

Massage Therapy.

prenatal massages

(60 minutes, \$105)
(30 minutes, \$60)

Specially designed for the mother-to-be, this nurturing massage is the perfect way to reduce stress and relieve discomfort during your pregnancy. This treatment is offered during the second and third trimester only. (Following your Physicians consent)



salt room massage

(30 minutes, \$90)
(60 minutes, \$135)

Enjoy a relaxing, stress relief massage with the added benefits of salt therapy. Expel bacteria through mucus clearance and relieve symptoms of sinusitis, allergies, asthma and other respiratory concerns.

reflexology

(30 minutes, \$60)

This therapeutic technique, relieves pain by stimulating pressure points on the hands and feet.



manual lymphatic drainage

(30 minutes, \$90)

Encourage the natural movement of lymph fluid and stimulate your body's own natural immune response with manual lymphatic drainage.

day spa package

(2 hours, \$205)

Stress relief massage and **dermalogica** skin treatment.



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www.backtohealthbahamas.com

*Back
to
Health*

Wellness Centre

dermalogica[®]

menu

this is not just a facial

dermalogica skin treatment

(60 minutes, \$120)

100 % customized

Our **dermalogica** skin treatment is customized for your skin's needs with a zone-by-zone Face Mapping analysis, making it a treatment that's different everytime. Our treatments are fully inclusive to deliver your skin's best health, and involve a combination of professional double cleansing, exfoliation, high frequency or Galvanic (as needed), extractions, masque, toner and moisturizer.

wet/dry microdermabrasion

(60 minutes, \$175)

An effective addition to our **dermalogica** skin treatment, this service is a crystal free, low suction abrasion system that uses gentle vibration with customized levels of exfoliation. It noticeably improves your skin's texture and appearance by reducing acne, blemishes, uneven skin tone and signs of aging.



dermalogica teen skin treatment

(45 minutes, \$90)

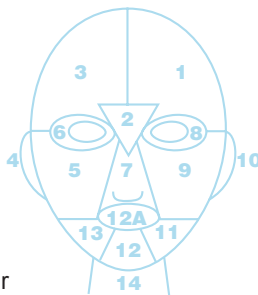
This deep cleanse promotes clear, healthy skin. Learn how to properly care for your skin while getting acne relief. Our skin therapist will also prescribe a home care regimen.



face mapping skin analysis

(10 minutes, no charge)

This is where skin health begins! Our professional consultant will reveal your skin's past and it's healthiest future.



microzone treatments

(20 minutes, \$55)

MicroZone treatments are the ultimate solutions for troubled skin, designed to target your top skin concerns quickly and effectively.

- **flash exfoliation:**
resurface, smooth, brighten
- **AGE repair:**
renew and prevent damage
- **rapid spot:**
quickly clear breakouts
- **moisture boost:**
replenish and relieve dryness
- **oil control:**
deep clean and purify oily skin
- **skin soother:**
soothe and calm irritated skin
- **men's skin fitness:**
resolve shave problems



bioactive peel

(45 minutes, \$200 - follow up visit \$150)

Take skin health to a whole new depth without scarring or downtime. This treatment will help to reduce skin roughness, fine lines, wrinkles, acne breakouts, skin congestion and help fade some forms of epidermal pigmentation. Initial visit includes a Bioactive Peel After Care Kit to help ensure proper post-treatment care.



ionactive power treatment

(45 minutes, \$150)

This action-packed, bio-charged treatment combines thermal activity and the latest treatment room technology to optimize product penetration for rapid skin health results. Your skin will look and feel dramatically improved with reduced signs of skin aging, uneven skin tone, acne or dehydration.



back treatment

(45 minutes, \$140)

De-stress your muscles and cleanse the skin of impurities with the purifying and relaxing back treatment. A deep cleansing scrub sloughs off dead skin cells, readying them for the removal of toxins. Your hardest to reach places will be cleansed, polished, hydrated and refreshed.

Massage Therapy.

stress relief massages:

(30 minutes, \$60)

(60 minutes, \$105)

This massage will relax and relieve muscle tension and stress while rebalancing the body.



deep tissue

(30 minutes, \$80)

(60 minutes, \$135)

Target the chronic patterns of tension in the body and deeper tissue structures of the muscle and fascia.

sports massage

(30 minutes, \$80)

(60 minutes, \$135)

A therapeutic sports massage focuses on stretching, pressure points, rebalancing and muscle release.



hot stone massage

(60 minutes, \$130)

An energy balancing treatment using warm stones to facilitate circulation, relieve tension and ultimately provide relaxation for the mind, body and soul.



couples massage

(60 minutes, \$180)

De-stress, relax and rejuvenate along with your loved one during our couples massage.

reiki

(30 minutes, \$75)

(60 minutes, \$120)

Promotes healing and wellbeing by activating the body's relaxation response which allows rebalancing of the body and mind.