

# Spa Menu

707 Mariners Row | Suite 103 | Newport News, VA | 23606 | 757.271.8813

# Face Rituals

Every facial begins with an aroma journey that calms and soothes your mind and soul. Skin analysis, cleansing, exfoliation, extractions, masque, and moisturizer follow. Our 80-minute facials include a luxurious eye, hand, and foot treatment.

## **Naya Signature Facial**

50 minutes, \$70                      80 minutes, \$110

Enjoy a customized purifying facial designed for all skin types. This ritual includes cleansing with sulfate-free cleansers, toning with floral waters and gentle exfoliation to remove dull skin surface cells.

## **Wabi-Sabi**

50 minutes, \$75                      80 minutes, \$115

Discover your true beauty. This facial use natural antioxidants to help promote oxygenation of the cellular tissue with the help of free radical destroying green tea and the enhanced circulatory effects of raw wasabi.

## **Back Facial**

25 minutes, \$50                      50 minutes , \$75

Succumb to a relaxing and effective treatment for your not so pretty blemishes on your back. Enjoy a deep cleansing with steam, exfoliation, extractions, and a soothing massage. You'll look back and see smooth, flawless skin.

## **Corrective Facials**

### **Pure Bliss**

50 minutes, \$95                      Six treatments, \$475

Need to put your best face forward? This purifying treatment uses Wild Black Cherry or Pumpkin enzymes to clear the skin of cellular build-up nourishing the skin from the inside out.

### **Soothing Acne Facial**

50 Minutes, \$95                      Six treatments, \$475

This facial was designed with your unruly skin in mind to correct combination, oily, and acneic complexions. Antibacterial extracts of Juniper Petitgrain help to clear up the skin and control sebum, leaving a soft, matte finish.

### **Naya Peel**

50 minutes, \$95                      Six treatments, \$475

This regenerating treatment will remove unwanted layers of dull, flaky skin and stimulate cellular renewal with a 15% glycolic peel. Using all-natural alpha and beta hydroxy acids to gently exfoliate the skin and reduce the appearance of fine lines and wrinkles, this treatment will ensure visible results.

### **Sun Goddess**

50 minutes, \$95                      Six treatments, \$475

For our sun worshipers, this soothing facial will reverse the effects of sun damage and aid in cellular regeneration. Our Environmental Defense Mask and Botanical Skin brightener will lighten hyper-pigmented skin leaving your skin glowing.

## **PCA Peels**

These medical grade facial peels will produce improvements to pigment disorders, sun damage, acne, and aging. The initial peel will include a detailed consultation to determine whether the Jessner, Retinol, or TCA solution is best for your skin condition. All facial peels include cleansing, toning, and moisturizing.

Initial Peel, \$135

Single Follow-up Peel, \$105

Series of Six, \$475

### **Smoothing Body Peel**

Starting at \$95

This body treatment is formulated to smooth, firm, and hydrate while evening skin discoloration.

## Add-Ons

### **Glamour Eyes, \$25**

This treatment calms, soothes, and restores vitality to the eye area. Coneflower, an anti-inflammatory herb, reduces puffiness while Evening Primrose hydrates and supports cell synthesis.

### **Hand and Foot Treatment, \$20**

Your hands and feet will be drenched in hydrating crème while cradled in warm mittens. Say goodbye to rough, dry skin and hello to smoother, softer skin with this revitalizing treatment.

### **Shirodhara**

25 minutes, \$45

This Ayurvedic experience begins with warm oil poured over the ‘Third Eye’ inducing a state of deep relaxation. The oil is then massaged into the scalp, leaving you with a clear conscious and peaceful state of mind.

## Massage

*All couples massages can be performed in the same treatment room.*

### **Naya Signature Massage**

50 minutes, \$70                      80 minutes, \$110

Take a journey that will last a lifetime. Our signature massage is a fusion of Swedish and deep tissue massage techniques. The long, slow rhythmic strokes of the Swedish massage prompts relaxation, while the deeper strokes release tension bound muscles.

### **Naya Deep**

50 minutes, \$80                      80 minutes, \$120

Escape to a state of pure relaxation with this tension-releasing massage. Our deep tissue massage is customized to target specific areas of muscle tension or to enhance your athletic performance by focusing on sport-specific muscles. Pressure can be adjusted to your body’s unique needs.

*(Not recommended for first time clients.)*

### **Warm Buttercream Body Melt**

50 minutes, \$85                      80 minutes, \$125

This yummy massage begins by covering your body in warm buttercream shea butter. A soothing and relaxing massage relaxes your muscles while the shea butter softens and moisturizes your skin.

