

**SELF-CENTERED MASSAGE\*** **\$35.00**

Release the day's stress from your tight neck & shoulder muscles with a relaxing upper body massage and take time to yourself at the end with a warm aromatherapy back pack.

**REJUVENATION MASSAGE** **\$65.00**

From head to toe you will be feeling completely rejuvenated with this relaxing massage. Rest assured that your tight muscles will melt away while you enjoy aromatherapy heat packs combined with hot moist towels throughout and end with a little foot reflex-massage.

**SACRED STONE MASSAGE** **\$80.00**

You will melt away into another dimension with the combination of a full-body massage, hot lava stones and warm oil. Using the ancient teaching of Ayurvedic medicine to help detoxify, release and relax your tight muscles.

**LAVA SHELL MASSAGE** **\$75.00**

Relax your body with a head to toe massage and let the hot lava shells glide over your body to warm yourself, feels like heaven.

**SOLE TO SOUL MASSAGE\*** **\$45.00**

Rest those tired footie's with a relaxing foot massage. Combines the philosophy of reflexology with the relaxing benefits of massage that includes the powerful effects of aromatherapy, hot stones, warm moist towels and a moisturizing treatment.

**FOUR DIRECTIONAL MASSAGE\*** **\$35.00**

Enjoy a relaxing massage of the scalp, arms, and feet that will leave you breathing a sigh of relief.

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

**MASSAGE**

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**Now offering** Spa Pantry®, a full facial and body care line that has been picked right out of the garden. Using nature's most beneficial organic ingredients and aromatherapy essential oils to give you the complexion you have been looking for.

***"True beauty shines from the inside, which age and life can not take away"***

**CUSTOMIZE FACIAL** **\$65.00**

Drift away to another dimension while your skin enjoys the six step process to glowing, naturally beautiful skin. Release the stress from your body during the four directional massages that melts away worry.

**SEASONAL FACIAL\*** **\$40.00**

As holidays pass and seasons change we forget to celebrate life's journey. These facials are designed to not only renew your skin's beauty but also renew your spirit.

January – March "Better than the Year Before"

April – June "Just Lavishing"

July – September "Free to Be Me"

October – December "Face of an Angel"

**DETOXIFY BODY WRAP** **\$65.00**

Let's purge the body of impurities by stimulating, detoxifying and exfoliating without drawing oil from the skin. A wrap that is good for tissue repair and protection.

**CELLULITE EXFO WRAP** **\$65.00**

Diminish the appearance of cellulite with this stimulating exfoliate wrap. With its antioxidant and cleansing properties it is said to draw out the impurities helping to reduce the appearance of cellulite.

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

**FACIALS & BODY CARE**

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**Basq** - Targeted skin care for pre-, during, and post-pregnancy. Basq blends proven ingredients and skin science for world class beauty treatments. Using principles of aromacology, Basq blends natural essential oils and plant-extracts for their benefits to the skin and aromas that boost the energy level and sense of well-being.

**Oh My Back Massage\*** **\$35.00**

This side-lying massage focuses on the upper body, concentrating on the back. As you progress through your pregnancy your back, especially lower back carries all the extra weight. We will focus on relieving your back ache and help your mind and body relax as it prepares for your new life. During your massage we will use warm moist towels for additional support on your journey to relief.

**What A Relief Massage** **\$65.00**

This is a full hour, head to toe, side-lying massage that focuses on centering your body, mind and spirit for the bundle of joy that is coming. Release those tight sore muscles that go along with pregnancy and let your mind just drift away. During your massage we will use warm moist towels for additional support on your journey to relief.

**Infant Massage** **\$80.00**

Enjoy a private class with just you and your baby (doll substitute offered) as you learn in a relaxing atmosphere on how to give your little one a comforting massage. Learn techniques to help with colic and constipation, as well as have a laminated technique chart to take home! { Group and in home classes available.}

**Pregnancy Glow Facial** **\$60.00**

Hormonal fluctuations during and post pregnancy cause imbalances in the skin that range from irritations and redness to full scale blemishes. This gentle and safe facial will give you that glow that everyone talks about.

**Bounce Back Scrub** **\$45.00**

Body shape and hormones can take up to one year to regulate back to pre-pregnancy status. Lighten those stretch marks on the belly, hips and thighs with this citrus exfoliating scrub.

