Balensi's Institute

Skin Care & Spa

Spa Services Menu

The Essence of the Spa

While everyone would benefit from a few days of spa immersion, you don't have to visit a destination spa to live a spa lifestyle. Consider these principles, which are taught in most destination spas, and start applying them to your own life.

Slow down. Spa remind us to stop and reflect. Meditate. Breathe. Just be. You don't have to schedule a spa appointment to do this. Schedule an appointment with yourself and spend some time doing.....Nothing.

Take care of you. If you don't, who will? Spa teach us not only how to live longer but how to live better. Tacking care of your body, mind, and spirit is an investment in the future.

Enjoy life. Give yourself permission. It's okay to be pampered. It's okay to indulge. Seek balance, not boundaries.

If the above homework does not come easily to you, there is private tutoring available at Balensi's Spa.

Prepare yourself for Pampering

Balensi's Institute
Skin Care & Spa

www.balensispa.com

Facial Treatments

Voted for Best Facial by Spa Week in 2007, Balensi not only offers award-winning facials, but also an unbeatable selection of other spa treatments. Balensi Spa also offers a unique range of facial deeply clean, contouring facial masques & soothing facial moisturizers to deeply condition & rehydrate skin for that radiant glow.

Acne Facial Teen $65.00
Deep Pore Cleansing. Extraction, a Germicidal action and treatment mask. Teaching the importance of home care!

Acne Facial Comodex $70.00
The Comodex Method promotes healing of unsightly skin conditions through cellular regeneration and purification. With its innovative formula merging advanced science with the most powerful antibacterial botanical ingredients, this highly effective yet safe Acne defense solution.

Hydrating Facial $70.00
A delightful and relaxing treatment that actually teaches your skin to auto-regulate its water balance and keep your skin soft and moist for hours.

Micro-Dermabrasion with Facial $70.00
Microdermabrasion may be performed to decrease the appearance of superficial hyper pigmentation, photo-damage, diminish fine lines, wrinkles, and shallow acne scars. Removing the dead skin will aid in the penetration of skin care products by up to 50% and make-up will go on much more smoothly

Detox Gel Deep Pore $75.00
This treatment is an excellent choice for detoxifying all skin types. Its active blend of lactic, glycolic and salicylic acids effectively penetrates pores to dissolve impactions and blackheads, kill bacteria, reduce inflammation and remove excess cell debris to leave the skin hydrated, purified and clear. With its strong antibacterial and antioxidant action, this treatment is a gentle, deep pore cleanser.

Green Tea Vitalizes Facial $75.00
Green Tea Skin is a versatile anti-aging treatment which eliminates skin-damaging free radicals on contact. This anti-aging treatment will help people to visibly improve face areas. It eases fine lines and wrinkles for enabling you to look younger and also balances with improved tone and protects against future damage.

Back Facial $85.00
A facial of the back utilizing the same techniques as a facial. An excellent treatment for problem skin, it includes deep cleansing, exfoliation, and a special masque that is used to replenish the skin's moisture.

Collagen Facial $80.00
Relaxing facial with extractions and a papaya peeling to eliminate dead skin cells will get you ready for your collagen gel that acts as an anti-wrinkle and anti-aging. It helps to restore skin tone and improve the tissue elasticity. A great treatment of one hour.

The Four Layer Facial $80.00
The world famous Repechage Four Layer Facial! Layer upon layer of fresh seaweed works its magic to hydrate, firm and tone skin.

European Facial $85.00
The treatment begins with cleansing while aroma therapy steam loosens the pores following with a Papaya Enzyme Peel. To relax the muscles and revive circulation, a nourishing cream for your type of skin is used to massage the face, neck, and shoulders. Manual extraction of any impurities followed by a Swiss-formula deep peeling and mask. Results are immediate and long lasting.

Mimosa Champagne Facial $85.00
Just like the famous brunch drink, the Mimosa Facial is a mixture of zesty orange peel (that leaves the skin clean and clear) and Champagne (antioxidant properties, capillary strengthening, rejuvenating). Your skin will be treated to a thorough cleansing and exfoliation (with a zesty orange peel natural exfoliant, a relaxing facial massage, spirits of Champagne Celebration Mask.

Vitamin C Revitalizes Skin Facial
$85.00
To restore radiance, this superb treatment infuses the skin with vitamin C to improve sun damage. Powerful antioxidants will establish the skins clarity and repair damage done by time and the elements. Your skin will be brighter, firmer and more radiant.

