

Skin & Body Care



Our treatments focus on relaxation, detoxification and rejuvenation. High quality herbal and aromatherapy products are used (organic whenever possible) and may also be purchased for home use. We invite you to relax and enjoy the therapeutic benefits of these ancient health promoting rituals. If you are pregnant or have any medical conditions or sensitivities, please inform your practitioner.

BODY CARE SESSIONS

Aromatherapy Massage

Combine dry skin brushing to open pores and decongest lymph nodes, with aromatherapy oils for a fragrant and nourishing massage.

50 minutes \$85.00

Deluxe Aromatherapy Massage

This relaxing session combines dry skin brushing and aromatherapy oils with hot towels applied to the back and feet for a warm and soothing massage.

80 minutes \$105.00

Aromatic Salt Polish

Soothe, balance or energize with your choice of aromatherapy salt scrubs. Enjoy a luxurious exfoliating massage followed by a warm shower and final balancing touch. Please note: to avoid stinging, do not shave within 24 hours prior to this session.

50 minutes \$85.00

Monarch Body Wrap

After a stimulating dry brush massage, cocoon in a full body mask. Choose from Sea Clay, a lavender-scented blend of kaolin and bentonite clays mixed with blue-green algae or Moor Mud, followed by a warm shower and a brief remoisturizing massage.

75 minutes \$115.00

Add \$10.00 for a Hair & Scalp treatment during your wrap

Relaxation Facial

Enhance any skin type with use of our house products combined with soothing touch. Emphasis is on relaxation and includes: gentle cleansing, honey enzyme mask, aromatic massage of the neck, shoulders and hands, as well as acupressure to soothe and release tension.

50 minutes \$90.00

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Skin & Body Care



MINI SESSIONS Add on or stand alone

Hair & Scalp

Nourish and promote healthy hair while calming the mind. Warmed jojoba oil and aromatherapy are combined with massage to assist release of tension in the head, neck and shoulders.

25 minutes \$45.00

Sole Soother

Soothe your soles with a hot towels, cleansing exfoliating and focused foot massage. Great addition to any massage!

25 minutes \$45.00

Focused Massage

Add on to any session for extended relaxation.

25 minutes \$45.00

Mini Facial

This treatment offers soothing mild cleanser with hot towels, a facial massage with jojoba and essential oils that includes acupressure, toning with rosewater, moisturizing and is nourishing for all skin types.

25 minutes \$45.00

RITUAL PACKAGES

Designed for special occasions, seasonal refreshment or monthly maintenance.

Wellness Retreat

Begin your retreat with a full tub and sauna session followed by a luxurious 1 hour 40 minute body care session which includes: Relaxation Facial, Hair & Scalp Treatment and Massage Therapy

Approx. 3 hours . . . \$180.00

Monarch Return

Enjoy a luxurious exfoliating massage with your choice of aromatherapy salt scrub. Rinse and return to the table for a full body mud or clay mask. Deepen your journey inward with a Hair & Scalp treatment during your cocoon stage. Follow up with a warm shower and a remoisturizing massage. Emerge enlivened!

1 hour 40 minutes . \$190.00

Head to Toe Bliss

A full body massage including our popular hair and scalp treatment and our sole soother focused foot massage with hot towels.

75 minutes \$120.00

Please give us at least 24 hours advance notice to change or cancel any massage or skin and body care appointment.



Guidelines

In order to maintain a clean, healthful, and serene environment, we ask that you observe the following guidelines while at Well Within: alcohol, tobacco, drugs, food, oils, candles, incense and glass containers are not allowed. Unsupervised use by persons under 18 years of age is prohibited. Quiet children 16 years of age and under, accompanied by a parent, enjoy free use of the spa until 7:00pm. Children under three years of age may not enter the tubs, but parents may request a bassinet for their use. Since serenity is so important for relaxation, we ask that your noise level not disturb any other guests and that pagers and cell phones be turned off.

Reservations

Please call ahead to schedule any service at Well Within. Be prepared to provide your credit card number to confirm any appointment totaling \$50.00 or more. Arrive at least 15 minutes early to ensure receiving your full time.

