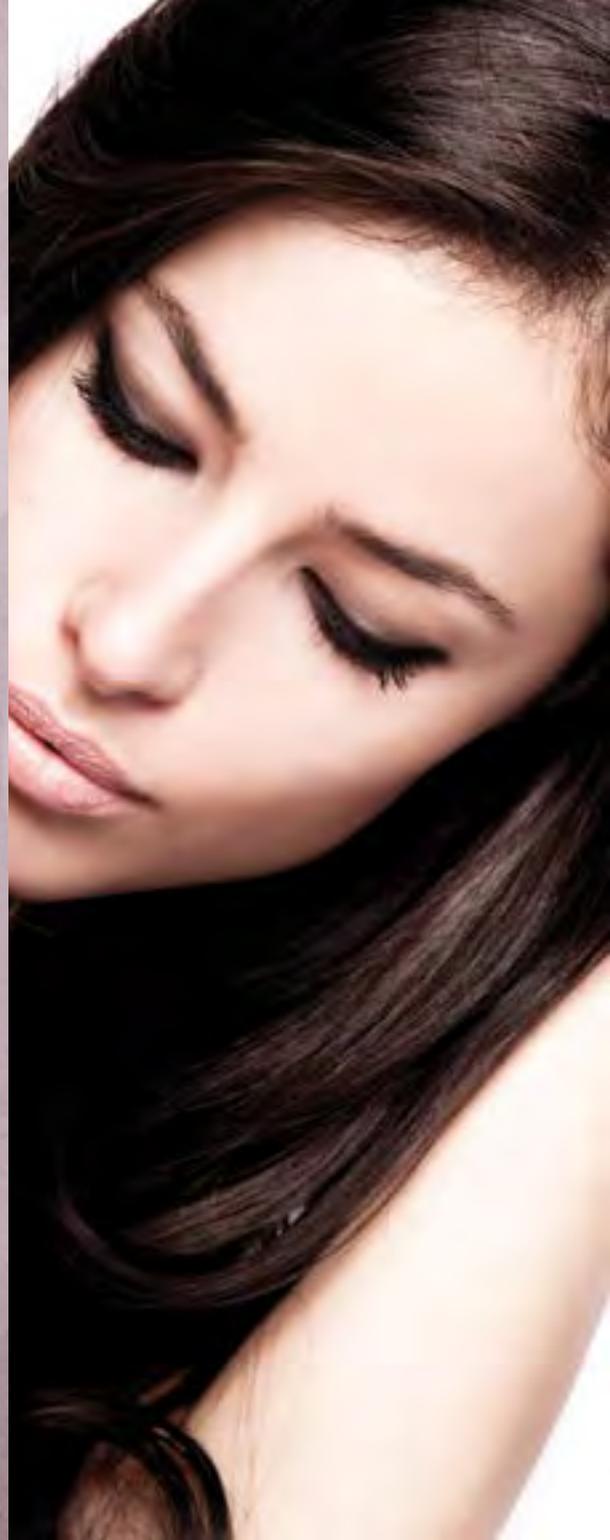
Reduce fine lines while minimizing dark circles and puffiness. Includes a gentle exfoliation, cooling cucumber gel massage, finished with a hydrating eye cream.

hand smoothing

Reduce hyperpigmentation and soften skin with a peel, moisturizer, and relaxing hand massage.

brow tinting

Give your brows a more darkened sculpted look.





Nails

mini pedicure

This refresher pedicure is perfect for those on-the-go. After soaking in our luxury foot bath, your toes are filed and treated with basic nail care. You will leave with your toes polished to perfection.

luxury pedicure

A luxurious pedicure begins with a soothing foot soak, followed by a gentle exfoliation with enriching scrubs. Your nails are shaped and cuticles are conditioned. Removal of calloused skin, a long relaxing foot massage, and your favorite choice of polish finishes this luxury pedicure.

spa paraffin pedicure

Indulge and soften extra dry and callused skin. Your feet are exfoliated with an aromatic and enriching polish, hydrated, and then massaged with invigorating botanical extracts. Warm paraffin adds extra moisture, leaving them velvety soft and nourished. Choose your favorite color of polish and your feet will be in bliss.

gentleman's pedicure

An aromatic foot soak is followed by a scrub and hydrating foot treatment. Dead skin will be exfoliated and the nails trimmed, filed, and buffed. Tired feet will be massaged and left revived and refreshed.