Repechage Seaweed Vita Cura $95.00
A combination of natural marine and herbal ingredients to invigorate, lift and firm mature skin. This facial provides advanced skin repair which helps uncover a vibrant complexion. Immediate results with long term benefits.

Add on Active Contour Eye $40.00
The eye facial is designed to treat the condition of water retention and lines that appear around the eyes. Excellent for diminishing puffiness around the eyes.

Celebrity Facials

Clark's Botanicals Stem Cell Lift $125.00

Harnessing the skin-protecting power of rare Swiss apple stem cells, this ultimate anti-aging facial delivers intense hydration, lift and vitality. The concentrated formula also features collagen-boosting Centella Asiatica and moisture-binding Algae Extract. Continuing with an anti-wrinkle serum incorporates two topical neuropeptides plus multiple antioxidants to effectively reduce the appearance of crow's feet, forehead lines, frown furrows, pinched lip lines and even bands on the neck.

Hyperbaric Oxygen Facial $125.00

Oxygen facials have become a favorite of spa celebrity because of the instant plumping of the skin and the "warm glow" that accompanies the treatment. The facial uses compressed oxygen, which is sprayed directly on the surface of your skin via a spray gun that resembles an airbrush artist's tool. The high-pressure pure oxygen is generally blended with a nutrient-rich serum.

The intense pressure forces the oxygen-nutrient blend past the outer layers of the skin to the deeper levels of the epidermis, which results in an immediate plumping of the skin. This may leave your skin feeling smoother and looking more youthful. In addition to smoothing and plumping, tiny imperfections in the skin are hidden and the effects can last for up to 48 hours.

24K Gold Facial $245.00

Luxury anti-aging treatment based on 24K Gold that offers the skin an unparalleled therapy of luminosity and cellular regeneration. 24K Gold Facial, luxury anti-aging facial treatment is restoring in a sophisticated way with the life, light and richness it needs. The 24K Gold Facial lifts and firms your skin to reduce the appearance of fine lines, wrinkles and brighten the skin. A potent anti-aging formulation using pure 24K Gold. Rejuvenates and nourishes the skin, giving it a long lasting youth glow. Luxury anti-aging treatment based on 24K Gold that offers the skin an unparalleled therapy of luminosity and cellular regeneration.

MesoEclat $125.00

Mesoeclat is a skin peel system specifically designed to fight the effects of aging caused by genetic and environmental factors. The Mesoeclat method ensures excellent anti-aging results giving the skin a firmer, clearer appearance with less fine lines and wrinkles. Improvement is visible almost immediately, and continues through the course of five sessions.

Micro-Dermabrasion Peel

We offer Microdermabrasion and a number of different chemical and enzymatic peels to help skin tone, minimize fine lines, boost hydration, soften skin creating a discernibly smoother texture and tone. Gently removes the surface layers of the skin, allowing smoother, fresher skin to emerge revealing newer, healthier, younger appearance.

- Reduces fine lines and wrinkles
- Reduces age spots and pigmentation imbalances
- Smooth out scaring
- Reduces enlarged pores

MicroDermabrasion-Glycolic Peel	$90.00
MicroDermabrasion-Aloe Vera Peel	$90.00
MicroDermabrasion-AHA Peel	$90.00
MicroDermabrasion-PCA Peel	$125.00
MicroDermabrasion-PCA Sensi Peel	$125.00
MicroDermabrasion-PCA Esthetique Peel	$125.00
MicroDermabrasion-PCA Oxygenating Peel	$125.00
MicroDermabrasion-PCA Clarifying Mask	$125.00
MicroDermabrasion-Salicylic Peel	$125.00
MicroDermabrasion-Orange Peel	$125.00
MicroDermabrasion-Pumpking Peel	$125.00
MicroDermabrasion-Cherry Peel	$125.00
MicroDermabrasion-Mango Peel	$125.00
MicroDermabrasion-Rhonda Apple Wine Peel	$125.00
MicroDermabrasion-Rhonda Awakening Peel	$125.00
MicroDermabrasion-Rhonda Brigten Up Peel	$125.00
MicroDermabrasion-Rhonda Melanin L. Peel	$125.00
MicroDermabrasion-Rhonda Mandelic A Peel	$125.00
MicroDermabrasion-Rhonda Tomato Enzyme Peel	$125.00
MicroDermabrasion-Rhonda Maui Enzyme Peel	$125.00
MicroDermabrasion-Biophyto Herbal Peel	$125.00

Spa Peels

Glycolic Hands Peel $60.00
Hands typically age faster than the face because they are more exposed. Diminish age spots and obtain a smooth even tone skin

Glycolic Back Body Peel $150.00
Refresh and rejuvenate the skin and get rid of the sallow color. The skin is brighter and smoother with smaller pores. Peels remove brown marks, sun damage, and blackheads.