Cancellations

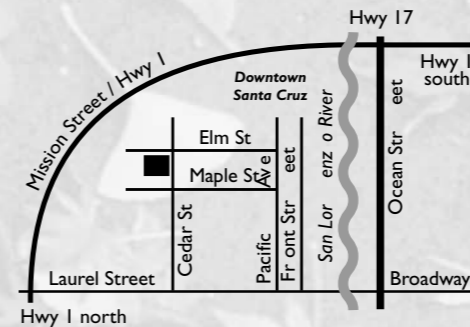
If you must reschedule or cancel any appointment, please give us at least 24 hours advance notice to avoid being charged. This cancellation policy will be strictly enforced.

Prices subject to change without notice, gratuities not included.

Gift certificates available for all services.

Please ask about discounts for frequent use and students.

Visa and MasterCard accepted. All facilities handicap accessible.



Open 10:00am to midnight daily

417 Cedar Street,
Santa Cruz, CA 95060
831.458.WELL (458.9355)
www.wellwithinspa.com



cool
ocean
breezes

send
golden leaves
through the gate

peace
lies
well within

About Well Within



Well Within spa has been created to provide the community with a quiet sanctuary in which to relax and benefit from spas, saunas, therapeutic massage, facials and body care.

All of the services at Well Within are designed to relax and rejuvenate the body and soul. Our environment can best be described as "Japanese traditions blended with California lifestyle." A beautiful garden view and the sound of trickling water are always nearby. We enhance your experience with professional, friendly service in a serene environment.

Located in the heart of Santa Cruz since 1985, Well Within is a community and a lifestyle choice. Our staff invites you to relax and replenish your Well Within.



The Spas



Soaking in hot water has been a time-honored tradition for relieving the stress and strain in our lives. Our indoor spa rooms provide the perfect environment for that purpose. Each room overlooks a traditional Japanese garden with waterfall and koi pond and includes a spa, a shower and changing area. Cedar-lined saunas are an option with your spa. Soothing music, towels and our herbal tea complete the experience.

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Private outdoor enclosures, featuring spas on a deck open to the sky, saunas and indoor shower and changing areas, are ideal for couples or small group use. Group rates are available. All spas are provided on a 50-minute basis.

State of the art filtration systems utilizing bromine ensure crystal clear water kept at 104°. Chlorine is never used.

Combine a spa room with a massage or body care treatment for the ultimate Well Within experience.

Hot baths and saunas are not recommended for pregnant women or for persons with high blood pressure or heart conditions. If you have these or any other medical conditions, please consult your physician before using our spas. We do not recommend using our spas unaccompanied. We also require everyone entering the spa to sign a waiver acknowledging the risks involved in using our facilities.

Spa Rates



Spa rooms are rented on a 50-minute basis.

DAY RATES Monday–Friday
Last appointment at 4:30pm

50 minutes
Tub only \$13.00 per person
Tub/Sauna. \$15.00 per person

EVENING & WEEKEND RATES
5:00pm–Midnight

50 minutes
Tub only \$20.00 single
. \$33.00 for 2 people
\$10.00 each additional person
Tub/Sauna. \$23.00 single
. \$40.00 for 2 people
\$10.00 each additional person

ONSEN RETREAT

Intimate space for one or two people. Featuring outdoor Japanese-style soaking tub and spacious cedar-lined sauna. Upon arrival, fill your tub to your specifications, enhance your experience with Well Within's choice of high quality bath products or bring your own from home. Available 10:00am–11:00pm.

45 minutes
10:00am–4:00pm . . \$15.00 per person
Weekend & eves . . \$20.00 per person



Massage Therapy



Massage therapy provides deep relaxation, stress reduction and recovery from muscle and joint pain. Our staff of over 50 therapists have been chosen personally by the owner. They have demonstrated exceptional talent and an ongoing commitment to this art. While Swedish style massage provides the basis, several modalities are often combined to provide for a unique session tailored to your needs.

MASSAGE THERAPY

25 minutes \$45.00
50 minutes \$80.00
80 minutes \$100.00
Prenatal Massage . . add \$10.00
Deep Tissue add \$10.00

SPECIALTY MASSAGE

Receive your massage in the style of your choice from one of our therapists who have practiced for more than five years and completed over 100 hours of training. add \$10.00



PACKAGES

Mid Day Mid Week Special Monday-Thursday only

Free 25-minute tub if you book a 50-minute massage or body care session between 10:00am and 4:00pm.

Couples Relaxation Special

Two 50-minute massages plus
50-minute tub . . . \$180.00

24 hours advance notice to change or cancel any massage or skin and body care appointment