

Spa Gregorie's

Orange County's Premier Spa

Monday 11am-9pm, Tuesday-Sunday 9am-9pm
200 Newport Center Drive, Suite 100, Newport Beach, California 92660

MORE THAN EVER, WELL-BEING HAS become a priority in our lives. A healthy balance of body, mind, and spirit – a concerted focus on whole-body harmony and health. At Spa Gregorie's, we bring a new center for refined well-being to Newport Beach.

Spa Gregorie's is an oasis, a unique retreat for men and women to escape the rigors of daily stress and to replenish

the body and soul. We offer a broad and advanced range of skin and body treatments to enhance your health. Treatments which nourish, heal, and balance. Our goal is to provide improvement not only in your body, but also your psyche, your attitude, and in the way you feel about taking care of yourself.

The team at Spa Gregorie's is committed to our clients' well-being. We are motivated, trained, and passionate about providing positive change in our clients' lives. Our approach to skin and body care is focused on pure extracts from nature plus modern technologies to work their small miracles. Our

staff has extensive training on effective approaches to well-being and we hope to improve your life just a little through our therapies.

We offer you luxurious amenities and surroundings as an incentive for taking care of yourself. Warm, European décor, luxurious robes, a quiet room with a stone fountain, eucalyptus steam rooms, and other amenities are here to envelop your senses in Spa Gregorie's luxury.

We look forward to becoming a part of your wellness regimen and welcome the opportunity to serve you.

SPA MESSAGES

MASSAGE HAS CONFIRMED THERAPEUTIC values beyond the relief it provides sore muscles. Massage has been proven to improve circulation, strengthen connective tissues, improve mental alertness, strengthen the immune system, promote more restful sleep, and more. Our professional staff is expert in their craft and many have advanced certifications in specialized techniques. All are committed to making your Spa Gregorie's massage deeply relaxing, therapeutic, and comfortable.

Swedish

Using classic European massage techniques, a full body massage will stimulate circulation, improve skin and muscle tones, relieve tension and soothe tired muscles. A calming and nurturing therapy.

1/2 Hour \$55, 1 Hour \$90, 1-1/2 Hours \$130

Deep Tissue

Deep pressure to specific trigger points of the body relieves stress and tension, stimulates energy, and allows the natural flow of oxygen to the blood. This treatment is therapeutic, energizing, as well as relaxing. An intense massage recommended for those who have had massage before.

1/2 Hour \$55, 1 Hour \$90, 1-1/2 Hours \$130

Sports Massage

Deep stroking methods plus special stretching movements specific to your sport soothe and invigorate muscles before or after sports activity. Helpful with injury prevention, rehabilitation, and flexibility. Therapeutic and energizing. For maximum benefits, precede with 15-30 minute hydrotherapy treatment to warm up the muscles.

1/2 Hour \$55, 1 Hour \$90, 1-1/2 Hours \$130

Reflexology and Scalp/Neck/Shoulders

This combination treatment encourages the body to naturally balance and correct itself through the ancient art of reflexology (stimulation of trigger points in the feet and hands). Includes an aromatherapy massage treatment especially for the scalp, neck and shoulders, creating a state of deep relaxation.

1/2 Hour \$55, 1 Hour \$90

Soothing Stones

Allow the warmth of radiant river rocks to literally melt the stress out of your muscles. This unique therapy incorporates ancient Eastern modalities with the use of warm smooth stones for a relaxing and relieving massage sensation you won't forget!

1-1/4 Hours \$120

Yogassage

Also known as 'Thai' massage, this therapy combines yoga-like stretches with massage, for some very profound stress relief. We will stretch, knead, and twist all the tension out of your muscles in a series of movements often called 'lazy man's yoga'. The massage (just like yoga postures) also has a purifying effect, leaving you relaxed, relieved, and centered. A must try! Please bring or wear loose, stretch clothing for this massage.

1-1/4 Hours \$120

Tui Na Therapy

A bodywork therapy similar to acupuncture except that the work is done entirely by hand. Tui Na is performed by our licensed Acupuncturist. Tui Na begins with a Chinese diagnostic and includes a broad range of modalities including: Shiatsu, Acupressure, Magnetic Field, Aromatherapy, Reflexology, Lymphatic drainage, Chakras, Su-Mac therapy and Black Jade Stone.

1-1/4 Hours \$130

MOTHER TO BE

*YOU'RE PREGNANT!
Now is the time for you to take special care of yourself. The next nine months are going to be a time of preparation and growth so take advantage of our therapeutic treatments to help you look and feel your best both during and after pregnancy.*

Maternity Massage

Your body is changing and experiencing unique stresses and strains. Our therapists are trained in maternity massage techniques to relax and relieve the aches and pains experienced by expectant mothers.

One Hour \$95

PreNatal Facial

This facial treatment addresses the hormonal changes that naturally accompany pregnancy. Most moms-to-be experience some change in their skin whether it be breakouts or sensitivity, or just unusual reactions to products. All are addressed in this facial designed especially for expectant moms!

One Hour \$90

Spa Pure Sauna Body Mask

This warm body mask provides super hydration necessary to prepare your skin for the changes it is about to encounter. The full body treatment begins with a body polish and includes massage as part of product application. Leaves skin baby-soft!