Salicylic Acid Mask Facial $85.00
As a skin peel, salicylic acid can reverse the effects of aging, wiping away fine lines, wrinkles and blemishes. Salicylic acid clears pores to treat acne, and reduces oil production to stop acne from recurring. The Salicylic Peel is great for those seeking to rid themselves of chronic or recurrent acne, and enjoy clear, firm, brilliantly youthful skin.

Glycolic Acid Facial $85.00
Glycolic Acid Chemical Peel quickly and efficiently removes dead skin cells that clog and make skin look dull. Frequent use of our Glycolic Acid Chemical Peel promotes circulation and maintains a younger skin texture.

Biophyto Herbal Peel $90.00
This intensive enzyme herbal peel with a combination of Vitamins A, B, C and E as well as salicylic acid and camphor is highly effective in treating a large variety of skin care conditions including damage from acne scaring, hyper pigmentation and/or excessive oiliness.

Aloe Vera Peel $75.00
The Aloe Vera Peel is an Alpha Hydroxy Fruit Acid (AHA) blend with natural ingredients that allow this creamy formulation to gently micro-exfoliate the skin and rebalance precious moisture loss. It has the ability to penetrate the upper layer of the skin and helps peel dead skin cells and stimulate new skin cell growth.

Salicylic Peel $70.00
An intensive treatment designed to rapidly exfoliate the epidermal cells, unclog pores and reduce the appearance of lines, scars, and hyper pigmentation. This treatment is recommended in a series for maximum effectiveness.

Eye Peel $60.00
For Fine lines and dark circles under the eye

PCA Decolte Peel $100.00
Gentle and extremely effective, this exfoliating peel for the neck and chest helps smooth and refine skin, minimize the appearance of fine lines, and repair skin that's been over-exposed to the sun.

PCA Sensi Peel $85.00
This gentle solution is formulated primarily for ethnic skin, and other extremely sensitive skin types. Sensi Peel® will strengthen and brighten the skin while helping to treat sun damage and other forms of hyperpigmentation

PCA Peel $85.00
This is a safe and highly effective that has no downtime. This light to medium peel formula is proven to effectively treat acne, control oil, smooth fine lines and also help to inhibit the pigment production providing a more even skin tone.

PCA Esthetique Peel $85.00
Esthetique Peel™ is an excellent choice for smoothing, firming and brightening all skin types even extra-sensitive skin, including rosacea. It also helps correct many types of skin discoloration and improves the texture of skin.

PCA Peel with Hydroquinone $85.00
This formula is for those who want even skin tone and have no sensitivity to hydroquinone. It will help to quickly lighten pigment discolorations of any kind, such as melasma and sun damage.

PCA Clarifying Mask $85.00
Clarifying Mask's blend of 20% salicylic acid with cherry extract and other natural ingredients makes this an ideal choice for helping to improve acne, breakout-prone skin and sluggish, dull complexions.

Spa Peels

PCA Oxygenating Trio Peel $85.00
This is an antioxidant therapy to correct and prevent free radical damage as oxidative and environmental stress to the skin is one of the more significant contributors to the aging process. This treatment helps stimulate respiration and circulation within the skin. It helps promote healing and rejuvenates sluggish, stressed skin depleted by toxins, pollutants, allergens, improper diet and solar damage. This treatment is also ideal two to three days before a special event.

PCA Back Body Peel $150.00
Smoothing Body Peel™ Treatment duo provides nourishing ingredients that soften and hydrate the skin's surface, while TCA, lactic and salicylic acids join together to affect dramatic changes in the skin's appearance and texture.

PCA Peel Acne Advance $125.00
Helping to improve acne, breakout prone skin and sluggish, dull complexions. Its exfoliating, antibacterial and anti-inflammatory benefits refine skin texture and bring new brightness and freshness to the skin.

PCA Peel with Hydroquinone Advance $125.00
Ideal for sun damaged or mature skin, this peel is a customizable brightening treatment that directly targets pigmentation problems and improves the appearance of uneven, mottled skin.