mini manicure

This express manicure is great if you are pressed for time. Includes basic nail care, filing, and buffing. Your nails will be polished to perfection.

luxury manicure

This luxurious manicure includes nail filing, cuticle care, and hand exfoliation using enriching scrubs, followed by a massage with a high-intensity hand cream. This manicure is topped off with an application of your favorite polish.

spa paraffin manicure

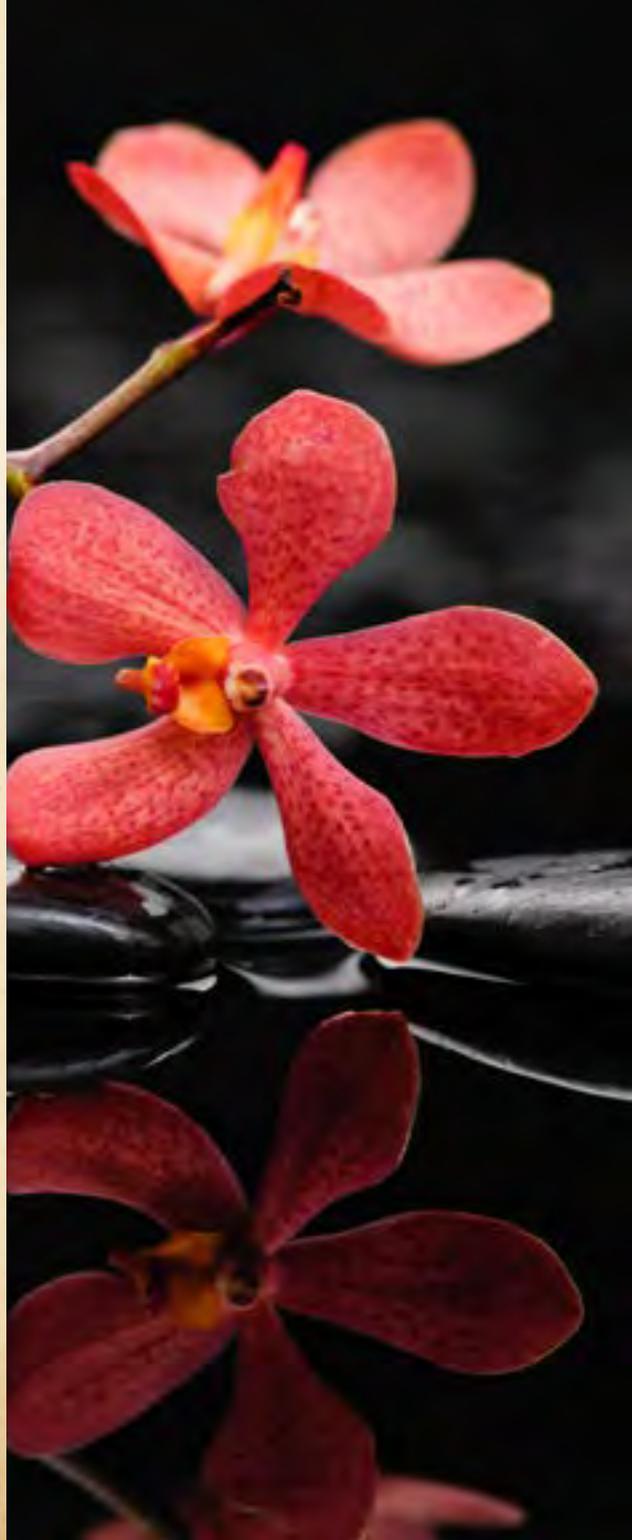
You will be amazed by how our rich hydrating paraffin masque can benefit your hands and soothe your joints. This treatment starts with our Luxury Manicure and continues with vitamin-enriched warm paraffin wrapped in heated gloves, leaving hands velvety soft and nourished.

gel manicure

This revolution in natural nail care delivers the strength of a gel that's applied like a polish without damaging the nail bed. Complete with exfoliation and moisturizer, this is the ultimate nail service.

gentleman's manicure

Soften dry skin with our aromatic scrub followed by a massage with our hydrating and nourishing hand cream. Nails are trimmed, filed, and buffed.