One Hour \$95

Mother to Be Signature Pedicure

While you are listening to soothing lullabies, we will baby your legs and feet to relieve that heavy and tired sensation. A detailed pedicure, plus a cooling marine masque, circulation-enhancing massage, and cooling leg gel.

1-1/4 Hours \$70

Magnificent Mom Package

Treat a special Mother to Be with a complete assortment of Spa Gregorie's Mother to Be services. Four fabulous treatments to nurture and pamper the expectant Mom.

PreNatal Facial, Maternity Massage, Spa Pure Body Mask, Mother to Be Pedicure, plus Lunch. \$330

Spa Gregorie's

BODY WRAPS & POLISHES

WRAPS ARE AN EXCELLENT TREATMENT for detoxifying, rehydrating, and for spot firming and toning. We offer the finest in the world at Spa Gregorie's. Our body polishes make the skin glow with youthful radiance and shine and leave skin baby-soft and extra receptive to other treatments.

Detoxifying/Slimming/Toning

Detox Seaweed Wrap

This refining algae wrap provides exfoliating, detoxifying, and slimming benefits. We start with a full body exfoliation, then follow with a relaxing back massage using pure essential oils. Afterwards, we wrap you in a warm seaweed mask, then envelop you in a warm cocoon to promote the penetration of the seaweed's purifying and remineralizing elements. You will emerge purified and with improved skin tone! **1-1/4 Hours \$110**

The Ultimate Shrink Wrap

At last! A treatment to reduce the appearance of cellulite and rid inches off the body. You'll "waist away" as this warm mud wrap chases toxins and excess fat out of the body resulting in a firmer, slimmer figure. **1-1/2 Hours Full Body \$115**

Endermologie™ Cellulite Treatment

Endermologie from LPG is the world's first Patented and FDA approved therapy for the reduction in the appearance of cellulite. Working on the dermal layers which 'trap' toxins

which create the dimpled look of cellulite, the Endermologie machine gently rolls the skin to flatten and smooth its natural contours. Results are amazing! **1 Hour \$95. Series of 10 \$855, or \$950 with FREE nutritional counseling and guide.**

Exfoliating/Hydrating

Lavender/Tangerine/Honey Body Polish

This uplifting tangerine, therapeutic lavender, fine sea salts and creamy honey butter scrub gently removes dead cells from the surface of the skin, while replenishing the cells with moisture and vitamins. The warm Vichy shower gently rains on the body throughout the treatment. Good enough to eat! **45 Minutes \$85**

Pineapple-Papaya Body Scrub

This tropical treat features Epicuren's facial-quality products to exfoliate and moisturize the entire body. Papaya is known for its active enzymes which exfoliate dead skin, and the Pineapple cream super-hydrates and leaves the skin with a scent of the tropics! **\$85**

Epicuren Deluxe Body Facial

Using facial-quality products from Epicuren, this aromatic treatment exfoliates, hydrates, and tones the body for the silkiest of skin. We start with a superfine Herbal Enzyme Scrub to eliminate dead skin, followed by an Orange Blossom Aromatherapy Mist, and top that off with an enzyme-based body lotion. The last step is a peppermint glycolic lotion which is left on the skin to leave it soft and smooth. Yummy! **1 Hour \$105**

Hydra Quench Body Wrap

For the body in need of serious hydration, this is the treatment for you! We begin with a full-body exfoliation, then apply a luxurious hydrating mask to the skin. While you are wrapped in a warm cocoon, we massage your scalp, face, and neck. Finishing off with a body moisturizer, your skin will be soft, supple, and extremely hydrated. **1-1/2 Hours \$115**

Buff, Slough and Bronze

The easiest, safest, and fastest way to a perfect tan! Spa Gregories and SunMist ageless tanning combine to offer you an instant golden glow – at special savings! We start at Spa Gregories with a Pineapple/Papaya full body exfoliation to rid all dead skin from head to toe. Then you'll be ready for SunMist's patented fine-mist tanning spray. Minutes later, your skin will be silky-smooth and beautifully bronzed! And with NO harmful UV rays to damage your skin. **\$95, includes a coupon for a tan treatment at SunMist Ageless Tan (\$30 value, located at 2744 E. Coast Hwy, Corona del Mar)**

MD Body Peel

Achieve breathtaking skin with the Professional MD Skincare Alpha Beta® Daily Body Peel developed by leading New York Dermatologist Dr. Dennis Gross. Formulated to improve skin firmness, smoothness and appearance, the Alpha Beta® Daily Body Peel retextures dry skin, reduces the appearance of breakouts, fades discoloration, gently exfoliates dulling surface cells while releasing ingrown hairs, and moisturizes the entire body for an instant glow. **1 Hour, \$110**

HYDROTHERAPY

THIS IS NO ORDINARY WHIRLPOOL BATH! Our state-of-the-art Hydrotherapy tub sports hundreds of air and multi-speed water jets to provide underwater massage and body therapies. "Take the waters" to destress, soothe sore muscles, or detoxify your system. All but the Express Hydro include a scalp massage while you are relaxing in your bath. Remember to bring an old bathing suit to wear in the tub!