Natural Pumpkin Enzyme Peel $90.00
A powerful natural repair therapy. It has the richest source of beta carotene and ascorbic acid to combat oxidative, free radical damage. Pumpkin contains over 100 nutrients and will benefit all skin types.

Natural Cherry Enzyme Peel $85.00
Active flavenoids found in lush rich cherries search out and destroy damaging free radicals.

Natural Mango Enzyme Peel $85.00
One of the world's most succulent fruits, the peel helps rejuvenate dry or problem skin. Suitable for all skin types and helps with sun damage, Rosacea, hyper-pigmentation, dry dehydrated skin and premature aging.

Peel-Natural Orange Enzyme Peel $85.00
The most popular fruit in the world with over 200 valuable treasures. This blend of real orange zest produces a treatment that leaves the skin clean and clear.

Natural Cranberry Enzyme Peel $85.00
A rich source of flavenoids and beneficial phenolic acids which protect cells from oxidative and inflammatory injury.

Spa Peels

Rhonda DermaZyme Peel $90.00
Rejuvenate the skin by softening fine lines, smoothing surface, strengthening underlying integrity of skin, increasing moisture retention and giving skin an overall healthier and more youthful appearance

Rhonda Mandelic Arginine Peel $85.00
A mild exfoliant and an anti-aging peel. This is beneficial because it purges the skin of dead skin cells, which can lead to wrinkles, hyperpigmentation and acne, among other conditions. Mandelic acid has also long been known to have antibacterial properties, which are especially beneficial in the treatment of acne and oily skin.

Rhonda Apple Wine Peel $95.00
A variation of red wine vinegar, the Apple Wine Peel is for a more progressive mid-depth treatment to firm and tone your skin. This peel is ideal for ageing skin. With regenerating and firming properties, this peel is great for toning, tightening and providing wonderful antioxidant properties to your skin as well.

Rhonda Brighten Up Peel $85.00
Lighten and brighten skin tone while refreshing and rejuvenating skin. Our special lightening serums and enzyme work to suppress pigment and dissolve dead skin cells.

Rhonda Skin Awakening Peel $85.00
For fine lines, dull, uneven texture, sun damage, and uneven skin tone. Renew the look and feel of your skin with the skin awakening peel. Looking to reduce cellular build up and strengthen skin tissue-the skin awakening peel gives skin a brisk exfoliation helping even out texture, fine lines, sun damage and, unhealthy skin tone.

Rhonda the Melanin Lift Peel $85.00
Excellent peel to lighten up darkened skin areas and improve the overall tone and texture of skin. Good for discoloration, dehydration, and sensitive skin that needs lightening. This is a mid-depth peel with some downtime.

Rhonda Tomato Enzyme Peel $90.00
Especially suited for acne prone and oily, impure skins. This treatment helps to balance oil production, eliminate and control acne lesions and lighten pigmentation left behind from past breakouts.

Rhonda Maui Enzyme Peel $85.00
Rhonda Allison's Maui Peel introduces the fragrances & rejuvenating sensations of a tropical paradise. It is an exotic blend of Pineapple Enzyme & L-Lactic Acid balanced by a Yam Extract will inspire radiance, suppleness & skin revitalization.

Rhonda Maui Grape Passion Peel $85.00
Rhonda Allison's Maui Peel introduces the fragrances & rejuvenating sensations of a tropical paradise. It is an exotic blend of Pineapple Enzyme & L-Lactic Acid balanced by a Yam Extract will inspire radiance, suppleness & skin revitalization.

Rhonda Triple Enzyme Peel $95.00
Soften and polish your skin while receiving vital nutrients for healthier, more glowing skin. A potent blend of many rich flavonoid fruits and vegetables infuse important antioxidants and nutrients into the skin, loosened skin cells will be lifted away while polishing and smoothing your skin.

Glow Peel Lunch Peel $100.00
Return your face to its soft, supple complexion by renewing collagen and elastin, eliminating wrinkles, reducing pores, removing acne scars and blending uneven skin tone.

Natural Cabernet Peel $125.00

CABERNET SOLUTION is a specially formulated chemical free solution that has the power of a chemical peel . Wine as a key Ingredient and antioxidants which will treat dehydrated, mature, wrinkled and sun damaged skin. It will also help treat discoloration and acne. Mild to moderate exfoliation will be experienced. Results are luminous, hydrated, softer and healthier looking skin.

