THE GAINEY VILLAGE SIX-PACK REJUVENATION

Six steps to total rejuvenation that can be experienced daily throughout one week, or more gradually over a six-week period. Each purpose driven experience includes a fitness session, body treatment, massage and one of our signature teas.

DAY ONE — CLEANSE

- Yogalates or Pilates Reformer Session
- Cranberry Sugar Scrub Detoxification
- Invigorating Massage
- Antioxidant Raspberry Rooibos with Goji Berries Tea

DAY TWO — FLOW

- Flow Yoga or Pilates On-the-Ball
- Skin Brushing Session with Lymphatic Oil
- Lymphatic Massage
- Lymphatic Cleanser with Tuscany Pear Rooibos Tea

DAY THREE — DETOX

- Power-Packed Circuit
- Full-Body Clay Pack with Essential Oils, Herbs, and Seaweed
- Therapeutic Deep Tissue Massage
- Kidney-Cleansing Nettle, Dandelion Leaf and Horsetail with Sunshine Orange Rooibos Tea

DAY FOUR — BALANCE

- Bosu Training
- Herbal Body Wrap
- Full Body Reflexology
- Relaxing Chocolate Mint Rooibos Tea

DAY FIVE — INVIGORATE

- Kinesis Class
- Mint and Lemongrass Body Scrub
- Thai Massage
- Thai Ginger Rooibos Tea

DAY SIX — RENEW

- Foam Roll and Deep Stretch
- Visualization Meditation or Reiki Energy Work
- LaStone Massage
- Slim Tea with Godiva Roche Rooibos

ONE DAY: $235 member/ $295 nonmember
SIX-DAY PACKAGE: $1395 member/ $1645 nonmember

Round out your six-pack day with a private meditation session for $25.

VICHEY SHOWER

60 MIN: $90 member/$115 nonmember
Six shower heads rain down on you as we perform our season body treatment.

MEDITATION

$40 private session
$20 per person in groups of 4-6
Various practices available

LASH EXTENSIONS

Full Set $250
Fills $75+
Semi-permanent Mascara $50
Party Lash Application $35

THE SPA AT GAINEY VILLAGE 480.609.6980
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the Spa
www.villageclubs.com

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