Herbal Aromatherapy

A combination of herbs and essential oils combine to offer the specific effect of your choice: Calming, Invigorating, or Healing. **30 Minutes \$50**

Detoxifying Thalassotherapy

This spirulina-rich bath is developed from algae harvested off the coast of France and contains essential minerals and nutrients to restore the body's natural balance and well-being. Naturally detoxifying, this bath will cleanse and revive a depleted system. **30 Minutes \$50**

Milk and Honey Bath

Enjoy the soothing power of our hydrotherapy tub's high-powered jets while our Milk and Honey bath exfoliates and hydrates your skin! Topped off with a therapeutic scalp massage while you soak and you're in another world! **30 Minutes \$50**

Express Hydro

Hydrotherapy is an ideal companion to massage and body treatments. The soothing jets will relax the muscles, while opening the pores and detoxifying the skin. **15 Minutes \$30**

SPA SIGNATURE FACIALS

IT IS POSSIBLE TO HAVE CLEARER, healthier skin, and to reduce the signs of aging! Our collection of world-class facial treatments combine the finest natural ingredients with proven techniques to help you put your best face forward!

Sensitive Skin

This award-winning treatment helps to dramatically reduce the appearance of broken capillaries and soothe irritated skin. Specially formulated from maple extracts, it will calm and soften even the most sensitive skin. Excellent for delicate skin and sunburns. **1-1/4 Hours \$100**

Dry Skin

Essential to restore and maintain the skin's moisture level so often deficient in dry complexions. Relieves uncomfortable tautness as fine lines and wrinkles are diminished. **1-1/4 Hours \$100**

Arcona Facial Phenomenon

Experience this amazing enzyme rejuvenation treatment sought out by such stars as Julia Roberts, Sarah Jessica Parker, Heather Graham, Sigourney Weaver, Madonna, and many more! By having an enzyme peel regularly, your body is forced to constantly produce new skin cells, which in turn creates phenomenally stronger, healthier, and younger looking skin. The results are cumulative, as improvements increase over a series of treatments. **50 minutes \$100. Series of 6, \$540**

Purifying & Deep Cleaning

An excellent regimen for any skin and especially those prone to oiliness and breakouts, this treatment thoroughly frees blocked pores, rebalances sebum production, and reduces breakouts and shine on the skin. Milder than the Acne Facial. **1-1/4 Hours \$100**

Epicurabrasion

Epicurabrasion is a supercharged combination of Microdermabrasion & the famous Epicuren Enzyme Mask for improved rejuvenating results. Microdermabrasion is a skin resurfacing treatment designed to reduce fine lines, shrink pores, and lighten hyperpigmentation and scars. Combined with the Epicuren Enzyme peel, skin heals faster, more evenly, and with the toning & tightening effects of the Epicuren treatment. **1-1/4 Hours \$175**

Facials continued next page.

Spa Gregorie's

SPA SPECIALTY FACIALS

Arcona Instant Facelift

This ultra firming facial treatment combines vitamins, amino acids, and antioxidants to strengthen and tonify the skin. Highly active and regenerative properties gently exfoliate, firm and tonify leaving your skin with that Arcona Glow. Great for special occasions when you want to look your best! **1 Hour \$95**

Oxygen Facial

This treatment is a breakthrough in skin nourishment, delivering a cocktail of potent vitamins and minerals for remarkable results. A bath of pure oxygen is the crowning glory of this revitalizing facial. Excellent for post-laser or surgery as it is healing and regenerative. **1-1/4 Hours \$120**

Rejuvenation Deluxe by Arcona

The ultimate in pampering and beauty, this exclusive 1-1/2 hour treatment incorporates Arcona's Signature Enzyme Peel, a Firming & Toning Lift Mask, Vitamin B Treatment, special Hydrating Mask, and Firming Skin Treatment. A complete transformation for the skin and renewal of your spirit. **1-1/2 Hours \$150**

Epicuren Facial

This results-oriented treatment is the ultimate in skin rejuvenation. It includes a hot cinnamon peel and 2 enzyme masques which help draw out impurities and maximize the skins elasticity. This treatment is referred to as the Rolls Royce of facials due to the fundamental improvement it produces in the health of the skin. **1-1/4 Hours \$125**

Classic Facial

The basic regimen for healthy skin which provides cleansing, purifying, rehydrating, and relaxation treatments. **1 Hour \$90**

Acne Facial by Epicuren

This Acne-fighting treatment is gentle yet effective at dissolving active acne. It reduces the need for extractions, making scarring less likely. Healing and anti-bacterial, this treatment includes an anti-inflammatory masque to soothe the skin. **1 Hour \$80**

Teen Clean

Help promote healthy skin and positive skincare habits with

this therapeutic treatment designed especially for youthful skins. This facial will clear up problem areas and help prevent recurring breakouts through education and home care recommendations. An excellent confidence booster – even better when booked as a series. **45 Minutes \$70**

Back Facial

Eradicate the stress and toxins that build up in your back with this therapeutic and beautifying treatment. We banish dead skin, super-cleanse the pores, tone up the skin with a masque and then moisturize for a glowing result. A must for summertime and those revealing backless dresses! **45 Minutes \$70**
Not suitable for expectant moms.