Peel-Jessner Peel 4 Layers $200.00
Jessner's Peel is a medium strength peel. Jessner's peels can improve upon such skin problems as brown discoloration and blemishes, acne, fine wrinkles, and sun damaged and weathered skin

Cosmelan Cosmetic Depigmentant $600.00
Cosmelan is designed to provide an initial quick and ongoing control program which is ideal of skin lightening, melasma (pregnancy mask), age spots, sun spots and other pigmentation issues. Cosmelan improves your skin tone in a safe, non-invasive manner.

Green Peel by Dr. Schrammek $495.00
Experience a new skin in 5 days! This is possible with the GREEN PEEL herbal peel developed by DR. med. Christine Schrammek-Drusio. Green Peel® is a blend of dried, crushed herbs. They are mixed to a paste with Dr Schrammek's Herbal Lotion and massaged into the skin. Green Peel® does not contain any synthetic acids or abrasives.

Contrary to peeling treatments based on synthetic acids, Green Peel® does not injure the skin. In fact, most of the herbs contained in Green Peel® are known in folklore and by herbalists for their healing, soothing and regenerating effect. Spirulina, one of the herbs found in Green Peel®, is estimated to contain 250 vitamins, minerals and trace elements. No chemical factory of our industrial age is able to match the biological processes of this simple plan

AVEDA

THE ART AND SCIENCE OF PURE FLOWER AND PLANT ESSENCES

Aveda Spa merges the science of performance driven, plant-based skin and body care products with the art of high-touch experience to offer a comprehensive menu of facial and massage treatments that are customized based on your specific skin and body care needs. We use the Aveda Elemental to determine the appropriate service and products that are right for you.

The result: a holistic spa experience that incorporates wellness and balance to generate mind and body recovery.

Aveda Facial $125

Elemental Nature℠ Facial
A customized facial based on your skin's specific needs, as revealed by Aveda's signature Elemental NatureSM Consultation. From dry and dehydrated, to sensitive, to oily and congested skin, a truly personalized treatment for the skin.

Green Science™ Skin-Renewing Treatment
Unique, rejuvenating manipulations enhance the high-tech plant technology of Aveda's Green Science™,clinically proven to lift and firm the skin while reducing the appearance of fine lines and wrinkles. For ultimate customization, choose your area of focus: Eyes, Lips or Neck and Décolleté.

Enbrightenment™ Discoloration Treatment℠
Traditional Asian massage techniques combine with a 100% naturally derived Brightening. Blend to help diminish the appearance of dark spots and improve skin's visible clarity.

Tourmaline Radiance Botanical Skin Resurfacing
Aveda's botanical alternative to Microdermabrasion reveals a truly radiant complexion and smoother skin — without the irritation or redness.

Perfecting Plant Peel℠
Powered by plants, Aveda's Perfecting Plant Peel™ system performs like a 30% glycolic peel — naturally and without the redness and irritation. The Perfecting Plant Peel can be performed as a stand-alone 30-minute treatment or added on to any of our signature facial treatments.

Aveda Massage $125

Elemental Nature℠ Massage
A customized massage experience based upon the Aveda Elemental NatureSM philosophy and your favorite Aveda aroma. Depending upon your needs, a variety of massage techniques will be utilized including, but not limited to Swedish, Deep Tissue, Pregnancy Massage, Acupressure and Reflexology.

Chakra™ Balancing Massage
A massage experience that focuses on the chakra energy centers through Chakra™ Balancing Blend aromas, deep tissue massage, foot Reflexology and energy work with guided meditation.

Fusion Stone Massage
A customized massage with warm stones for deep relaxation of the muscles and the aromatic power of Aveda Pure Flower and Plant Essences.

Aveda Body Treatment $125

Body Polish
Utilizing a customized Aveda exfoliation formula, this spa experience exfoliates and moisturizes, leaving skin feeling soft and smooth.

Rosemary Mint Awakening Body Wrap
Renew body and mind with a revitalizing dry body wrap that leaves skin soft and smooth — and senses awakened.

Caribbean Therapy™ Body Treatment
Rejuvenate with a warming seaweed body wrap, exfoliation and massage in this island-inspired experience.

Back Treatment
A customized back treatment that focuses on cleansing, exfoliation and massage.

Massage Therapies

The Vichy Shower Massage $85.00
The Vichy Shower was designed in Vichy, France as one of the hydrokinetic treatments. The Vishy shower body treatment consists of a waterproof massage table and a set of many shower heads that rain down pressured water to your body, while you are lying on the table; providing a relaxing and therapeutic water massage.

