



# läka SPA

Inspired by Nordic traditions, Läka Spa brings healing nature from the outside in, to the spa treatment rooms. Spa treatments feature earth friendly ingredients and incorporate techniques to bring overall well-being to mind, body and spirit.

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**MENU OF SERVICES**

# LÄKA SPA SIGNATURE SERVICES

## **NORDIC RADIANCE FACIAL** 80 MIN | **\$185**

A luxurious treatment that delivers instant skin rejuvenation, accelerating cellular respiration and bringing overstressed skin back to life, increasing both the quantity of the collagen and creating a healthy skin barrier that locks in moisture.

## **NATUR HEALING MASSAGE** 80 MIN | **\$185**

A custom massage that starts with an aromatherapy steam shower. This treatment will leave you rested and restored while reducing stress, boosting immune function, and soothing discomfort.

## **NORDIC EXPERIENCE BODY TREATMENT** 110 MIN | **\$235**

Experience our full-body spa rejuvenation featuring mesmerizing scents from the flowers and herbs of Nordic descent. Enjoy an Arctic Body Scrub, aromatherapy steam shower, and invigorating massage.

## **HARMONIC COUPLES PACKAGE** 150 MIN | **\$490**

Experience a special time of relaxation and bonding with your partner in this two-and-a-half-hour treatment. Indulge in a head to toe pampering with a tailored facial, a customized massage, and an aromatherapy steam shower. Includes a selection from our **ninetwentyfive** in-spa dining menu.

# MASSAGE ESSENTIALS

## **ALPINE RECOVERY MASSAGE** 50/80 MIN | **\$125/\$165**

This performance enhancing sports massage combines stretching, compressions and deep tissue techniques, to restore mobility and body comfort. Heat therapy and a soothing herbal arnica gel delivers relief to the affected areas.

## **RIVER ROCK STONE MASSAGE** 80 MIN | **\$175**

This treatment blends the therapeutic properties of heated Basalt stones with Swedish massage strokes to deeply penetrate tight muscles, improve circulation and promote a deep sense of well-being. Basalt is the preferred stone for heated stone massages due to its high iron content.

## **PRE-NATAL** 50 MIN | **\$125**

Offered for expectant mothers in the second and third trimester of pregnancy. Pre-natal massage may help alleviate the aches and pains you may be experiencing, due to postural changes associated with your pregnancy. Special, gentle massage techniques and pregnancy support cushions will be used to help you relax, and care safely for both you and your baby. Your pre-natal massage will include a special blend of mother and baby safe organic aromatherapy oils designed to relax mind and body. A massage oil formulation will be used to help to reduce the appearance of stretch marks.

## **PRE-NATAL REST & RENEWAL** 80 MIN | **\$165**

This deeply restorative treatment is offered for moms-to-be in the second and third trimester of pregnancy. Designed to alleviate stress and soothe muscle fatigue and improve sleep. The session begins with a deeply relaxing Swedish massage to focus on specific concerns and includes a mini-facial to address sensitive, hormone-reactive skin.

## **TARGETED RELIEF MASSAGE** 25 MIN | **\$60**

Hectic schedules can wreak havoc on the body and the muscles. When time is short, recharge with our 25-minute specialized massage geared to release tension in your choice of a targeted area.

## MASSAGE ESSENTIALS (CONT.)

### **CUSTOMIZED MASSAGE** 50/80 MIN | **\$125/\$165**

A massage tailored to your specific needs. Whether it be reduced tension, increase circulation and induce relaxation. Or a more therapeutic technique of bodywork that includes moderate to deep focused pressure in areas of deeply held muscle tension and trigger points. This customized treatment that combines the best massage therapy techniques with rejuvenating botanicals to balance and heal the body.

## MASSAGE ENHANCEMENTS

### **LUMINOUS SCALP TREATMENT** 25 MIN | **\$50**

In this ultimate hair and scalp treatment, heated oil scented with organic essential oils of lavender, vetiver and ylang-ylang are massaged into the hair and scalp providing a hydrating and nourishing treatment and alleviating stress-related tension.

### **SOLE RENEWAL** 25 MIN | **\$60**

Tired soles are revived with a reflex-zone foot massage that will leave you feeling grounded and connected. Your sole renewal begins with an exfoliating foot polish to detoxify and sooth sore feet. An Arnica salve provides anti-inflammatory properties and enhances a deep massage for tired legs and feet.

