

Body Wraps & Other Services

Aromatic Seaweed Body Wrap	\$65.
This contouring seaweed treatment allows the body to detoxify while also providing essential elements and trace minerals necessary for the health of the skin and body.	
Cellulite Treatment	\$50.
Age old technique of cupping is used to break up cellulite. Special aromatic oils enhance process. Legs are treated then wrapped to allow absorption of proprietary oil blend and activate lymph system.	
Seasalt Scrub & Massage	\$35.
Sea salt and seaweed mixture is used to exfoliate, smooth and soften skin.	
Add following to any service:	
Paraffin Dip-Hands	\$ 8.
-heat aids arthritic pain and softens hands	
Paraffin Wrap-Feet	\$10.
-Excellent addition to a reflexology massage	
15 minute sauna	\$10.
30 minute sauna	\$20.
Aromatherapy massage	\$5-8.
-Add essential oils to further enhance your massage experience.	
Ear Candling	\$40.
-Can reduce noise and wax build-up in ears.	
Allow 1 hour	
Far Infrared Sauna	
Sauna detoxifies heavy metals, environmental toxins. Helps with arthritis and joint or muscle pain. Relaxes muscles before a massage. Opens pores and aids in detoxing when combined with a body wrap. Burns calories.	
15 minute session	\$15.
30 minute session	\$25.
5-30 minute sessions	\$110.
10-30 minute sessions	\$210.
With Other Services:15	\$10.
	\$20.
Raindrop Therapy	\$50.
Detox with essential oils along spine and a hot compress to intensify the effects. .	

Packages

Birthday Wish

Our special "Celebrate Me" birthday package is available only the calendar month of your birthday. Photo ID is necessary to get special discount. Package includes one hour Swedish massage, 15 minutes sauna session and a Time Out Express Facial. Approx 2 hrs. \$85.

Girls Day Out

Express Facial
WOB foot treatment
Swedish Massage:30
Get away from it all...relax, heal and renew. Lounge in your robe while sipping tea in our sanctuary with your group. Sauna is available at no extra cost for groups of 3 or more. Approx 2 hrs \$115.

Essential Time

Body Polish
Contour Wrap on legs
Sauna
Swedish Massage:60
Custom Facial Approx 3 1/2—4 hrs \$185.

Spa Sampler

Swedish Massage: 30
Express Facial
Sauna:15
Leg Wrap for Cellulite Control. Approx 2 hrs \$105.

Spa Two-gether Retreat

Sauna treatment: 15
Hot Stone Massage:60
Ayurvedic Scalp Massage:15
Bring a friend and share the experience. Many services can be received in a suite for two or separate service rooms. Approx 1 1/2 hr \$80.

Spa Rookie

Chair Massage
Walk on the Beach Foot Treatment
Paraffin Hand Treatment Approx 1 1/2 hrs \$70.

Men's Refresher

Neck/Shoulder Massage:30
Men's Express Skin Facial Treatment
Ayurvedic Scalp Massage
Far Infra-red Sauna Session:15 Approx 1 1/2 hrs \$90.

Packages cannot be split: must use in one visit. Price is per person. Package cannot be substituted or shared. Feel free to create your own from our list of services.

TIME-OUT DAY SPA



A safe haven where clients can relax and receive individualized treatments from professionally trained personnel

Time-out Wellness Center & Day Spa

570-748-4505

570-858-5531

Gift Certificates Available

Open weekdays 9am to 6 pm. Other times by appointment. Walk-ins on as available basis.



Member American Bodywork and
Massage Professionals

Time Out Day Spa located at
108 Woodward Ave.
Rte 150

Lock Haven, Pa 17745
Just minutes from downtown Lock Haven
across the Constitution Bridge in Dunnstown
Free & easy parking
Wheelchair accessible facility

We have Biofreeze and
essential oils for sale.

Most credit cards accepted



Massage is necessary for the body but is also good for the mind and spirit. Decreasing stress and improving well being are benefits that occur with massage when received on a regular basis.

