

Lynn's Day Spa, INC.

FOR MEN AND WOMEN

Come for an hour...

...or stay the whole day

Voted "Best Day Spa" and
"Best Place For A Massage"



5999 Harpers Farm Road
Suite West 150
Columbia, MD 21044
Across from Howard Comm. College
(410) 730-1822

6151 Day Long Lane
Clarksville, MD 21029
Inside Columbia Gym
Non-Members Welcome
(410) 730-0445

Monday - Friday 8:00 am - 9:00 pm
Saturday & Sunday 8:00 am - 5:00 pm

www.lynnspadayspa.com

Spa Etiquette

Please arrive at least 10 minutes before your spa appointment, arriving late will shorten your treatment time. A credit card may be required to hold appointments. As a courtesy to our staff, please give 24 hours notice for changing or canceling an appointment. We reserve the right to charge for appointments scheduled and not cancelled 24 hours prior. Groups of 2 or more require 48 hours notice. All appointment times include undressing and dressing time. Gift certificates are non-refundable and cannot be replaced. Gratuities are always appreciated, however they are not accepted on charge cards. Prices are subject to change without notice. Payments are accepted in Cash, Visa, and MasterCard.

Massage

An hour massage is equivalent to twenty minutes of vigorous exercise.

Swedish, Therapeutic, Deep Tissue & Sports

½ Hour \$40
1 Hour \$70
1 ½ Hour \$95

Reiki (1 Hour) \$70

Shiatsu (1 Hour) \$70

Thai Massage (1 ½ Hour) \$115

Couples Massage (1 Hour) \$150

Couples Massage (1 ½ Hour) \$200

Hot Stone Couples Massage (1 ½ Hour) \$250

Aromatherapy Massage

Aromatherapy Massage uses essential oils that have relaxing and healing properties!

Add \$4 to any massage

Massage Specialties

Hot Stone Massage (1 ½ Hour) \$120

Using special smooth heated stones, your therapist will incorporate unique massage techniques with stones and oil that will promote deep relaxation and healing.

Reflexology Massage (1/2 Hour) \$50

- * Reduces stress
- * Improves circulation
- * Break up of crystalline (cause of nerve congestion)
- * Relaxation
- * Detoxification of tissue
- * Special Technique - (each part of the body has a corresponding point on feet)

Pregnancy Massage (1 Hour) \$75

Pregnancy Massage (1 ½ Hour) \$100
(After first trimester)

Cupping Therapy (1/2 Hour) \$50

Cupping Therapy (1 Hour) \$75

Cupping therapy activates the lymphatic system, clears colon blockages, helps activate and clear the veins, activates the skin,

Synergie Face (15 min) \$35

Synergie Body (30 min) \$50

Synergie increases the metabolism. Everyone loses inches and 95% of people will improve cellulite. For a first time synergie appointment it is one hour for measuring, fitting for the suit, as well as the first treatment. Maintenance is twice a month there after. Generally people see results after third treatment. The suit is \$53.

Organic Hair Removal

Far less painful than other wax. Does not stick to the skin and removes more hair from the roots.

Brow	\$15	Full Leg	\$75+
Lip	\$10	Upper Leg	\$45+
Chin	\$12	Lower Leg	\$40+
Full Face	\$40+	Neck	\$13
Cheek	\$17	Basic Bikini	\$35+
Full Arm w/Hand	\$42+	Brazilian	\$50+
Upper Arm	\$20+	Extended Brazilian	\$60+
Lower Arm	\$25+	Chest	\$30+
Underarm	\$20	Tummy	\$30+
Back Area	\$55+	Toes	\$7
Buttocks	\$20	Feet	\$7

Hand & Feet Treatment

Manicures

(Add French for \$3)

Spa Manicure	\$18
Deluxe Manicure	\$28
Spa Manicure & Paraffin Treatment	\$33
Soak Offs	\$15
Soak Offs with Manicure	\$28

Pedicures

(Add French for \$3)

Mini Pedicure	\$25
Spa Pedicure	\$38
Deluxe Pedicure	\$48
(includes foaming sea soak, sea salt, clay mask, and extra massage of the feet & calves)	
Spa Pedicure & Paraffin Treatment	\$55

Polish Change

(Add French for \$3)

Fingers	\$9
Toes	\$16

Paraffin Treatment

A therapeutic blend of natural paraffin butters allows deep heat into muscles, helps with aches and pains & also moisturizes

Paraffin Hand Treatment	\$15
Paraffin Feet Treatment	\$20
Hand and Feet Treatment	\$30

Spa Treatment Therapy

Steamy Wonder (1/2 Hour) \$30

Promotes deep heat relaxation, detoxifies the tissues, hydrates the skin.

Hyperbaric Oxygen Chamber (1/2 Hour) \$55

Most people do not have 100% oxygen saturation in their blood, which can compromise our immune system.