### **Healing Rocks**

50 minutes, \$90                      80 minutes, \$140

For centuries people have been drawn to the healing power of heat and the energy of stones. Experience this treatment, as warm stones are placed in your hands, along the back, at the feet and various chakra points on the body. Long, fluid Swedish-style massage strokes help to bring you to an elated state of bliss.

### **Bella Belly**

50 Minutes, \$80                      80 Minutes, \$120

What mom-to-be doesn’t need relief from lower back pressure, swelling and leg cramps? A treat for the expectant mother, this soothing massage is beneficial for safely alleviating tension and discomfort experienced during pregnancy. Bella Belly is recommended during second and third trimesters with Physician’s approval.

### **Reflexology**

25 Minutes, \$45

Enjoy this ancient Chinese treatment, where pressure will be applied to points on the feet which correspond with the individual organs and points on the body. Stimulating these reflexes will release stress and help to balance energy.

### **Herbal Massage Frictions**

Our Herbal Massage Frictions combine the best of therapeutic massage with the traditional practice of herbal medicine. The application of specific, rhythmic massage movements combined with potent herbal and aromatherapy oils, produce a truly therapeutic effect on the body.

50 minutes, \$75

80 minutes, \$115

### **Renew Friction**

Using Lemongrass and Ginger oil, this energizing massage promotes circulation and relieves muscle soreness and stiff joints.

### **Rest Friction**

Using French Lavender Soothing Oil, this deeply relaxing massage is designed to ease fatigue and soothe over-stressed nervous systems.

### **Detox Friction**

Using Juniper and Cypress Body Oil, this detoxifying massage aids in the elimination of toxins from sluggish circulatory and lymphatic systems.

## Body Rituals

### **Green Tea Infusion**

80 minutes, \$130

Your journey and transformation begins with a foot bath and a warm cup of tea. Next, our bamboo lemongrass scrub will gently exfoliate your skin. Your treatment continues with the warm waves of a hot green tea bath that will melt away your stresses and hydrate your skin. Meditative massage with warm stones blend together to transcend your body to another world.

## Body Polishes

### **Rosemary Citron Sea Salt Glow**

35 minutes, \$65

Sea Salts rich in mineral content are blended with spicy Rosemary and Citrus essential oils to stimulate circulation and slough away dull flaky skin. This invigorating scrub will soften the skin leaving the surface smooth and polished.

### **Bamboo Lemongrass Body Polish**

50 minutes, \$90

Zesty lemongrass and bamboo are blended to make this foaming exfoliating scrub effective in sloughing away dry and flaky skin. This body scrub is topped off with the application of our Thai Herbal Body lotion.

### **Sumatra Coconut Polish**

50 minutes, \$90

Fresh coconut is blended with Sandalwood, Jasmine, Vertiver, Clove and gentle buffing grains to sweep away surface skin cells. Ideal for sensitive skin types, this indulgent treatment includes body hydration and will leave your skin silky and smooth.

### **Naya Glow**

50 Minutes, \$80

Enjoy the radiant look of a golden tan without the damaging effects of UV Rays. We will exfoliate your skin with a sea salt glow, then apply a natural henna oil to leave you with a sun-kissed glow.

## Body Cocoons

### **Sushi Roll**

50 minutes, \$85

This toning and moisturizing skin firming treatment fortified with highly active seaweed extracts results in a tightening of the skin's supporting tissue. This treatment counteracts cellulite and promotes re-mineralization of the skin. Includes a deep scalp massage.

### **Warm Mud Wrap**

50 minutes, \$85

A warming melodic treatment that enhances the cells' regeneration. Skin is exfoliated with a dry brush, then warm mud is applied to the entire body. Your body is wrapped in a warm cocoon while the mud penetrates the skin leaving you feeling softer, smoother, and firmer. Includes a deep scalp massage.

### **Slimming Body Wrap**

Initial Wrap-\$130, Series of Three-\$375, Series of Six-\$500

This natural cellulite treatment aids in the removal of cellulite by softening, breaking down and freeing trapped toxins and waste materials in the connective tissues. Includes an mini facial.

## Bathing Rituals

Warm waves of water envelope your body and welcome you to drift away into another world. Customize your treatment to detoxify, relax or hydrate your skin. Our bathing rituals are the perfect complement to our indulgent massages.

### **Clearing Waters, \$45**

Detoxifying blends of Juniper and Cypress enhance circulation, tone the skin and decongest the body while opening the mind.