New! Hydraquench Facial

Ideal for those who need extra hydration due to travel, weather, jet lag, or genetics, this facial deep-exfoliates to remove dead, dry skin, then drenches the skin with a rich moisture mask. Relaxing, Innovative, and Regenerating, this service uses Aloe Vera, Propolis, and Silver Ion complete the treatment, sealing in super-nourishing moisture. **1-1/4 Hours \$100**

BOOSTER TREATMENTS

New! Arcona Eye Treatment

Where did those wrinkles go? You won't believe your eyes as you see fine lines and crows feet literally disappear from the eye area! May be booked as an add on to Arcona Facial Phenomenon or Rejuvenation Deluxe ONLY. **Added to a treatment \$20**

Alpha-Beta™ Lunchtime Peel

This four-step, state-of-the-art chemical peel is ultra-modern and potent in its skincare technology yet extremely gentle and effective in its results. Dramatically improves skin's firmness, radiance and clarity; reduces fine lines, enlarged pores, and hyperpigmentation; and prevents breakouts and can prevent

Rosacea. Best when used in conjunction with the 30-day Home Peel System. **30 Minutes \$50**

MANICURE AND PEDICURE

EA HAND OR FOOT TREATMENT AT SPA Gregorie's is unlike any other on Earth! Lavender and Sea Salts are used as our basic soak, offering superior exfoliating and moisturizing qualities. A warm radiant neck pillow soothes the neck and shoulders while our expert staff provides an unforgettable natural nail manicure and/or pedicure.

Spa Signature Pedicure

The ultimate pedicure! Includes aromatherapy soak and whirlpool bath, exfoliation, choice of marine masque or paraffin dip, moisturizer and polish. Your legs and feet are silky smooth, refreshed, and impeccably groomed! You'll feel like you're walking on air! **1-1/4 Hours \$60**

Spa Signature Manicure

A treat for your hands and arms! We will soak and exfoliate your skin, then apply a masque or dip in paraffin, followed by massage, moisturizer, and polish. An all-natural toning and hydrating treatment for the hands. **1 Hour \$45**

The Ultimate Detail Pedicure

The Ultimate Detail Pedicure for seriously needy feet. We start with a sea salts whirlpool soak, exfoliate from the tips of your toes to your knees, use a glycolic peel to remove dead skin,

destroy all corns and callouses, clean and shape the nails, trim the cuticles, triple paraffin dip, then polish and finish off with a dusting of powder. WOW! **1-1/2 Hours \$80**

Lavender & Sea Salts Manicure

Make a statement with well groomed nails. We will cleanse and shape your nails, trim the cuticles, massage, then finish off with buff or polish. For men and women. **45 Minutes \$30**

Lavender & Sea Salts Pedicure

There is nothing like a good pedicure. Ours begins in a whirlpool tub and continues with exfoliation of dead skin, nail shaping, cuticle work, massage, and polish. **1 Hour \$45**

Gentleman's Manicure

A well manicured man is certainly a symbol of success. Our Gentleman's Manicure communicates your sense of refinement and is the quintessence of superb grooming. **45 Minutes, \$30**

Dr. Roth Pedicure

Embarrassed to show those toes? We know how you feel and we have the answer with the Dr. Roth pedicure. Dr. Roth is a world-famous podiatrist who has developed an effective, all-natural remedy for foot and nail fungus. By combining regular treatment with Dr. Roth's homecare, you will eliminate embarrassing fungus and have beautiful hands

and feet you'll want to show off! **Initial Visit: \$100 (includes \$40 foot care kit), Subsequent Visits: \$65**

Mother to Be Signature Pedicure

While you are listening to soothing lullabies, we will baby your legs and feet to relieve that heavy and tired sensation. A detailed pedicure, plus a cooling marine masque, circulation-enhancing massage, and cooling leg gel. **1-1/4 Hours \$70**

Buff and Fluff

The quickest way to beautiful hands and nails. Polish change plus nail shaping and a triple paraffin dip. **25 Minutes \$30**

Soothing Soles

Completely rid your feet of dead skin, leaving you with the softest feet you have ever known! **\$15 (included in Ultimate Detail Pedicure)**

Polish Change \$15

French Manicure or Pedicure \$5 additional

Nail Repair \$5/nail

Paraffin Dip \$10

Spa Gregorie's

MICRODERMABRASION

ERADICATE THE RAVAGES OF TIME WITH this breakthrough cosmetic skin resurfacing system. Our Microdermabrasion treatments finish with a super hydrating masque to leave your skin radiant and rejuvenated. Microdermabrasion can minimize or eliminate: fine lines and wrinkles, enlarged pores, stretch marks and scars, sun damage, acne, and hyperpigmentation.

(The benefits of Microdermabrasion over other, more invasive peels are: painless, zero down time, immediate results, no peeling or dryness, and less costly.)

Consultation *Free*

Face Treatment Only **\$140**

Series of 3 Face Treatments **\$380**

Series of 6 Face Treatments **\$700**

Face, Neck and Decollete Treatment **\$195**

Series of 3 Face, Neck and Decollete Treatments **\$525**

Series of 6 Face, Neck and Decollete Treatments **\$975**
Other Areas *Ask for a quote*

Epicurabrasion

Epicurabrasion is a supercharged combination of Microdermabrasion & the famous Epicuren Enzyme Mask for improved rejuvenating results. Microdermabrasion is a skin resurfacing treatment designed to reduce fine lines, shrink pores, and lighten hyperpigmentation and scars. Combined with the Epicuren Enzyme peel, skin heals faster, more evenly, and with the toning & tightening effects of the Epicuren treatment. **1-1/4 Hours \$175**

PREMIER MEDICAL AESTHETICS

PREMIER MEDICAL AESTHETICS BRINGS state-of-the-art cosmetic procedures to Newport Beach's premier Day Spa, Spa Gregories. From Laser Hair Removal to Anti-Aging therapies, Premier Medical Aesthetics brings the highest level of technology, experience, and professionalism to discriminating clients.