Body Therapy

detoxifying scrub

Focusing on congested areas where cellulite resides, our therapists exfoliate using concentrated pressure designed to stimulate circulation, purging excess fluids and toxins from the system. Skin quality and texture are improved.

body wrap

This body treatment offers a delightful hour of nurturing along with intensive body care. After a gentle exfoliation, relax with an indulgent foot or scalp massage while cocooned in a warm wrap for intense hydration of vitamin rich cream. Benefits include protection against premature aging, and softer, smoother skin.

body polish

Experience the natural fruit extracts from the island of Bora Bora. This invigorating full body treatment is a perfect blend of pumice and essential oils to polish away dry, dehydrated skin, leaving you feeling silky smooth. Perfect for dry, cold months, or to prepare for our Custom Sunless Tan.

Waxing

eyebrow sculpting	brazilian
eyebrow maintenance	half leg
lip	full leg
chin	half back
face side	full back
underarm	chest
half arm	bikini half leg
full arm	bikini full leg
bikini	brazilian half leg
narrow	brazilian full leg

cancellation policy:

A 24-hour cancellation or rescheduling notice is required to avoid being charged in full for your treatment time. No-shows will also be charged the full service fee. Special requirements may apply for group bookings.



MASSAGE

relaxation swedish massage

\$50/30 min. \$55

\$80/60 min. \$90

\$115/90 min. \$125

deep tissue sport
and fitness massage

\$60/30 min. \$65

\$90/60 min. \$100

\$120/90 min. \$130

hot stone massage

\$115/60 min. \$125

\$150/90 min. \$155

mommy-to-be massage

\$85/60 min. \$90

couples massage

\$185/60 min. \$195

\$240/90 min. \$250

ACCOMPANIMENTS

neck and shoulder massage

\$20 \$25

foot massage

\$20 \$25

scalp treatment

\$15 \$20

warm stones

\$10 \$15

aromatherapy

Complimentary by request

BODY THERAPY

detoxifying scrub

\$60 \$65

body wrap

\$80 \$85

body polish

\$75 \$80

cancellation policy:

A 24-hour cancellation or rescheduling notice is required to avoid being charged in full for your treatment time. No-shows will also be charged the full service fee. Special requirements may apply for group bookings.

SKIN CARE

european facial

\$80 \$85

gentleman's facial

\$80 \$85

REJUVENATION SERVICES

glycolic treatment

\$55 \$60

yam & pumpkin
treatment

**organic only*

\$55 \$60

derm renewal
clinical treatment

\$55 \$60

illuminating
arctic berry facial

**organic only*

\$85 \$90

microdermabrasion
treatment

\$105 \$115

with facial \$125 \$140

microcurrent treatment

treatment \$85 \$95

with facial \$125 \$140

eye only \$45 \$50

micro combination

\$145 \$160

signature facial

\$100 \$105

mini facial

\$45 \$50

teen facial

\$55 \$60

back facial

\$55 \$60

CLINICAL TREATMENTS

algomask + facial

\$100 \$110

hydrolifting treatment

\$115 \$125

sea c spa treatment

\$115 \$125

phyto stem cell & facial

\$115 \$125

collagen 90-II treatment

\$115 \$125

botinol treatment

\$115 \$125

ACCOMPANIMENTS

glycolic mask

\$30 \$35

yam & pumpkin peel

**organic only*

\$30 \$35

algomask

\$30 \$35

derm renewal clinical peel

\$30 \$35

lip plumping

\$20 \$25

eye brightening

\$25 \$30

hand smoothing

\$25 \$30

brow tinting

\$20 \$25

NAILS

mini manicure

\$25 \$30

luxury manicure

\$30 \$35

spa paraffin manicure

\$45 \$50

gel manicure

\$43 \$45

gentleman's manicure

\$25 \$30

french polish

Hands \$5

Feet \$8

mini pedicure

\$32 \$35

luxury pedicure

\$50 \$55

spa paraffin pedicure

\$60 \$65

gentleman's pedicure

\$38 \$45

polish change

Hands \$15

Feet \$17

paraffin hand dip

\$13

WAXING

eyebrow sculpting

\$23 \$25

eyebrow maintenance

\$20 \$22

lip

\$12 \$15

chin

\$12 \$15

face side

\$12 \$15

under arm

\$18 \$20

half arm

\$32 \$35

full arm

\$45 \$48

bikini

\$30 \$33

narrow

\$35 \$38

brazilian

\$55 \$65

half leg

\$35 \$38

full leg

\$67 \$70

half back

\$23 \$25

full back

\$50 \$55

chest

\$40 \$45

bikini half leg

\$60 \$65

bikini full leg

\$92 \$98

brazilian half leg

\$85 \$100

brazilian full leg

\$117 \$130

**Non-Member pricing in italics.*