Massage

Swedish :60 minutes	\$50.
:30 minutes	\$32.
:90 minutes	\$70.

Targets muscle tension and stimulates blood circulation. Customized to your preference in intensity.

Sports Massage \$60.

Uses intense kneading of the muscle to release chronic patterns of stress in the body. Careful attention is given to the neck, shoulders, back and legs where fatigued muscles retain toxins.

Shiatsu \$55.

An Eastern technique combines the ancient eastern arts of health, balance and restoration. Based on centuries old accupressure techniques to release stress and unblock the body's energy pathways.

Hot Stone Massage \$60.

The healing energies of smooth, heated river stones are used in conjunction with classic massage strokes to melt stress.

Lymph Drainage 60 minutes \$55.

Partial body \$1./min.

A feather light touch assists the movement of waste and toxins through the lymphatic system. Enhances the results of body wraps.

Reflexology \$45.

Body meridians on the feet are massaged. Benefits the whole body. Inc: exfoliation & softening creams.

Without exfoliation & softening.

Prenatal Massage \$55.

Reduce pregnancy discomforts and concerns and enhance the physiological and emotional well-being of both mother and fetus.

Cancer Massage \$50.

Tailored to the needs of individuals with cancer. Improves quality of life.

Chakra Balancing \$50.

Having a perfectly balanced chakra system will have an amazing effect of calm energy in body and mind.

Massage

Aromatherapy Swedish Massage

Incorporate your choice of Essential Oil or Oil blends to further enhance your massage.

Some choices include:

Eucalyptus & Peppermint for colds.

Rose and Lavender for relaxation.

Lemongrass & Pettigrain to enliven.

Single oil add to any massage.

Oil blend add \$1 for each addition.

Massage for Two

COUPLES SUITE AVAILABLE

Side by side tables so you and your best friend can enjoy a spa service at the same time. Try a hot stone massage or bodywraps

Therapeutic Deep Tissue \$65.

Intensified pressure with a combination of trigger point and Swedish techniques to work specific problem or chronic related areas. Due to deep muscle work, discomfort and bruising may occur.

Headache Treatment

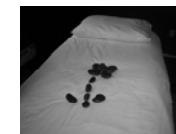
This treatment starts with the use of essential oils to release tension. Then focuses on accupressure points on the head, neck, face and shoulders along with a soothing massage to ease your headache.

Eucalyptus Sinus Treatment \$35.

Helps relieve sinus headache, pain and pressure due to chronic sinus problems, allergies, etc. Your senses will be taken over with eucalyptus. Gentle facial massage and trigger points will clear nasal passages. 30 minutes

Chair Massage \$1/min.

Don't have time to get on the table, try 15-30 minutes of chair massage to relieve tension in back, shoulders and neck.



ther Services

Facial Massage \$55.

Face massage can help tone face muscles and reduce sagging skin and wrinkles making you appear younger. Hot and cold therapy further tones and tightens. Essential oils and products enhance therapy. Includes mask.

Facial Massage for Men \$55.

Ideal for men, this facial deeply concentrates on heavier zones for intense cleansing. Your skin will feel smooth and refreshed

Massage Facial for Delicate Skin \$60.

Special creams and oils just for the lady whose skin needs a lighter touch.

Foot Facials \$50.

Reflexology session with steam or paraffin foot wraps. Helps to soften and relieve pain. Try it as a couple. Allow 1 hour.

Walk on the Beach Foot Facial \$50.

Relax with a lemonade or iced tea while being serenaded by the sound of the ocean as your feet are cleansed, exfoliated then massaged. A mixture of seaweed and sea salt soften and renew tired feet. Steamy towels are applied over a softening cream. A reflexology session is done then a cooling mint julep mask is applied. Allow 1 hr

Back Facials \$45.

Backs can be a problematic area for many people. Relax while we cleanse, exfoliate and hydrate, addressing those problem areas.

Express Facials \$35.

Covers just the basics. A good cleansing, exfoliation and hydration. A quick facial refresher. 25 min

Take Time  out To Be Well