

## Slice of Paradise

Stay a little longer... How about a little more pampering? Choose any one, two or even three of our Slice of Paradise specials. Add that little something more to your getaway... but for only a slice of the price.

Hand Paraffin	\$15
Face Paraffin	\$15
Moisturizing Hand Mask	\$10
Moisturizing Foot Mask	\$10
Moisturizing Face Mask	\$10
Mini Facial (15-Min)	\$20
TMJ Release (20-Min)	\$25

## Tips and Toes

35minutes/\$45

This is a great "slice" to add to your get-away. Enjoy soaking your feet in a warm, steamy, aroma-filled foot bath, while your hands are dipped in hot hand paraffin and left melting away in mitts. After soaking it all in, your feet will be polished with a sugar and salt scrub, then brushed in a moisturizing toe-riffic mask. Begging for more attention, your hands will be massaged, spending extra time on trigger spots that will relax your whole body. Last but not least, your feet will enjoy a soothing foot massage... leaving you with happy feet, hands, and body.



## Physical Benefits of Massage

- ◆ Helps relieve stress and aides relaxation
- ◆ Reduces blood pressure
- ◆ Reduces spasms and cramping
- ◆ Enhance immunity by stimulating lymph flow, the body's natural defense mechanism
- ◆ Exercises and stretches weak, tight and atrophied muscles
- ◆ Pumps oxygen and nutrients into tissues and vital organs, improving circulation
- ◆ Releases endorphins and amino acids that work as the body's natural pain killer
- ◆ Relaxes and softens injured, tired and overused muscles
- ◆ Assists in post operation rehabilitation
- ◆ Improves posture
- ◆ Enhances health and nourishment of skin
- ◆ Enhances athletic performance
- ◆ Treats injuries caused during sport or work
- ◆ Relieves migraine pain

Note: Receiving a facial on a regular basis (recommended once a month), helps slow down premature aging, increases circulation, stimulates the skin, and helps facial muscles stay firm and toned. Frequent facials also keep skin healthy and glowing all year long.

All of our facials include application of products to the face, neck, and décolleté... as well as foot and hand massage, performed while the mask is left nourishing your face.



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# THE OASIS

A Healing Spa



Call for your  
appointment today!

Tel: 863-232-6968

Searching for a place to get away from today's stressful lifestyle? Look no further... come retreat to The Oasis. Located in downtown Lake Wales, relief is closer than you may think. Whether choosing a mini-getaway or a full day of pampering, every treatment is personalized for each retiree. From head to toe, let our licensed hands wave away your stress, and help your body forget its everyday worries. Stop putting off your getaway... come to The Oasis today, and let us relax, renew, and refresh you for tomorrow.

## Massages

### Relaxation

1hour/\$60 30minutes/\$35  
90minutes/\$90

Relaxation massage, also referred to as "Swedish Massage", is a variety of soothing techniques used to relax muscles by applying moderate pressure and slow rhythmic massage strokes. These soothing strokes help relieve the body of unwanted strain and stress, while releasing the muscles of toxins, and boosting the immune system. Our relaxation massage will leave your whole body rested, and your mind at ease.

### Deep Tissue/Medical

1hour/\$75 30minutes/\$45  
90minutes/\$105

Deep Tissue/Medical massage is very therapeutic and healing. It promotes deeper relief, for those who are suffering from chronic muscle aches, spasms, knots, strain, tension, constant stress, and migraines. This deep-muscle therapy instills a sense of "letting-go", as the tissues are kneaded, spread, lengthened and opened into a deeper relaxation. After a deep tissue massage, your body will thank you, as it is left feeling revived and energized.

### Hot Stone

1hour/\$75 90minutes/\$105

What better way to get balance back in your body than to receive Hot Stone therapy? Specially chosen stones are heated hours before you arrive, to insure the warmth reaches the stones' core. These hot stones will melt tight, sore, and stressed muscles, and bring soothing warmth to your whole body.

## Mother To Be

1hour/\$70

It's not easy eating, thinking, standing, or walking for two. What better way to give a "mommy to be" the extra attention her body needs during this special time in her life? Let her come and rest her feet... body, mind, and soul. We will relax her stressed, tired, worried muscles, leaving her body refreshed, energized, and ready for the rest of the pregnancy.

## Couples Massage

What could make your retreat more special? Bring a loved one! Bring along your best friend, soul mate, maybe your mother, or even your sister. Whenever it may be, bring them along for a day, or even an hour, for double the pampering fun.

## Chair Massages

15/20/30minutes \$20/\$25/\$35

A Chair Massage is a great way to introduce the benefits of receiving a massage to someone who may be a little hesitant. Choose from 15, 20, or 30 minutes of relaxation or deep tissue massage. Whether you want specific muscle-work or over-all body relaxation, this is the perfect pick. Also a great idea for a little lunchtime retreat, as no changing is necessary (chair massages are performed with you fully clothed).

## Onsite Chair Massages

Let us bring the spa to you! We offer onsite chair massages, a super idea to let employees, or even co-workers, know how much you appreciate them. Another great idea for baby or wedding showers, spa parties, birthdays, or any other special event.

## Skin Care

Choose from any of our facials, and prepare yourself to experience the talented hands of our award-winning esthetician, Erika Schindler. Erika participated in the VICA 2004 state competition, held in Miami, Florida, and was honored to receive a gold medal, winning first place in the **state!** Come indulge yourself, and let her fingers pamper every inch of your face.



## The Oasis Facial

60minutes/\$50

This is 60 minutes of pure bliss, delivering soothing, calming benefits to your skin: gentle cleansing, exfoliation, light steam, hot stone treatment, toning facial massage, and treatment mask. Your skin will feel refreshed, smooth, and radiant. A perfect spa get-away that is sure to leave you coming back for more.

## Deep Pore Cleansing Facials

60minutes/\$60

This facial is for those who need extensive skin attention. Great for acne-prone, dry, aging, or sun-damaged skin. Your face will be thoroughly cleansed and exfoliated, then nourished and invigorated, by a series of treatment products chosen for your specific needs. Also includes: extractions, toning facial massage and balancing mask...leaving your skin revitalized, nourished, and restored.

## Petite Facial

30minutes/\$35

Our petite facial is ideal for those looking for a quick face refresher. Need a lunch time "pick-me-up"? Your face will savor every second of this 30-minute treatment. It begins with a relaxing cleanse, followed by a light exfoliation, and then continues with a massage of the shoulders, neck, and face. A skin-soothing mask is then applied, leaving your skin and body refreshed and ready to put your best face forward.

## Gentleman's Facial

60minutes/\$55

In this day and age, men too are becoming more aware of their skin, and how to take care of it. A growing number of them are receiving facials on a regular basis, to help maintain a clearer, more youthful complexion. This facial is a 60-minute treatment with techniques, tips, and products designed especially for him. Every man that receives this facial will love the results... although he may not willingly admit to enjoying the pampering side of it too. The Gentleman's Facial is great for the curious or the concerned.

## Back Facial

30minutes/\$35

Let us get to that hard to reach, often-neglected part of your body... your back. For sun lovers seeking a much needed scrubbing and moisturizing, or for those with acne prone skin. Our back "facial" is great for getting deep in your pores and restoring clarity and glow.