Spa Specialties

Eyelash Tint \$25

Eyebrow Coloring \$15

Group False Eyelashes \$30

Single False Eyelashes \$75

Extreme Lashes \$250

Ear Candling (Approx 30 minutes) \$50

Ear candles are hollow candles made of special wax used in order to help with the cleaning of ears, and various ear disorders. Congestion, fungus, and infections are easily resolved with the face and neck

Facial & Skin Therapy

Aromatherapy Facial (1 Hour) \$65

Personalized for any skin type. May include two cleansings, exfoliation, analysis of the skin, appropriate mask, massage of the face, neck, shoulders and scalp a treatment according to the skin type, which may address lines wrinkles, hyper pigmentation or clogged pores. May include extractions and steam.

Mini Facial (1/2 Hour) \$50

Short on time, add a glow to your face. Includes cleansing, exfoliation, analysis, and mask.

Gentleman's Facial (1 Hour) \$65

Designed specifically to meet the needs of a man's skin. May include all treatments listed in the Aromatherapy facial.

Derm Renewal Peel Treatment (1/2 Hour) \$60

Aromatherapy Facial w/ Derm Renewal (1 Hour) \$90

25% buffered glycolic helps improve lines, wrinkles, and hyper pigmentation.

Perfect Peel Facial Treatment (1/2 Hour) \$70

Aromatherapy Facial w/ Perfect Peel (1 Hour) \$110

50% buffered glycolic helps improve lines, wrinkles, and hyper pigmentation.

Six Phase Exfoliating Glycolic System (1/2 Hour) \$55

Series of 5 Weekly Treatments (6th free) \$275

Designed to be done once a week for six weeks to make the treatment most effective. Package must be purchased in full at time of appointment in order to receive discount.

Thermo Plastique Eye Treatment (1/2 Hour) \$50

Helps with lines, puffiness, & dark circles.

Anti-Aging Treatments

G.M. Collin, Paris - Dermo corrective facials are powerful treatments that reduce visible signs of aging and improves the overall condition of your skin.

Collagen 90 II Treatment (1 ¼ Hour) \$130

5 Treatment Package \$575

World renowned for reducing visible signs of aging and improving your overall skin condition for several months. The ideal treatment program is once a week for 4 weeks, skip the fifth week and have the 5 treatment on week 6. Or on an as needed basis. Package must be purchased in full at time of appointment in order to receive discount.

Botinol Facial (1 ¼ Hour) \$130

It is a treatment used for a wrinkle corrector and to remove expression lines in the skin.

Sea "C" Spa Treatment (1 Hour) \$110

This anti-aging treatment uses active ingredients originating from marine and plant sources which stimulate collagen and elastin synthesis.

Hydro Lifting Treatment (1 Hour) \$105

A specialized anti-aging treatment, recognized as a powerful moisturizer and an exceptional lifter giving you a glowing complexion.

Facial Treatment w/ Algo Mask (1 Hour) \$100

Made of algae extracts, this treatment cleanses, moisturizes and mineralizes the skin. Excellent for sensitive or reactive complexions.

Pulse Light Facial (15 minutes) \$45

Helps reduce the visibility of broken capillaries, hyper-pigmentation, fine lines, and wrinkles. Helps plump up collagen to reduce wrinkles.

Deep Skin Cleansing (1 ¼ Hour) \$80

Back Facial (1 Hour) \$100

Acupuncture

The world health organization recognizes acupuncture's ability to treat over 43 common disorders including, disorders of the bones and muscles, addictions - such as nicotine, asthma & allergies, and much more...

First Session (1 ½ Hour) \$100

Includes complete health screening and treatment

Follow-Up Session (1 Hour) \$75

Mini Session (1/2 Hour) \$50

General treatment for boosting energy and the immune system.

5 Treatment Package \$350

Includes five 1 hour follow-up sessions

7 Treatment Package \$520

Includes 1½ hour first session and six 1 hour follow-up sessions

All sessions include undressing and dressing time.

Spa Body Treatments

Body Polish (30 min) \$70

(Citrus, Lavender, Pomegranate, or Mango)

Aromatic Dead Sea Salt Glow (30 min) \$75

A deep exfoliation using sea salts and aromatic oils to leave the skin silky smooth, hydrated & mineralized.

Body Exfoliation with Glycolic (1 Hour) \$100

Start with a gel exfoliation that removes dry skin, followed by glycolic acid. Combination leaves the body's skin silky smooth.

"Moor Mud" Body Masque (1 Hour) \$80

Relaxes sore or tense muscles, stimulates circulation and improves skin texture and tone. Our mud comes from Moor, Austria, which is the most nutrient filled.

Seaweed Body Wrap (1 Hour) \$80

Seaweed, rich in algae minerals and enzymes, is smoothed onto the body from neck to toes. Experience skin smoothing and improved skin elasticity along with overall detoxification. This service is not recommended for anyone with allergies to iodine.

Sunless Tanning (Approx 1 Hour) \$55

Sunless Tanning & Body Polish (Approx 1½ Hour) \$85

We suggest an exfoliation before sunless tanning for best results. Tan fades with the loss of dead skin cells.