PMA is headed by Dr. Richard Mantell, a board-certified physician trained in Internal Medicine with 23 years' experience. He and his team have performed thousands of procedures for many satisfied customers. Their expertise and training ensure you the results you desire performed by seasoned professionals.

Botox®

This muscle-relaxing product is used to diminish 'expression lines' in the face, such as between the brows, in the forehead, and around the eyes.

1st area treated	\$250
2nd area treated	\$225
3rd area treated	\$200

Restylane®

The successor to collagen, Restylane is a manufactured form of hyaluronic acid, a product found naturally in the body. Restylane absorbs 100 times its volume in water, providing the 'fill' effect used to fill wrinkles, lines, and plump up lips.

1 syringe	\$595
2nd syringe	\$575

Photofacial

Using a laser-like device, "Liver Spots", freckles, hyperpigmentation, and tiny broken capillaries all disappear, leaving skin looking years smoother and younger.

Photo Rejuvenation	Per session
Face	\$550
Face & Neck	\$700
Neck	\$350
Neck & Chest	\$750
Chest	\$550
Forearms	\$575

Hands	\$350
Forearms & Hands	\$725
Lower Legs	\$700
<i>Buy 2 Photofacial sessions, get the 3rd 1/2 price!</i>	

Vascular/Pigmented Lesions	Per session
Rosacea	\$325
Facial Veins	\$325
Pigmented Lesions	\$325
Melasma	\$325
Solar Lentigo	\$325
Angioma	\$325
Birthmarks	\$325
<i>Buy 2 Vasc/Pigm sessions, get the 3rd 1/2 price!</i>	

IPL Acne Therapy

The same device used for Photofacials is used to target the bacteria that causes acne and stop it dead in its tracks in a matter of weeks.

Acne Treatment	Per session
Face	\$150
Back	\$250
Back & Shoulders	<i>at quote</i>
Chest	\$150

IPL Hair Removal

Imagine never having to wax, tweeze, or shave again! It's possible with our IPL Hair Removal treatments. Over a series of treatments, this therapy stops unwanted hair follicles from being able to produce new hair.

Hair Removal	Per session
Abdomen Men \$300 -	\$500
Abdomen Women	\$150-\$250
Forearms: Both	\$300-\$450
Upper Arms: Both	\$300-\$450
Back	\$450-\$850
Beard Neck and Face	\$350-\$575
Bikini Line	\$150-\$275
Breast	\$125
Buttocks	\$230-\$300
Chest: Men	\$300-\$450
Chin	\$75-\$150
Full Face	\$350
Ears: Both	\$130
Eyebrows: Both	\$150

Feet: Both	\$150
Hands: Both	\$150-\$200
Legs: Full-Both	\$650-\$1,150
Legs: Upper	\$425-\$700
Legs: Lower	\$425-\$700
Lip: Upper	\$80-\$100
Neck: Back	\$130-\$175
Neck: Front	\$175-\$225
Shoulders: Both	\$225-\$350
Sideburns or Cheeks	\$150-\$250
Underarms: Both	\$150-\$175
<i>Buy 4 treatments, get the 5th FREE!</i>	

Sclerotherapy

The oldest and most trusted method for eradicating spider veins in the legs, Sclerotherapy uses an injected solution that 'kills' unwanted veins. The veins then decompose and gone are unsightly road maps on your legs.

Sclerotherapy	Per session
treatment for spider & varicose veins	
30 minute segment	\$300
45 minute segment	\$425

Thermage®

Imagine a facelift without surgery!! Especially effective for lifting jowls, necks, foreheads and eyes, this treatment is also used on arms and other body parts. Thermage uses very specific radio frequency energy, which causes collagen to contract and causes new collagen to form, thus 'lifting' sagging skin.

Face and Neck	\$2,995
Face Only	\$2,495

Mesotherapy

Unbelievable but true! Painless injection that melts fat and cellulite - you won't believe the results! Tiny "medicinal bullets" are delivered directly into the mesoderm (middle layer of skin) that cause fat cells dissolve - never to return again!

Mesotherapy	Per session
One Area, One Treatment	\$500
One area, Three Treatments	\$1,250

Spa Gregorie's

HAIR REMOVAL

comfort as we remove your unwanted hairs. And our use of disposable probes assure you the utmost in sanitary discipline. Come in and find out why our staff is recommended by more Doctors and Dermatologists in Newport Beach.

Initial consultation	Complimentary
15 Minutes	\$33
30 Minutes	\$48
45 Minutes	\$60
1 Hour	\$70

ELECTROLYSIS – BANISH UNWANTED HAIR permanently through our professional electrolysis treatments. Our gentle techniques and special Spa Gregorie's touches ensure you the maximum

WAXING

SAY GOODBYE TO THOSE TWEEZERS, RAZORS, and unwanted hair. Our skilled aestheticians use superior waxing products and techniques to provide perfectly shaped brows, and silky smooth skin. Our new leg and arm wax even has a growth inhibitor so you won't have to wax as often!