### **Calming Waters, \$45**

This calming bath eases nervous tension and stress related symptoms leaving you relaxed and grounded.

### **Healing Waters, \$45**

Foaming milk bath with Green Tea extracts and lactic acid hydrate the skin while soothing the soul.

# Hand and Foot Rituals

## Hands

### **Healing Hands**

45 minutes, \$45

Heal and revitalize your hands with this luxurious spa manicure. This holistic treatment is rich in essential oils and vitamins, leaving your hands looking revitalized and younger. Hands will be pampered with a scrub, mint mask, hot towels, and massage. The treatment finishes with your choice of nail lacquer.

### **Petite Manicure**

20 minutes, \$25

A soothing hand treatment which includes soaking, cuticle attention, and polish.

## Feet

### **The Journey, \$60**

Let us take you on an aromatherapy journey with this luxurious pedicure. Your first stop begins with a therapeutic herbal foot bath. This will be followed with exfoliation, a herbal mint mask, hot towels, and massage leaving your feet feeling hydrated and smooth. We will finish with your choice of nail lacquer. This is one journey that you don't want to miss!

### **Petite Pedicure**

30 Minutes, \$40

A revitalizing foot treatment which includes a foot bath, cuticle attention, and polish.

### **Aromatherapy Foot Massage**

20 minutes, \$30

Take your feet to places they have never been before with this extraordinary foot massage which includes a paraffin dip.

## Extra Nail Services

### **Polish Change, \$15**

### **French Manicure, \$10**

### **French Pedicure, \$12**

### **Paraffin Dip, \$15**

## Spa For Men

We have tailored these services especially for our male clients.

### **Naya Deep**

50 minutes, \$80

80 minutes, \$120

A deep tissue massage customized to target specific areas of muscle tension or to enhance your athletic performance by focusing on sport-specific muscles. Pressure can be adjusted to your body's unique needs.

(Not recommended for first-time clients)

### **Gentleman Facial**

50 minutes, \$80

This effective facial is designed to deep clean and soothe aggressively exposed skin related to sports or shaving. Pure plant-based products fortified with vitamins and antioxidants ensure visible results. Exfoliation, facial massage and re-hydration complete this purifying treatment. Includes scalp massage and hot towels.

### **Hand Detail**

25 minutes, \$25

Nails are expertly shaped, cuticles tended, hands moisturized and massaged, then buffed to a natural glow.

### **Foot Detail**

45 minutes, \$45

A relaxing foot treatment that consists of an herbal foot soak followed by nail shaping, cuticle tending, exfoliation, and a hot towel massage.

## Express Lane Services

Running short on time? Stop by for a miniature version of our signature treatments.

### **Express Massage**

25 Minutes, \$45

Need a quick fix on a nagging muscle. We'll let us work out the kinks during our relaxing upper-body massage with your choice of aromatherapy oil.

### **Express Facial**

25 Minutes, \$45

A relaxing deep cleansing treatment that leaves your face radiant and refreshed.

### **Petite Manicure**

20 minutes, \$25

A healing hand treatment which includes soaking, cuticle attention, and polish.

### **Petite Pedicure**

30 Minutes, \$40

A revitalizing foot treatment which includes a foot bath, cuticle attention, and polish.

## Hair Removal

<b>Brow Shaping</b>	<b>\$16+</b>	<b>Extended Bikini</b>	<b>\$55+</b>
<b>Brow Maintenance</b>	<b>\$12+</b>	<b>Brazilian</b>	<b>\$75+</b>
<b>Lip</b>	<b>\$10+</b>	<b>Underarms</b>	<b>\$25+</b>
<b>Chin</b>	<b>\$10+</b>	<b>Full Arm</b>	<b>\$40+</b>
<b>Full Face</b>	<b>\$30+</b>	<b>Forearm</b>	<b>\$25+</b>
<b>Full Leg</b>	<b>\$65+</b>	<b>Chest</b>	<b>\$55+</b>
<b>Half Leg</b>	<b>\$40+</b>	<b>Back</b>	<b>\$55+</b>
<b>Bikini</b>	<b>\$40+</b>		

## Make-Up Services

### **Eyelash Application**

**Starting at \$25**

### **Make-up Application**

**Starting at \$45**

### **Bridal Make-up**

**Starting at \$75**

### **Bridesmaid Make-up**

**Starting at \$35**

### **Complete Make-over**

**Starting at \$75 (per hour)**

### **Consultations**

**Free**

## Spa Packages

Our spa packages are a suggestion of treatments that will fit your body's mantra. Custom packages are also available. Package prices include gratuities.