Suddenly Slimmer Body Wrap (Approx 2 Hours) \$135

Lose inches not water! Our wraps are soaked in special minerals that draw out impurities in tissues causing them to shrink. Slight movement is required for this wrap. A \$50 deposit is required when making this appointment which is deducted from service upon completion.

Body Contouring Wrap (1 Hour) \$95

The solution is a highly active concentrate that tones and tightens surface skin while boosting cellular activity, also restores elasticity and firmness to the tissues. The wrapping provides elimination of toxins through intercellular osmosis into the lymphatic system creating inch loss.

Ayurveda Spa Treatments with Steam (1 Hour) \$110

1. Spa Wonder - Detox

Boosting the metabolism accelerates detoxification and purification of the body.

2. Spa Wonder - Joint & Muscle Pain

This gentle, balancing treatment helps to flush out toxins in the joints and help to reduce inflammation. Full-body massage with therapeutic herbalized oil for joints, followed by a purifying, moist heat treatment.

3. Spa Wonder - Cellulite Reduction

This treatment releases accumulated toxins in stagnant cellulite areas while exfoliating and softening the skin. Therapeutic essential oils increase circulation and the Ayurvedic massage draws out the toxins.

Spa Packages

Our packages can be tailored for men and women

7th Heaven Grand Spa Package (6 Hours) \$345

Steam, Moor Mud Body Wrap, One Hour
Aromatherapy Massage, One Hour Facial, Lunch, Spa
Manicure, Spa Pedicure, Paraffin Hand & Feet Treatment

Lynn's Grand Escape Package (5 Hours) \$315

Body Steam, Aromatic Dead Sea Salt Glow, One Hour
Aromatherapy Massage, One Hour Facial, Lunch,
Spa Manicure & Spa Pedicure

For Someone Special Package (5 Hours) \$295

Body Steam, Lavender Body Polish, One Hour
Aromatherapy Massage, One Hour Facial, Lunch,
Spa Manicure & Spa Pedicure

A Day of Beauty Package (3 Hours) \$220

Body Steam, Body Polish, One Hour Massage
& One Hour Facial

Hot Stone Spa Package (2 Hours) \$160

Hot Stone Massage & Half Hour Facial

Almost Heaven Package (3 ½ Hours) \$175

One Hour Massage, One Hour Facial,
Spa Manicure & Spa Pedicure

Pampered-Mother-To-Be Package (3 Hours) \$165

One Hour Pregnancy Massage, Half Hour Mini-Facial,
Spa Manicure & Spa Pedicure

Special Retreat Package

(2 ½ Hours) \$150

Body Steam, One Hour Massage, & One Hour Facial

Simple Pleasure Package

(2 Hours) \$125

One Hour Massage & One Hour Facial

Lynn's Special Manicure & Pedicure Package

(2 Hours) \$95

Deluxe Manicure & Deluxe Pedicure with
Paraffin Hand & Feet Treatment

G.Q. Package (3 ½ Hours) \$175

One Hour Massage, One Hour Facial,
Spa Manicure & Spa Pedicure

Businessman Package (2 ½ Hours) \$140

One Hour Massage, One Hour Facial, &
Spa Manicure

My Special Guy Package (2 Hours) \$140

Body Steam, One Hour Massage & Half Hour Facial

Man On The Go Package (2 Hours) \$125

One Hour Massage & One Hour Facial

Steam and Massage Package (1 ½ Hour) \$90

Body Steam & One Hour Massage

Teen Time Sampler Package (1 ½ Hour) \$100

Half Hour Massage, Half Hour Facial, & Manicure
(18 yrs & younger)

The Sportsman Package (2 Hours) \$100

One Hour Facial and Spa Pedicure

Lunch \$30

*We order from a local deli that has delicious
sandwiches, salads and desserts!*

*All times of Spa Packages are approximate and may vary
in length. All packages are discounted and must be used
within the same day. Services within Spa Packages may
not be split between clients or separated in any way.*

Thank you for your cooperation.

Services performed by our Doctor of Cosmetic Dermatology

Botox - \$199 for 1st site, \$100 for each additional

Botox is used to reduce / eliminate frown lines,
forehead lines, Crow's feet, upper lip lines
(smokers lines), as well as nasal lines.

Restylane - \$450 per CC

Restylane is a non-animal based collagen. It is used
to plump up creased, furrowed, or sunken facial
lines as well as add fullness to lips and smile lines.

Chemical Peels

This procedure restores wrinkled, blemished,
unevenly pigmented, or sun-damaged facial skin
using a chemical solution to peel away the skin's top
layers. It works best on fair, thin skin with
superficial wrinkles.

Glycolic Peels \$150 / treatment

TCA Peels \$795 / treatment

Spider Vein Removal

This procedure uses state of the art lasers and
injection therapy to eliminate spider veins,
(also known as varicose veins).

Laser \$295 / 20 minute session

Schlerotherapy \$495 / session

Laser Hair Removal (call for pricing)

The Coherent Diode Light Sheer Laser targets the
pigment in the hair to permanently destroy the hair
follicle.