Leg Full	\$70
Leg Half	\$40
Full leg with bikini	from \$80
Bikini	from \$30
Underarm	\$15
Back Full	from \$55
Half back	from \$35
Arms Full	\$50

Arms Half	\$35
Brows	from \$25
Upper Lip	\$12
Lip & Chin	\$18
Lip & Brow	from \$35
Full Face	from \$40 (does not include eyebrow shaping)
Half Face	from \$20
Ears	\$15

SPA SIGNATURE & PACKAGES

OUR TREATMENT PACKAGES ALLOW YOU TO obtain the maximum benefit of Spa Gregorie's therapy through tailored programs which enhance effectiveness via combined treatments. Packages can be arranged to work around your schedule and are favorably priced relative to individual treatments. The optimum way to enjoy the benefits of Spa Gregorie's therapies.

Gregorie's Great Escape

The quintessential indulgence! This Top to Toe ensemble will treat every inch of your body with the best of Spa Gregorie's treatments! Gregorie's Great Escape includes: *Eucalyptus Steam bath, Lavender/Tangerine/Honey Body Scrub, 15 minute Hydrotherapy, Detox Seaweed Wrap, One Hour Massage, Signature Facial with skin analysis, Spa Pedicure, Paraffin Hand or Foot Treatment, Hairstyle, Makeup, and Spa Cuisine Lunch.* \$550

Gregorie's Petite Escape

Five fabulous treatments to nurture the skin, body, nails, and psyche. A fabulous way to spend a day! Gregorie's Petite Escape includes: *1/2 Hour Hydrotherapy of choice, 1 Hour Massage, Signature Custom Facial, Manicure, Pedicure, and Spa Cuisine Lunch.* \$295

Ancient Royal Bathing Ritual

Enjoy the ultimate indulgence of a candle-filled room in which you are soaked in a bath of milk and honey while your scalp is massaged and your body receives an underwater hydrotherapy massage. Inspired by the Queen of Sheba, milk and honey are time-honored ingredients which have been used for centuries for their soothing, softening, and protective qualities. Topped off by an hour massage, this is a regal indulgence! *Ancient Royal Bathing Ritual includes: Milk & Honey Hydrotherapy in a candle-filled room, Scalp Massage, One Hour Massage, plus a Trapp® Aromatherapy Candle to take home!* \$130

Aloha Paradise!

Wahinis and Kahunas alike will revel in this scrumptious body polish and massage package. We start with a Pineapple Papaya body scrub to exfoliate and smooth the skin, then melt away any stress with a luxurious warm Coconut and Kukui aromatic oil massage. Aloha Paradise includes: *Pineapple-Papaya Body Scrub, and Warm Coconut Oil, 1 Hour Massage.* \$160

Mother/Daughter/Friends Spa Day

Nothing is better than a day at the spa to cement that special bond between mothers and daughters or good friends. Mother/Daughter/Friends Spa Day includes: *2 Signature Facials, 2 Lavender & Sea Salts Manicures, and 2 Lavender & Sea Salts Pedicures.* \$310

Magnificent Mom Package

Treat a special Mother to Be with a complete assortment of Spa Gregorie's Mother to Be services. Four fabulous treatments to nurture and pamper the expecting mom. *PreNatal Facial, Maternity Massage, Spa Pure Body Mask, Mother to Be Pedicure, plus Lunch.* \$330

Spa Sampler

Enjoy "a little of each" in this value-packed package featuring a taste of our most popular treatments. Hydrotherapy, massage, and facial therapies combine to treat your body from head to toe. Spa Sampler includes: *30 Minute Hydrotherapy, Express Facial, and 30 Minute Massage.* \$165

Buff, Slough and Bronze

The easiest, safest, and fastest way to a perfect tan! Spa Gregorie's and SunMist ageless tanning combine to offer you an instant golden glow – at special savings! We start at Spa Gregorie's with a Pineapple/Papaya full body exfoliation to rid all dead skin from head to toe. Then you'll be ready for SunMist's patented fine-mist tanning spray. Minutes later, your skin will be silky-smooth and beautifully bronzed! And with NO harmful UV rays to damage your skin. *\$95, includes a coupon for a tan treatment at SunMist Ageless Tan (\$30 value, located at 2744 E. Coast Hwy, Corona del Mar)*

Take Three

Our three most popular treatments for ladies: *A Signature Facial, Lavender and Sea Salts Manicure and Lavender and Sea Salts Pedicure.* A perfect mini-revival Spa Gregorie's style! \$155

New! Yen for Zen

Celebrate the union of mind, body and spirit with this combination of a Yogassage at Spa Gregories and Yoga class just next door at YogaWorks! The perfect balance of invigorating Yoga practice plus relaxing and centering Yogassage treatment. OMMMMMMMMlgosh! *Just \$125*

Spa Date (for two)

Spend a blissful evening with your Sweetheart at Spa Gregorie's and take your pick from 3 great dining/entertainment values. *One Hour Massage or facial per person, \$15 voucher for Tutto Mare, Pomodoro or 21 Oceanfront.* \$175

Gentleman's Retreat

Designed especially for our male clientele and their unique physical needs. Includes: *Eucalyptus Steam Bath, Invigorating Hydrotherapy, Therapeutic Scalp Massage, One Hour Massage of your choice, Gentleman's Facial, Gentleman's Manicure, and Paraffin hand treatment.* \$245

Ultimate Wellness

A year's worth of healing, relaxing, and restorative treatments to maintain perfect balance of body and skin. *12 One Hour Massages, 6 Signature Facials, 4 30 Minute Hydrotherapy Treatments* \$1,692

Let's Do Lunch!