<b>Dreaming</b> <i>(One and one half hours)</i>	<b>\$136</b>
▪Express Facial	
▪Express Massage	
▪Petite Manicure	
<b>Enlighten</b> <i>(Two hours)</i>	<b>\$160</b>
▪Signature Facial or Signature Massage	
▪Petite Manicure	
▪Petite Pedicure	
<b>Heavenly</b> <i>(Two hours)</i>	<b>\$206</b>
▪Signature Massage (50 min.)	
▪Rosemary Citron Sea Salt Glow	
▪Petite Pedicure	
▪Spa lunch	
<b>The Naya Man</b> <i>(Three hours)</i>	<b>\$242</b>
▪Naya Deep (50 min.)	
▪Hand Detail	
▪Foot Detail	
▪Aqua Ritual	
▪Spa Lunch	
<b>Ultimate Bliss</b> <i>(Two and one half hours)</i>	<b>\$248</b>
▪Signature Massage (50 min.)	
▪Warm Mud Wrap (50 min.)	
▪Calming Waters	
▪Spa Lunch	
<b>Soul Mates</b> <i>(Two hours)</i>	<b>\$354</b>
▪Two Signature Massages	
▪Two Signature Facials	
▪Spa Lunch	
<b>Nirvana</b> <i>(Four hours)</i>	<b>\$366</b>
▪Naya Deep (50 min.)	
▪Sumatra Coconut Body Polish	
▪Healing Waters	
▪The Journey Pedicure	
▪Petite Manicure	
▪Spa Lunch	

## Your Spa Experience

We pride ourselves on offering the best care and pampering for our guests. Please review all of our policies and procedures to ensure that your visit is truly a peaceful journey. If you have any questions or concerns, please contact the spa or speak to your therapist.

### **Spa Hours**

Monday - Saturday: 10:00 a.m.-7:00 p.m.

Sunday: Private Spa Parties Only

### **Arrival at the Spa**

We respectfully ask that you arrive 15 minutes in advance of your scheduled spa treatment to relax in the lounge area to prepare your body and mind.

### **Choosing a Therapist**

Please specify whether you would prefer a male or female therapist when you book your appointment.

### **What to Wear**

Robes and sandals are available for you to enjoy during your visit. Lockers will be provided, however we encourage you to leave valuables at home as we are not responsible for lost or stolen items.

### **Providing a calm environment**

Peace and quiet are essential elements of a relaxing spa experience. We ask that you please turn off all electronic items and store them in your locker. Smoking is not permitted on the premises.

### **Couples Room**

Reserve ahead for one of our popular couples room that allows you and a friend to enjoy your spa treatments together.

## Spa Concierge Services

### **Spa Party**

Make the party extra special with “Spa Party”. From bridal parties to princess parties, from girl’s day out to birthdays- there’s always a reason to celebrate. We can personally handle your special events, including cuisine, car service, flowers, and any special details to make your day special. Just speak to our spa concierge for further details.

### **Bridal Services**

We know it’s the most important day in your life, so make sure that you look and feel your best. Please speak to the our spa concierge to help coordinate a fabulous package for the bride, groom, and wedding party.

### **Membership**

We offer a Spa Membership for our clients who will be frequent guests. Please speak to the spa concierge for more information.

## Policies and Procedures

### **Booking Appointments**

To guarantee the time and therapist of your choice, please schedule your appointment at least two weeks in advance. A credit card is required at the time of booking to hold all appointments. We will try to accommodate walk-ins and last minute reservations if there is availability.

### **Payment Information**

We accept Visa/MasterCard, Diners, American Express, cash, gift certificates, and traveler checks. We do not accept personal checks.

### **Gift Certificates**

Let us help you pamper that special person. Gift certificates may be purchased from our front desk or on our website. Gift certificates are valid for six months and transferable. We will not honor lost or stolen gift certificates.

### **Gratuities**

Our prices do not include gratuities. Industry standard for gratuities is 15%-20%, but the amount you leave is completely at your discretion. Gratuities may be left in cash or on a credit card when you pay for your service.

### **Late Arrivals**

If you are more than 10 minutes late for your scheduled appointment, your treatment may be shortened.

### **Cancellation Policy**

We understand that you may need to cancel your appointment due to unforeseen circumstances. Please give us a 24-hour notice of your desire to cancel; failure to do so will result in a 100% charge for each appointment scheduled.

### **Products**

We apologize, however our skin care products are not refundable.