### **DEEP CONDITIONING HAND AND ARM TREATMENT** 25 MIN | **\$60**

Starts with a luxurious and effective sugar scrub drenched in natural oils of olive and avocado. Followed with a warm bee balm and coconut mask to deeply condition and nourish the skin.

## BODY TREATMENTS

### **ARCTIC SCRUB** 50 MIN | \$125

Exfoliate the skin with wild rice buffing grains and mesmerizing scents from the flowers and herbs of Nordic descent. End your treatment with deep hydrating application of our Låka Spa signature scent body butter.

### **THERMAL MUD WRAP** 80 MIN | \$185

Known as “The Mud That Heals”; this clay treatment is a powerful detoxifier and provides essential nourishment to the skin. This treatment starts with a gentle dry brush followed by a rich thermal

## HYDRO-THERAPY

### **SWEET BIRCH MAGNESIUM HERBAL BATH CURE** 25 MIN | \$50

A Magnesium bath that helps to refresh sore muscles and reduce overall fatigue. This bath cure features your choice of a warm bath (92-100°) to help with symptoms of fatigue or a hot, stimulating bath (100-110°) for sore muscles.

### **AROMATHERAPY BATH CURE** 25 MIN | \$50

Enjoy a warm bath with sea salt and minerals and your choice of aromatherapy blends to restore internal balance.

### **STEAM SHOWER** 25 MIN | \$35

Relax and enlighten your senses with an aromatic steam shower.

Choice of:

- Låka Spa's Northern Breeze
- Tree of Life
- Coconut Kukui

# SKINCARE SERVICES

## **PURE RESULTS FACIAL** 50/80 MIN | **\$125/\$185**

Experience dramatic results with this skin conditioning treatment designed to address inflammation, the primary cause of premature aging and most skin ailments. *Custom Tailored to address your skin's unique needs. Let our master estheticians choose the best treatment solution for you:*

- Moisture Drench
- Soothe and Restore
- Clarifying

## **NORTHERN BRIGHTENING FACIAL** 50/80 MIN | **\$160/\$215**

This treatment helps to reverse the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. Featuring our clinically proven Vitamin C15 Wrinkle Repair Serum that helps firm, brighten and dramatically reduce the appearance of wrinkles. Treatment includes an enzyme power peel.

## **WRINKLE REPAIR TREATMENT FACIAL** 50/80 MIN | **\$160/\$215**

A reparative and regenerating treatment that combats the signs of aging. Our blend of active ingredients work together to help reduce fine lines and wrinkles while improving skin tone and firmness. Treatment includes glycolic acid peel.

## **MEN'S RECOVERY FACIAL** 50 MIN | **\$125**

Customized for men's skin care needs, this balancing facial effectively renews skin tone for smooth, radiant skin.

## **FIRE & ICE FACIAL** 25/50 MIN | **\$95/\$160**

The legendary FIRE & ICE FACIAL is designed to rapidly and safely resurface and rejuvenate the skin with little or no down time. This professional treatment helps reduce the appearance of fine lines and wrinkles and improves the look of uneven skin tone and blemish-prone skin, resulting in a more youthful complexion.

## **REFRESH FACIAL** 25 MIN | **\$70**

This express facial is great for all skin types. This is a refreshing introduction to facial treatments and includes skin analysis, cleansing, gentle exfoliation and a facial mask.

# FACIAL ENHANCEMENTS

## **ENZYME/GLYCOLIC PEEL 25 MIN | \$30**

Professional strength herbal enzyme peels customized by your Esthetician to address specific skin concerns.

## **DERMAPLANING 25 MIN | \$55**

Remove dead skin cells and vellus hair with this super exfoliating treatment that leaves your skin brighter, smoother, glowing, and more youthful.

## **EYE OR LIP HYDRATING TREATMENT | \$50**

This intense eye treatment will reduce puffiness and the appearance of fine lines and wrinkles. Deeply moisturize lips for a smooth and supple look.

## **NECKPERFECT DÉCOLLETÉ TREATMENT | \$35**

Transforms your neck, jawline and décolleté to appear more lifted, tightened and defined. Gently exfoliates the skin to diminish the appearance of fine line and wrinkles, while dramatically improving the look of skin tone and texture. Your neck and décolleté will appear smoother, contoured and sculpted with a more radiant, youthful-looking complexion.