For people on the go, we provide a combination treatment and Spa Cuisine light lunch that can fit in a lunch break. A perfect mid-week pick me up! Available Tuesday-Sunday. *Express Facial and Spa Cuisine Lunch – or – 45 minute Massage and Spa Cuisine Lunch.* \$80

Bachelorette Party

Try a modern alternative to toxic bachelorette rituals – invite your friends to celebrate at the Spa! Parties booking 6 or more spa treatments will get a 10% off their services. (Discount available Sundays-Thursdays only, not applicable to already discounted services.)

Do-It-Yourself Packages

Treat yourself to a 10% discount on any combination of 6 or more treatments. Great for groups, wedding parties, or a present for yourself! May also be applied to prepaid services. Sorry, group discounts not available on Fridays or Saturdays.

Groups

Spa Gregorie's is the ideal destination for group gatherings, client appreciation, employee recognition, family reunions, or just friendly get-togethers. Contact our group coordinator about special discounts and services available.

Spa Gregorie's

SPA HEALING THERAPIES

Spa Gregorie's Traditional Chinese Healing Therapies

Spa Gregorie's is proud to include Traditional Chinese Healing Therapies in our menu of services. Our licensed Acupuncturist and Herbalist, Nina Han, is dedicated to your well-being. We invite you to incorporate these holistic healing therapies into your selection of Spa Gregorie's wellness treatments.

Our Licenses and Certifications include:

- California State Acupuncture Board for Acupuncture
- California State Acupuncture Board for Herbology
- National Board Diplomate Acupuncture Clean Needle
- Technique Certification Tui Na Therapy Certification.

The Foundations of Chinese Medicine: Theory/Understanding

Acupuncture is based on ancient Chinese theories of the Qi (energy) and Xue (blood) that flow through discrete channels or meridians in the body similar to the nervous and circulatory systems. According to this theory, acupuncture regulates this flow of Qi, shunting it to those areas where it is deficient and draining it from those areas where it is in excess. Each body point provides a specific function in the body, regulating the free flow of vital energy for health and well-being.

Assessment and Treatment Process

- Thorough interview, history, and physical examination.
- Assessment using primary and fundamental diagnostic methods.
- Diagnosis made based on interview, examination and assessment.
- Treatment of symptomatic as well as root problem using one or more modalities that best address the problem.
- Recommendation of personalized herbal medicines tailored to the individual.

Modalities

Acupuncture

Use of fine needles at specific body points mapped by the Chinese over a period of 2500 years. Empirically proven effective in treatment of specific disorders. We use only sterilized disposable needles in our Acupuncture treatments. (Unlike a traditional "injection," Acupuncture is virtually painless.) *Ranges between \$85-120*

Herbal Medicine

A substantial counterpart to acupuncture, herbal formulas contain from 2-15 herbs in very specific proportions based on centuries of clinical success. *Varies*

Moxibustion

Application of heat to acupuncture points with burning Artemisia Vulgaris herbs, this treatment encourages healing and relieves pain by increasing metabolic rate, cell activity and local blood flow. *Ranges between \$35-45*

Cupping Therapy

A Qi-Xue jar is attached to the skin surface causing suction and subsequently drawing impurities out of the blood. General indications are for arthritic pain, muscle pain, sports injuries, back pain, and detoxification. *Ranges between \$35-45*

Auriculotherapy

Stimulation of specific ear points exerts certain therapeutic effects on those parts of the body with which they are associated. *Ranges between \$50-85*

Electro-Acupuncture Stimulation

Electrical stimulation to the skin via surface electrodes to stimulate different nerves for pain relief.

Tui Na Massage Therapy

A bodywork therapy similar to acupuncture except that the work is done entirely by hand. Tui Na begins with a Chinese diagnostic and incorporates a broad range of modalities including: Shiatsu, Acupressure, Magnetic Field, Aromatherapy, Reflexology, Lymphatic drainage, Chakras, Su-Mac therapy and Black Jade Stone (to invigorate blood flow and open energy channels). *\$130*

TENS Therapy

Transcutaneous Electrical Nerve Stimulation (TENS) is the stimulation of specific nerves, peripheral nerves, and spinal nerve roots in addition to other specific points (acupuncture, trigger, and motor points) to provide a non-invasive yet effective method to alleviate pains.

Not for clients with pacemakers. *\$35*

Custom Healing Treatments

Each custom healing treatment includes an individual assessment and personalized treatment plan. Prices vary depending on modalities included and length of treatment.

Acu-Facelift

Alternative way to improve your face by toning up the facial muscles and boosting elasticity.

