

## Gen Spa Services Menu

**Classic Manicure - \$30**

**Pedicure - \$30**

**Massage and mini manicure/pedicure - \$ 100 for 90 minute session**

### **Massage + Organic Facial**

Our 5 step organic cucumber facial treatment along with our natural secret ingredients will make your skin as smooth as a baby's skin. It will never look so healthy and pretty! Plus, you get any type of massage you want in this package. Choose between Gen Spa Signature, Reflexology, Foot Massage, Swedish Massage or Deep Tissue.

### **Chair Massage**

Need a massage in the middle of the day? Chair massage is perfect to fit in any pocket or time frame. Typically focused on back, neck and shoulders, this massage can be just what you need to feel better and get to rid of stress and pain.

**15 min \$20 - 30 min \$35**

### **Reflexology or Foot Massage**

Foot reflexology is a therapeutic massage that is also very relaxing. If you don't have time to get a full body massage, it is very important that you at least take care of your feet. Since, they have nerve endings for the whole body . Foot massage is used to help restore balance, improve circulation, detoxification and reduce stress & pain. **30 min**

**\$40 60 min \$75**

### **Gen Spa Signature Massage**

Our signature massage is not just your regular Swedish massage, Gen Spa Signature Massage is a combination of different modalities and strokes to make your experience unique. Long strokes, short strokes, stretches, deep tissue, Thai and much more. Be ready for the best massage of your life only you would find it at Gen Spa. **60 min \$85 - 90 min/\$125 - 120 min/\$155**

### **Swedish Massage**

Enjoy 60 to 120 minutes of relaxation with our Swedish massage, the most popular and well known type of body massage. Relax, restore your balance and achieve well-being on physical and emotional levels. This massage will help you relax, relieve pain and help your body heal. **60 min \$75 - 90 min \$110 - 120 min \$145**

### **Deep Tissue / Sports Massage**

For those that are stressed out or physically tired and sore from an active life style, this is the massage for you. With firm pressure to reach the deeper layers of connective tissue, deep-tissue massage is a mix of slow, short, deep strokes and penetrating finger pressure focused on tight, contracted areas. The therapist uses her thumbs, forearms, and even elbows to work muscle tissues and relieve pain & tension. You will feel

invigorated & rejuvenated after this treatment. **60 min \$80 - 90 min \$115 - 120 min \$150**

### **Thai Massage**

“Lazy Yoga at Gen Spa”, Thai massage is usually performed fully clothed on a mat on the floor, but it can also be performed on the table. Originally known as a medical treatment, in this massage the therapist will apply deep pressure point work to stimulate the (body’s energy pathways) and perform different stretches, usually not performed during other massage treatments. **60min \$85 - 90min \$120 - 120min \$150**

### **Hot Stone**

Melt away tension as lava stones dance over your muscles. When there is a lot of tension build up in the muscles, the penetrating heat helps the muscles relax,. Perfect for anyone that wants to relax for an hour and enjoy the heat. **60min \$90 - 90min \$130 - 120min \$150**

### **Mom to Be or Pre-Natal Massage**

Being pregnant is not easy and we know it. With all the changes going through your body, stress builds up and hormones goes all over the place. Getting a massage will calm down the mom and the baby, helping with common back pains, sciatica, neck pain and more. **60min \$80**

### **Lymphatic Drainage**

Manual lymph drainage is a form of very light massage that encourages lymph flow in the body. It is good for detoxification, edema, pre- and post-plastic surgery and post-liposuction. The lymph system both delivers nutrients to the cells and carries away excess water, cellular waste, bacteria, viruses and toxins. **60min \$80 - 90min \$115**

### **Side by Side**

A Side-by-Side Massage is designed to be shared with a loved one; it could be your partner, your lover, your mother/father, your kid, your best-friend or whoever you would like to share this experience with. This treatment is a great bonding time to share with someone you are close or care. A Side-by-Side Massage allows partners to experience massage together in the same area as one therapist works on each person.

Swedish massage **60 min \$145 - 90 min \$215.**

**Gen Spa Signature Massage: 60 min \$170 - 90 min \$245**

### **Four Hands Massage (Two Therapist)**

In a four-hands massage, two therapists work on one client using synchronized movement. A four-hands massage is like experiencing two massages at the same time. **60 min \$135 - 90 min \$200**

### **Body Treatments/Body Scrub**

Treat your skin, by removing excess dead cells and hydrating your skin. In our exfoliating treatment, we use special sugar or salt scrub, with our secret ingredients and

follow the treatment with application of lotion or oil. Rejuvenate your skin, and enjoy a smoother and firmer appearance. **60 min \$80**

### **Body Wrap Detox at Gen Spa**

Our body wrap with Brazilian Clay with Green Tea will help open up your pores and detoxify your body. While doing body wrap you can enjoy our table sauna to increase effectiveness of treatment. This treatment includes a demo of our Gen Spa Contouring Massage. **60 min \$80 Add to another treatment \$50**

#### •Gen Spa Cavitation treatment and Contouring Massage

This vigorous massage stimulates the lymphatic system, breaking down fat particles, making the appearance of cellulite smoother and the skin more taut. This massage also shapes the body, acting as a natural butt lift and reduces inches, shaping your body to treat cellulite. Choose between our Hot or Cold treatments. **60 min \$90 - 90 min \$130**

### **Get to Know Us**

- *GenerosaPPPT therapy*
- *Hot stone therapy*
- *Foot massages*
- *Reflexology or Foot Massage*
- *Swedish massage*
- *Sports massage*
- *Pregnancy/Pre-Natal massage*
- *Gen Spa Cavitation treatment to lose weight and inches*
- *Organic Facial and Natural facial*
- *Organic Natural nail for manicure & Pedicure*

If you don't know which massage you need, we'll take the time to study your habits & postures to determine what level of pressure, temperature, and motion is best suited for your body's condition. We are here for your overall well-being. Please come see our full specialist and therapist and nail technicians to look your best.

### **Facility**

Gen Spa is conveniently located just 3 minutes away from I-95 of Sample Road East of Dixie Highway

Our team of massage therapists, skin care specialists and nail technicians are well trained and passionate about what they do, our focus is help you feel your best. Drop by our location to enjoy a tour because we want you to treat your body the way it deserves.

### **Staff**

Generosa D. Dingal, LMT MA51966

## **Benefits of Massage**

Massage used to be seen as a luxury or pampering, but the benefits of receiving a massage takes it beyond than what you can imagine. Nowadays massage is being more and more recognized as part of a health maintenance routine and your wellness plan.

- **Natural Pain Reliever**
- **Reduces Stress**
- **Increases blood circulation,**
- **Improves the immune system by stimulating the lymphatic system**
- **Alleviates Pain**

Reduces headaches and migraines, Improve flexibility and Range of Motion, Improves quality of sleep, Lessen depression & Anxiety, Reduces spasm and cramping, Reduces Swelling or Edema, Reduces scars tissues and Adhesions, Releases endorphins (body's natural pain killer). Helps to alleviate symptoms of conditions such as fibromyalgia and arthritis.

Research continues to show the enormous benefits of touch—which range from treating chronic diseases, neurological disorders, and injuries, to alleviating the tensions of modern lifestyles.

When was last time you had a massage? Incorporate the benefits of massage into your life style to feel better and live longer.

Book your appointment today: [561.674.5215](tel:561.674.5215)