Essential Information

Gift Certificates
Essential Touch gift certificates make an ideal gift for any occasion. Certificates are available for single services, spa packages or predetermined denominations. Phone and mail orders are welcome. Please note gift certificates expire one year after date of purchase.

Booking Appointments
Please arrive 15 minutes prior to your appointment for spa services. This will allow time to change into a robe and slippers and assign you a locker for the day.

Hours of Operation *(Closed all major holidays)*
Monday – Thursday... 9 a.m. – 8 p.m. Friday ..... 9 a.m. – 6 p.m.
Saturday ..... 9 a.m. – 6 p.m.

Confirmation Policy
We request that all appointments be confirmed with a credit card or gift certificate number. Please have it ready when you call to make your appointment.

Cancellation Policy
We require a 24-hour notice for any cancellations for appointments. There is a 50% cancellation fee with less than a 24-hour notice.

Age Requirements
The minimum age for massage services is 16 years and 13 for aesthetic services.

Gratuities
Essential Touch does not accept gratuities. All proceeds go to support Women's and Children's services at Scottsdale Healthcare.

Nursing
Bra fittings and nursing supplies available.

To schedule your appointment, call 480-323-3655.

SCOTTSDALE HEALTHCARE®

Essential Touch Wellness Center and Boutique
Scottsdale Healthcare Shea Medical Center
9003 E. Shea Blvd., Scottsdale, AZ 85260

www.shc.org

70297 (4/10)

Essential Touch Directory of Services

Essential Touch Wellness Center & Boutique

SCOTTSDALE HEALTHCARE®

Essential Touch

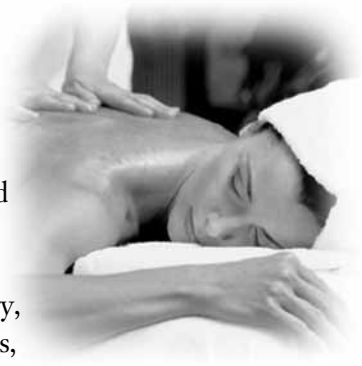
Wellness Center and Boutique

Essential Touch is a wellness sanctuary. Revitalize and rejuvenate your body and soul through the healing therapies of essential touch. Energize your spirit and experience true relaxation.

Essential Touch Wellness Center offers healing therapies that enhance the beauty within. Our therapies are designed to reduce stress, improve health and create a foundation of well-being.

The Essential Touch Boutique offers a variety of quality health and wellness products. Women of all ages will enjoy our inviting array of boutique selections, carefully selected to meet your personal, feminine needs.

Essential Massage



More than simply removing tension, massage therapy addresses a variety of health conditions, the most prevalent being stress-related tension. Experts believe stress-related tension accounts for 80 to 90 percent of disease. Massage has been proven beneficial in treating cancer-related fatigue, sleep disorders, high blood pressure, diabetes, low back pain, immunity suppression, spinal cord injury, autism, post-operative surgery, age-related disorders, infertility, eating disorders, smoking cessation and depression.

Essential Touch Therapeutic Massage
(light, medium and deep pressure, aromatherapy, lymphatic, myofascial release and trigger point)
- 60 minutes $80
- 90 minutes $100
- Series of six *(60 minutes each, no other discounts apply)* $400

Deep Tissue *(focus area only)* $90
Reflexology *(30 minutes)* $55
Craniosacral Massage
(soft tissue techniques for pain management)
- 60 minutes $80
- Series of six *(60 minutes each, no other discounts apply)* $400

Warm Stone $100
Express Massage *(30 minutes)* $55
Head and Scalp Massage *(30 minutes)* $50
Chair Massage *(max 20 minutes)* $1/minute
Pre-natal/Postpartum Massage $85
- Series of six $425

Infant Massage Instruction $60
Stretch Mark Therapy Treatment *includes massage (60 minutes)* $90

Essential Face

Behind Essential Touch's exclusive skin care products line, Pevonia Botanica, is a belief that each person represents beauty in a unique and wonderful way. You are an individual with specific skin care concerns. Our qualified spa care professionals can assist you on your quest for individual well-being.

