

**Nisa Haynes**

Registered Massage Therapist

*"I have developed skills to positively impact the quality of individual's lives through professional body work. My focus is on Swedish and deep tissue massage to reduce stress, detoxification and increased blood flow for healing and general well-being."*



**Jimmy Hall**

Registered Massage Therapist



**Penelope Roberts**

Registered Massage Therapist

*"Working with people and animals over the last 22 years I have learned to treat each client as an individual. My techniques include swedish, deep tissue, trigger point, and reflexology. The healing touch of massage can help us through the challenges of our everyday stress, be it physical or mental."*



**Sherri Kinderdick**

Skin Care Therapist

*I am an experienced licensed esthetician dedicated to providing you with the best in skin care. I previously owned my own salon. My skin care specialties include Glycolic Acid Treatments and Acne Facials.*



**Kristy Thomas Kinderdick**

Skin Care Therapist

*Trained at the International Dermal Institute for Post Graduate Classes, I offer Facials, Certified Glycolic Acid Peels and specialize in anti-aging treatments.*



The Solana Club Therapists are certified through the State Board of Texas and attain continuing education credits each year in order to stay current with all of the advancements in their field.



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# The Spa

*at The Solana Club*



massage therapy

&

skin care therapy

## Massage Therapy

Massage Therapy is a hands-on manipulation of the soft tissues of the body including muscles, connective tissue, tendons, ligaments and joints.



**Swedish Massage** - Swedish refers to a collection of techniques designed primarily to relax muscles by applying pressure to them against deeper muscles and bones, and rubbing in the same direction as the flow of blood returning to the heart. This type of massage shortens recovery time from muscular strain, improves circulation and can help reduce emotional and physical stress.

Member: 30 minute-\$40 60 minute-\$60 90 minute-\$90  
Non-Member: 30 minute-\$45 60 minute-\$70 90 minute-\$105

**Reflexology** - this 25 minute treatment concentrates on applying pressure to various points on the feet.

Member: 30 minute-\$40 Non-Member: 30 minute-\$45

**Deep Tissue Touch Massage** - used to release chronic muscle tension through slower strokes and more direct pressure. This invigorating experience is a process of detecting stiff or painful areas by determining the quality and texture of the deeper layers of musculature, and slowly working into the deep layers of muscle tissue.

Member: 30 minute-\$50 60 minute-\$70 90 minute-\$100  
Non-Member: 30 minute-\$55 60 minute-\$80 90 minute-\$115

**Sports Touch Massage** - used primarily for the serious athlete who trains continuously. It focuses on the muscles relevant to the particular athletic activity. It also can include pre-event, post-event and maintenance techniques that promote greater athletic endurance and performance and lessen chances of injury and reduce recovery time.

Member: 30 minute-\$50 60 minute-\$70 90 minute-\$100  
Non-Member: 30 minute-\$55 60 minute-\$80 90 minute-\$115

**Hot Rock** - enhance your massage with heated stones which penetrate deep into the muscles and joints, relieving stress and tension.



Member: 30 minute-\$50 60 minute-\$70 90 minute-\$100  
Non-Member: 30 minute-\$55 60 minute-\$80 90 minute-\$115

**Corporate Chair Massage** - Massage Therapy can reduce employee stress and increase employee productivity. The client is fully clothed and sits in a specially designed chair during the session. Call to schedule chair massage at your workplace or next special event. Call for pricing.

## Skin Care Therapy

When was the last time you treated your skin to a facial? Did you know facials are a great way to help clear complexions and get that healthy glow? It's also a great way to reduce stress and relax. Professional facials can give you a deep cleansing, much deeper than you get at home. Facials are known to help increase circulation and stimulate the skin. All of this helps to slow down premature aging.



**Solana Essential Customized Facial** - Designed to maintain a healthy complexion. Includes double cleanse, professional exfoliation, extractions (if needed), massage, specialty eye treatment, customized mask, warm towels, moisturizer and SPF.

Member: 60 minute-\$60  
Non-Member: 60 minute-\$70

**Express Facial** - For those in a hurry or just need a quick rejuvenating treatment.

Member: 30 minute-\$40  
Non-Member: 30 minute-\$45

**Backial (facial on back)** - This is everything the essential customized facial does but for your back. Very relaxing, helps breakouts on shoulders and back.

Member: 60 minute-\$60  
Non-Member: 60 minute-\$70

**Men's Skin Treatment** - Helps relieve ingrown facial hair and leave the skin softer and smoother.

Member: 30 minute-\$40 60 minute-\$60  
Non-Member: 30 minute-\$45 60 minute-\$70



### Packages Available

**6 pack - 10% off total price**

Must be used within 6 months of purchase.

Packages are to be of same type of service.

Non-refundable. Packages are for individuals and non-transferable.

*Gift Certificates are available*

### POLICIES

- Members-Cancellations must be made two hours prior to appointment time to avoid a \$15 cancellation fee.
- Non-members-Must pay a \$25 fee to secure their appointments which will be applied to the massage fee. The \$25 fee may be refunded with a 24 hour notice.

We will gladly accept payment for service by Cash, Personal Check, Visa, Mastercard or American Express  
Any gratuity given must be made separate from fee of service.