Swedish Massage $75.00
A gentle massage using long flowing and kneading strokes to relax and unwind.

Deep Tissue Massage $85.00
Various leverage techniques and kneading creates this firm massage. Used to eliminate knots in muscles due the prolonged stress.

Hand & Foot Reflexology Massage $85.00
The hands and feet have an abundance of nerve endings, which connect to every organ in the body. This treatment dissolves blocked energy and relaxes the entire body.

Combination Massage $85
Consisting of a combination of various massage techniques, specifically designed to fit each individual's needs. Great massage for first timers.

Aromatherapy Massage $85.00
Anti-stress therapy applying aromatic essential oils to massage the entire body, using long flowing movements and a pressure point technique. This promotes the release of tension, therefore, bringing an increased sense of well-being and total relaxation.

Hot Stone Therapy Massage $85.00
Heated stones are used to bring relief to tense and sore muscles. As these hot stones glide over the muscles, tensions diminish, and stress gently melts away. Providing relaxation while addressing your mental, physical, and spiritual well-being

Prenatal Massage $90.00
Prenatal massage shares many of the goals of regular massage to relax tense muscles, ease sore spots, improve circulation and mobility, and just make you feel good. But it's also tailored specifically to the needs of pregnant women and their changing bodies.

Arnica Deep Tissue Massage $90.00
First, the whole body is warmed and massaged with Arnica extract, and a blend of Jojoba (Arnica is famous for its anti inflammatory effects and its efficacy in soothing sprains, and rheumatic muscle and joint pain). This massage uses classic combinations of sports stretches, compressions and deep tissue work to restore mobility, vitality and body comfort: perfect for ensuring optimum performance at work and at play.

90 Minutes Massage $130.00, Add on Arnica Massage Cream $5.00

Body Therapies

Sea Salt Skin Glow $85.00
Scented salt crystals and body gel are lathered onto the skin, leaving it soft and smooth. Excellent treatment before sunbathing.

Clay Body Masque $85.00
Purifying red clay from Ile de France and the French sea basin is applied from toes to the neck, cleaning out pores and toning your skin.

Seaweed & Kelp Body Wrap $85.00
This masque, rich in vitamins and minerals from the Dead sea is applied from toes to the neck, deeply detoxifying and moisturizing skin. Sea kelp naturally increases metabolism to boost energy and is an excellent accompaniment to weight loss programs.

Safa Mud Therapy Body Wrap $85.00
Safa's mud detoxifies, exfoliates, and nourishes the skin, leaving the skin feeling clean and smooth. The natural salts and minerals in the mud aid in the cell regeneration, which in turn helps to keep the skin at its optimum moisture level. The mud helps to enrich cells with oxygen, which results in elimination of toxins, tightens the skin, control the appearance of wrinkles, and gives your skin a fresh and healthy look.

Pumpkin Body Masque $85.00
Pumpkin is best known for its high concentration of Beta-Carotene and Vitamin E, two very important antioxidant agents to fight the effects of aging. Cinnamon, clove, and caffeine are added to this active body wrap to provide the ultimate stimulating cellulite reduction therapy. Looking good has never felt (and smelled) better!

Cocoa Truffle Scrub $85.00
This scrub will have Cocoa which are rich in phenols and flavonoids which are strong antioxidants that reduces free-radical damage, this keeping the skin youthful in appearance.

Citrus Body Scrub. $85.00
The body scrub has a refreshing lemon-lime scent, leaving a slight oily film, but that absorbs into skin after a while, leaving it soft and hydrated.

Aromatherapy Mineral Scrub $85.00
A relaxing body polish using mineral salts massaged into skin to scrub away dry skin cells, leaving it soft and younger looking. Choose energizing or mineral salts.

Cellulite Treatment

Tri-Active LaserDermology $75-125
The result of the newest technology, incorporating three different methods (Triple Action) for restoring a normal balance to the skin and outer layers, including smoothing and tightening. This Triple Action treatment is designed to reduce the appearance of cellulite through the combined action of mechanical massage, localized cooling and deep laser stimulation. Triple Action Results: A Smooth and Tightened Body and Younger-Looking Face

- **Deep Laser Action**: The action of the six diode lasers enhances micro circulation.
- **Mechanical Massage**: The deep massaging and stimulating action on the subcutaneous tissue may result in a tighter appearance in the treated areas. This can be particularly noticeable when the treatments are done before and after liposuction procedures.
- **Localized cooling**: Cooling aids in smoothing the appearance of cellulite.