Essential Touch Facial *(60 minutes)* ..... $80/Series of six $400
Essential Men's Wellness Facial $75
Essential Teen Clarifying Facial $70
Essential Teen All Skin Types Facial $65
Relief *(RS2 Facial Treatment)* $90
Rejuvenation *(Plantomer Facial Treatment)* $85
Clearly Essential *(Acne)* ..... $85/Series of six $425
Lacto-Flora Peel $90
Essential Youth $115
Essential Express Facial *(30 minutes)* $55
Essential Radiance (Caviar & Pearl) Timeless Facial $100
Make-Up Application $50
Pevonia Lip Contour Retinal Treatment $25
Pevonia "De-Stress" Eye *(treatment for puffiness or wrinkles)* $25
"Lacto-Flora" Skin Renewal *(30 minutes)* ..... $80/Series of six $400
"Youth Recovery" *(30 minutes)* ..... $90/Series of six $450
Microdermabrasion *(30 minutes)*
- Face Only ..... $95/Series of six $475
- Face & Neck ..... $105/Series of six $525
- Face, Neck & Décolleté ..... $130/Series of six $650
- Back $120

Essential Fitness

Exercise Your Way to Health at Essential Touch

A vital part of a person's well-being, a consistent fitness program improves:

- Weight management
- Stress reduction
- Cardiovascular function
- Pulmonary capacity
- Insulin resistance
- Muscular strength
- Ability to prevent certain diseases
- Overall quality of life

Certified Exercise Physiologists at Essential Touch can personalize a fitness plan just for you. For more information, call 480-323-3662.

One Day Pass $5
One Week Pass $25
Wellness Coaching *(interview, goal setting, behavior modification strategies)*
- 60 minutes $80
- Subsequent 30 minute coaching sessions $40

Wellness Evaluation *(60 minutes, testing, body analysis, program design)* $60
Full Body Composition $20
Fitness Start-Up *(required for gym membership, includes wellness evaluation)* $80
1 Month Membership $35
Personal Fitness Instruction
- Single Session/30 min./60 min. ..... $35/$65
- 4 Sessions $210
- 8 Sessions $415
- 12 Sessions $600

Essential Extras

Hands & Feet

Calo Peel *(deep foot exfoliation)* $5
Spa Manicure $25
Signature Manicure *(45 minutes)* $30
Spa Pedicure $55
Deluxe Pedicure $60
Express Pedicure $35
Paraffin Hand Treatment $10
Paraffin Foot Treatment $10
Paraffin Hand & Foot Treatment $18
File, Buff and Polish $15
Back Fills $42
Nail Full Set (Acrylic, Silk, Gel) $62
Pink and White Acrylic Full Set $65
Nail Fills $32
Repairs $5
Nail Art $5

Body Therapies

Seasonal Body Wrap & Scrub $90
Jojoba Body Polish $65
Seaweed Body Mask & Vichy Shower $90
Aromatic Moor Body Wrap & Vichy Shower $90
Esthébuste Firming Treatment for Neck, Bust and Décolleté $75
Back Refresher Facial $90
Airbrush Tanning
Single session ..... $35 Series of five $126
Upper or lower body only $18

Waxing

Lip	$15	Brow	$16	Full Arm	$30
Full Leg	$60	Full Leg & Bikini	$75	Half Arm	$20
Chin	$10	Lip/Chin/Brow	$30	Back	$45
Half Leg	$45	Lip/Chin/Brow/Face	$35	Chest	$40
Brow Shaping	$20	Bikini	$30		
Underarm	$20	Brazilian Bikini	$55		

Essential Touch Packages

Our packages incorporate specific therapies that complement one another. Enjoy unlimited use of the fitness center, an assigned locker, robe and sandals, and complimentary fruit and beverages while experiencing one of our luxurious packages. Seasonal and special occasion package specials are available.

The Pregnancy Touch $180
Prenatal Massage, Express Facial and Spa Pedicure

Build Your Own ..... $15 OFF
Choose 3 one-hour treatments and receive $15 off your total bill

The Perfect Touch $215
Essential Touch Massage, Essential Touch Facial, Spa Manicure and Spa Pedicure

The Ultimate Touch $295
Jojoba Body Polish, Warm Stone Massage, Essential Touch Facial and Spa Manicure and Pedicure

** Ask us about our Seasonal Monthly Specials.*