## **KOMBUCHA BIO-CELLULOSE MASK TREATMENT | \$15**

Made from the probiotic culture of Kombucha, this bio cellulose sheet mask nourishes the skin microbiome, optimizing pH levels and fortifying the skin barrier, so skin looks and feels instantly healthier and more radiant.

## **MANUKA HONEY PEEL-OFF MASK TREATMENT | \$15**

A sweet finish to any Naturopathica treatment, this luxurious, rubberized mask contours to the face, enhancing the penetration power of serums and facial oils, as soothing manuka honey tones down extraction related redness. Gently lift away to reveal deeply nourished skin.

# SPA PACKAGES

## LÄKA SPA SAMPLER\* | \$270

In this two-and-a-half-hour treatment, indulge in a head to toe pampering with a Pure Results facial, a Deep Tissue massage, and an invigorating Sole Renewal treatment. Includes a dining credit in **ninetwentyfive**.

## NATUR RENEWAL\* | \$375

Take care of your mind and body with our luxurious three-and-a-half-hour healing treatment. Relish in an 25-minute aromatherapy steam shower followed by an 80-minute Natur Healing massage and a 50-minute Nordic Radiance facial. Includes a dining credit in **ninetwentyfive**.

## CUSTOM COUPLES TREATMENTS\* | PRICES VARY

Pamper yourself and a loved one in a shared experience. Choose a combination of any hydro-therapy, skincare, massage or body treatment.

## BLISS AT LÄKA SPA\* | \$350

Behold this bliss with a 3 hour mind unwinding treatment. Begin with the luminous hair and scalp treatment followed by a 50-minute customized massage and sole renewal to detoxify the soles of the feet. Complete your experience with a 50-minute customized facial tailored to address your skins unique needs. Includes a dining credit in **ninetwentyfive**.

*\* Packages may not be split or shared.*

*\* Includes up to a \$30 dining credit in **ninetwentyfive***



# GROUP PACKAGES

What better way to relax and have fun with friends & family than by planning one of our spa parties at Låka Spa? Spa parties are ideal for corporate events, bridal showers, baby showers, bachelorette parties, birthday parties, and well deserved girl's getaways. No matter what the occasion Låka Spa can plan for you the Perfect Day! Enjoy a combination of spa services, quality time with your friends, family or colleagues, and optional food & drink.

## How many people are considered a group?

Eight or more people receiving any package combination (multiple services, either standard packages or a la carte) are considered a group.

## What is required to hold time slots for a group event?

A 50% deposit and a credit card number to secure all appointments booked are required to schedule a group event.

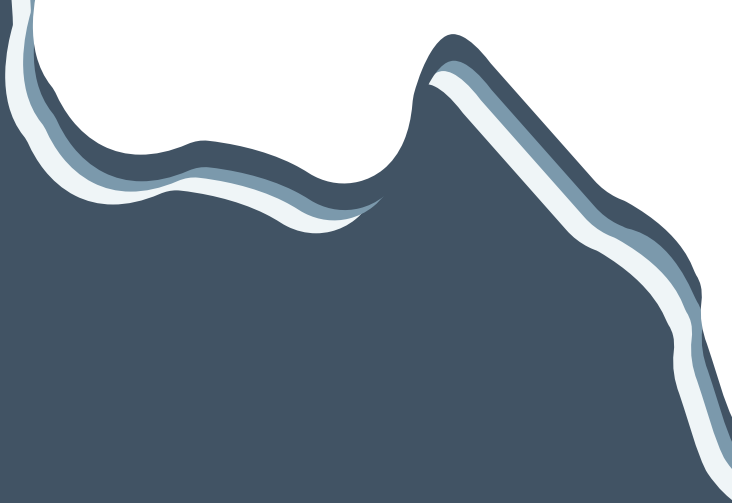
## What is the group cancellation policy?

The deposit is refundable if an event is canceled at least 30 days in advance of the event. Any service(s) that are not canceled at least 30 days prior to the scheduled appointment time and any no-shows will be charged the full service price to the credit card on file used to secure appointments.

Please contact us at 612-356-5333 with any questions or additional information.

# WAXING SERVICES

Eyebrow Tint	\$35	Half Arm	\$45
Lash Tint	\$40	Full Arm	\$60
Eyebrows	\$35	Half Leg	\$55
Chin	\$25	Full Leg	\$85
Lip	\$25	Bikini	\$45
Underarm	\$35	Brazilian	\$65
Back	\$75	Maintenance Brazilian	\$55
Chest	\$75		



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