Endermologie Session $85.00
Endermologie, a subdermal approach to treating cellulite, was originally developed in France in the 1980s. Since its introduction to the USA, Endermologie was for temporarily reducing the appearance of cellulite. Its safety and efficacy have been the subject of several clinical trials and on going research reveals positive results. Endermologie has been given extensive coverage on TV networks and magazines.

Dead Sea Cellulite Wrap $85.00
The unique combination of Dead Sea Salts and massage oil introduce detoxifying nutrients into your skin. Then a deliciously warm Dead Sea is brushed over you, wrapped in a blanket, you relax for 20 minutes as it penetrates deep into your tissue to enhance inch loss.

Detox Body Wrap $155.00
Most complete detox combination delivers amazing results pulling toxins from the body and shedding inches. Includes the Infrared Sauna and a body polish using mineral salts massaged into the skin to scrub away dry skin cells. The Detox Body Wrap will finish flushing unwanted toxins from the body delivering great inch-loss and leaving you feeling refreshed and radiant.

Teeth Whitening

Teeth Whitening $150.00

Xtreme Eyelashes

Having beautiful eyes can bring attraction and create a great impression on others. Xtreme Eyelashes Eyelash extensions is the secret to enhancing the beauty of your eyes, giving you a naturally radiant complexion. Imagine the attention you will receive by having brighter, youthful looking, more gorgeous eyes! You can achieve this simply by creating the illusion of longer and thicker eyelashes.

Our special method of applying eyelash extensions is longer-lasting and worry-free. You no longer need to curl your lashes or put on mascara in your daily beauty routine. These semi-permanent eyelash extensions will make your eyes appear more mesmerizing than ever!

• Xtreme Lashes Mademoiselle	$65.00
• Xtreme Lashes Coquette	$135.00
• Xtreme Lashes Belle	$195.00
• Xtreme Lashes Glamour	$295.00
• Xtreme Lashes Elegance	$385.00
• Xtreme Lashes Monsieur	$135.00
• Xtreme Lashes Petit Touch-up	$65.00
• Xtreme Lashes Grand Touch-up	$135.00
• Xtreme Lashes One-Hour Eyelash Refresh	$90.00
• Xtreme Lashes 3 One-Hour Eyelash Refresh	$75.00
• Xtreme Lashes 6 One-Hour Eyelash Refresh	$70.00
• Xtreme Lashes 10 One-Hour Eyelash Refresh	$65.00
• Xtreme Lashes Removal and Repairs	$50.00

Eyelashes

Eyelashes Tinting	$35.00
Eyelashes Perm	$65.00

Permanent Makeup

• Permanent Makeup Eyebrows Correction	$225.00
• Permanent Makeup Eyebrows	$125.00
• Permanent Makeup Eyebrows Feather Stroke	$250.00
• Permanent Makeup Lips Liner	$125.00
• Permanent Makeup Full Lips	$299.00
• Permanent Makeup Upper Eyeliner	$125.00
• Permanent Makeup Lower Eyeliner	$100.00
• Permanent Makeup Eyeliner Enhancement	$125.00
• Permanent Makeup Areola	$299.00
• Permanent Makeup Beauty Mark	$25.00
• Permanent Makeup First Touch-up	$50.00
• Permanent Makeup Refresh Touch-up	$100.00

Waxing

Using warm, soothing waxes.
Experience that desirable Waxed Body look from Balensi Spa. Our day spa waxing method is personalized and customized for you, unlike other day spas in San Diego.

You can have our unique body waxing spa treatment method, which is specially designed for our guests with sensitive skin. We offer waxing series specials for lash or brow tinting, eyebrow waxing, lip wax, chin wax, underarm waxing, Brazilian bikini or hairless bikini waxing.

Waxing and Beauty Care

• Wax-Full Face(not include brow shaping)	$75.00
• Wax Brow Shaping (wax, tweeze & trim)	$25.00
• Wax Lips	$13.00
• Wax Ear	$25.00
• Wax Chin	$15.00
• Wax Lower Face	$40.00
• Wax Underarm	$20.00
• Wax Half Arm	$30.00
• Wax Full Arm	$45.00
• Wax Back & Shoulders	$75.00
• Wax Chest & Stomach	$75.00
• Wax Classic Bikini (Starting at)	$35.00
• Wax Brazilian Bikini (Starting at)	$50.00
• Wax The Play Boy Strip (Starting at)	$50.00
• Wax Buttocks	$40.00
• Wax Lower Leg	$40.00
• Wax Full Leg	$75.00
• Wax Men's Grooming, Brow Shaping, Ear Wax	$45.00

Note: Waxing prices which are variable are noted with " + " identifying this price may be more than the minimum listed. Prices are based on time and thickness of hair area, tweezing time, etc.