Good-Bye to Hair Loss

Combination of acupuncture and herbal medicine that can help reduce hair loss and enhance hair texture.

Stress Relief

This particular package treats stress-related conditions like insomnia, anxiety, palpitation, depression, and headaches using various modalities to achieve maximum relaxation and calming of the mind/spirit.

Fertility Program

Science has proven that combining Eastern and Western medicine can increase fertilization success rates by up to 100%! Nina is an expert in this area with extensive training and experience.

Treatments and Costs

First Visit and Treatment *1-1/2 Hour starting at \$120 (includes Acupuncture treatment)*

Follow Up Treatment *60 Minutes \$85 (includes Acupuncture), 30 Minutes \$50 (only Auriculotherapy)*

Tui Na Massage *1-1/4 Hours \$130*

Add On Treatments

Cupping *\$35-\$45*

Moxibustion *\$35-\$45*

TENS Therapy *10-15 minutes. \$35*

Acu-Facelift

60 Minutes \$105 (without consultation and diagnosis), Series of eight: \$756

Zen Harmony Package

1/2 Hour Detox Hydrotherapy, Acu-Facelift Holistic Diagnosis (Chinese), and Acupuncture session. \$210

Fertility Treatments

Initial Consultation and treatment *One Hour \$130*

Follow up Treatments *45 Minutes \$85*

Spa Gregorie's

GUIDELINES

AT SPA GREGORIE'S, YOUR satisfaction and comfort is our top priority. We will make every effort to provide you with a caliber of treatment and personal service that is unparalleled. If you have any questions, or suggestions, please speak up! The following are some guidelines that we hope will help enhance your visit with us.

What to wear during treatment:

When you arrive at the Spa, you will be given a locker key, a luxurious robe, and a pair of slippers for your use while visiting the Spa. If you are having a treatment for the first time, feel free to ask the Spa Coordinator how you should be dressed for treatment. If you are having a hydrotherapy treatment, you may wish to bring a bathing suit, or use one of ours. If you are having a Thai Massage, please wear loose, stretch clothing. Again, we want to make sure that you are comfortable, so please let us know if you have questions.

When to arrive and when to leave:

As a Spa patron, you are welcome to stay at the Spa as long as you would like. Enjoy the quiet room, take a steam bath, linger to your heart's desire... just make sure to allow enough time before and after your treatment to change clothes and enjoy any of our amenities. If this is your first visit, please arrive 30 minutes prior to your treatment so that we can get you checked in and familiar with Spa Gregorie's. In order to remain on schedule for all our clients, we may shorten your treatment time if you are late for your appointment. The normal fee for treatment will remain the same.

Shower Fresh: To protect your health and to allow our products to do their best for you, we recommend that you take a moment to shower before your treatment.

Male and Female therapists are available. Please let our Spa Coordinators know of any preferences you may have when you book your appointment.

You don't have to entertain your therapist. In the Spa, silence can be golden and provide a relaxing and meditative atmosphere. If you feel like chatting, we'll chat. But if you want to escape in silence, we wholeheartedly support you!

Quiet, Please. Spa Gregorie's is a sanctuary for the body, the mind, and the eardrums! Please turn off the ringers on cell phones and pagers, and speak softly.

Gratuities: Your Spa treatment fee does not include gratuities. If you liked your treatment, it is customary to tip your therapist(s). Our Spa Coordinator can provide guidelines, if you like.

Valet Parking: Valet Parking is available for your convenience.

Cancellations: All will agree: time is our most valuable asset. Please provide at least 24 hours notice if you need to reschedule or cancel a treatment. "No shows" and late cancellations will be charged in full for the treatment scheduled.

Returned Checks: If a check is refused by the bank, we will assess a \$15 service charge.

Product Returns or Exchanges: We will gladly accept any retail product return for store credit so long as the return is within 90 days of purchase and is accompanied with proof of purchase.

Groups: Spa Gregorie's specializes in group functions, whether they are business-related, wedding parties, family reunions, or just friends. Ask to speak to our group coordinator for more information.

Children: To maintain our serene atmosphere, we ask that you not bring children to the Spa. We do, however, allow children to enjoy certain facial and nail treatments under the following guidelines: Children under 16 must be accompanied by an adult in the treatment room and all children under 18 must have an adult sign their initial consultation form.

This is a professional Spa establishment: Our trained therapists and aestheticians are here solely to help improve your health, body and psyche. If a therapist ever feels that a client is behaving inappropriately, they are authorized to stop the treatment immediately.

Frequent Guest Program: Our Frequent Guest Program rewards regular clients with many benefits – ask our Spa Coordinators for details.

Express Checkout: Simplify your checkout using our Express Checkout service! We will store your payment preference information in your file so you can breeze out the door in blissful abandon. Ask one of our Spa Coordinators for more info.

Gift Certificates

Spa Gregorie's Gift Certificates are as beautiful to give as they are to receive. Gift Certificates are available for any treatment(s) or in any dollar amount. Spa gift certificates are valid for Spa services or products only (*Salon gift certificates may be purchased separately*). Purchase by phone, at Spa, or online.

Spa Gregorie's Hours

Monday 11am-9pm
Tuesday-Sunday 9am-9pm

200 Newport Center Drive, Suite 100
Newport Beach, California 92660

Prices are subject to change without notice.
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