Happy Spa Hour

Come enjoy our distinguished services at very affordable prices!

Every Wednesday & Friday from 2 to 7pm:

• Happy Spa Hour-Microdermabrasion	$55.00
• Happy Spa Hour-Hydrating Facial	$55.00
• Happy Spa Hour-Teen Acne Facial	$55.00

Every Tuesday and Thursday from 2 to 7pm:

• Happy Spa Hour-Aromatherapy Massage	$55.00
• Happy Spa Hour- Swedish Massage	$55.00
• Happy Spa Hour- Endermologie	$55.00

Spa Party

Host a party at Balensi's Spa for a truly unique pampering experience. Spa Party at Balensi's Spa in San Diego, CA.

Gather with good friends, take a break from the everyday and create a memorable special event by relaxing and enjoying the tranquil surroundings and invigorating offerings at Balensi's Spa.

Whether you desire a girls night out, a bridal shower or a birthday parties, a visit to the Balensi's Spa can be designed to indulge, invigorate and inspiration.

Book a private Spa Party with a minimum of 4 guests in your Party and you'll have the whole spa to yourselves.

Saint Tropez

- 50 Minute Facial Spa Treatment.
- 50 Minute Massage Spa Treatment.
- Sumptuous hors d'oeuvre & French Wine.

$225 Per Person

Monaco

- 50 Minute Facial Spa Treatment.
- 50 Minute Massage Spa Treatment.
- Spa Pedicure.
- Sumptuous hors d'oeuvre & French Wine.

$275 Per Person

Spa Packages

Experience the ultimate in our true day spa - a nurturing environment, professional therapists & indulgent health treatments! Many that includes a facial, massage, exfoliating body scrub, Vichy Shower - or, let us help you create your own custom day spa package!

Pamper Yourself $150
(2 Hours)

- Hydrating Facial
- Sea Salt Skin Glow with massage

Day of Beauty $180
(2 Hours)

- European facial
- Body Sea Salt Skin Glow
- Body hydrating body mask

Body Bliss $280
(3 Hours)

Escape into the deep cleansing and exfoliating **Microdermabrasion** and melt away stress using heated, smooth stones as a massage tool. Let you body relax in a **French Clay Body mask**, rinse free in the rustic shower.

- Microdermabrasion
- French clay body mask
- Half hour reflexology
- One hour hot stone massage

Spa Policy & Information

Reservations - Personal services are limited. Please reserve appointment at least two days prior to arrival. For reservations and information, please call Balensi's Spa at (619)476-0706

Spa Check-In – Please arrive 10 minutes prior to your appointment. Arriving late will limit the time for your treatment, thus lessening its effectiveness and your pleasure. Your treatment will end on time so that the next guest will not be delayed.

Spa Packages - Please arrive 15 minutes prior. We will provide you robe, slippers and a private locker for you personal belongings. Please do not bring jewelry and other valuables.

Cancellation - Treatments are reserved especially for you. Please provide a 24 hours cancellation notice to avoid a full treatment cancellation charge. A 24 hours notice is requested for package reservation.

Age Requirement – Spa services are available to guest 18 years and older. Facials are available to guests ages 13 and 17 with a parent's signed permission.

Medical Condition – When you call for a reservation, please tell our spa concierge if you are pregnant, have high blood pressure, allergies or any other conditions we should know about.

Gratuities - An 18% service charge can be added to services for your convenience.

Spa Etiquette – To preserve the tranquility of the spa environment, please no children allowed without any services, refrain from use of cell phone and pagers.

Gift Certificates – Gifts of relaxation are available thought the spa concierge or online

Take the Spa Home – Continue your transformation with a personalized lifestyle program. Spa products are available.

Jean-Michel Balensi with Miss USA Alyssa Campanella

Balensi's Institute
Skin Care & Spa

@ The

GOLDEN GLOBE AWARDS®

GRAMMYS

Lorena Balensi with Mexican Actor Eduardo Yanez

Balensi's Institute

Skin Care & Spa

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