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

**MOTHERHOOD**

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### **Crystal Massage**

**\$50.00**

Enjoy a relaxing upper body massage or the four directional massages and allow yourself to unwind. As you drift away feel the energy of the crystals laid upon you align your chakras and create the natural healing you have been looking for.

*Crystals have been used through out time from kings to the common man for their healing attributes. Research has shown that crystals have an energy field, like our own, that has been shown to help relieve common symptoms such as headaches and joint pain.*

### **One Chakra\***

**\$35.00**

Focusing on one of your seven chakras a combination of Reiki –energy work- and crystals will be used to center and align the chakra. Recommended for individuals new to alternative healing or for those who feel that they may have only one chakra out of alignment.

### **7 Chakra**

**\$55.00**

This intense healing focuses on all seven of the main chakras creating an overall vibrational change within both the physical, mental, emotional and spiritual body. A combination of Reiki –energy work- and crystals will be used to center and align all seven chakras.

*Some experts believe that you should only focus on balancing one chakra at a time as to not overwhelm the body. The philosophy is based on that you wouldn't go to the doctor to have them perform every operation they offer, only the one that is prevalent to your issue, as that way you would know if that healed the issue.*

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

**ALTERNATIVE HEALING**

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*For best results please allow 4 weeks hair growth for great waxing results, approximately ¼". If using Accutane or Retin-A please see a physician before services due to the sensitivity of skin and lifting that may occur due to the meds. Elements7 is proud to offer clients a numbing agent so the tears stay away for all services below the neck.*

<b>Eyebrow *</b>	_____	<b>\$15.00</b>
<b>Upper Lip *</b>	_____	<b>\$10.00</b>
<b>Chin *</b>	_____	<b>\$10.00</b>
<b>Sideburns *</b>	_____	<b>\$10.00</b>
<b>Full Face *</b>	_____	<b>\$35.00</b>
<b>Dark Hair Face Tweeze *</b>	_____	<b>\$15.00</b>
<b>Decollate *</b>	_____	<b>\$10.00</b>
<b>Under Arms *</b>	_____	<b>\$20.00</b>
<b>½ Arms *</b>	_____	<b>\$30.00</b>
<b>Full Arms *</b>	_____	<b>\$40.00</b>
<b>½ Legs</b>	_____	<b>\$40.00</b>
<b>Full Legs</b>	_____	<b>\$70.00</b>
<b>Bikini</b>	_____	<b>\$35.00</b>
<b>Treasure Trail *</b>	_____	<b>\$10.00</b>
<b>Full Leg &amp; Bikini</b>	_____	<b>\$90.00</b>
<b>Landing Strip Bikini</b>	_____	<b>\$40.00</b>
<b>Playboy Bikini</b>	_____	<b>\$45.00</b>
<b>Lower Back</b>	_____	<b>\$15.00</b>

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

## WAXING

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**MASSAGE CUPPING\*****\$40.00**

Breathe air into those tight muscles by stretching the tissue not compressing it. Allows the body to naturally flush out toxins that have been trapped. Great for neck and shoulder area. Same benefits of deep tissue work but with out the pain.

**ION FOOT DETOX\*****\$35.00**

This treatment removes toxins from your body though the 3000 pores on you feet. The water ions change from positive to negative polarization to help pull out toxins from your body. As the process occurs, the water changes colors that correlate to certain organs being detoxed.

**EAR CANDLING****\$55.00**

Ear Candling is a homeopathic remedy that has been used by Egyptians and Native Americans to relieve allergies and pressure in the sinuses and ears. It is said to assist in the removal of ear wax, relieving ear pressure and moisture in the tubes, also helps clear out sinus. I use two candles per ear during a session but many prefer to split the session in two (one candle each ear for two sessions) to see if they notice a difference for no additional cost.

**SHIRODHARA****\$80.00**

Shirodhara means "the flowing of oil like a thread on the head ". This treatment starts off with a foot detoxifying lemon and salt scrub that blends into a chakra stimulating foot massage, followed by a scalp massage to activate the dashas. Then relax while the warm oil flows in a steady stream over the third eye (6th chakra) located on the forehead and on the top of the head (crown chakra). Shirodhara rejuvenates both the mind and the senses, which allows the body's natural healing mechanisms to release stress from the nervous system and improve mental clarity and comprehension.

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

**UNIQUE SERVICES**

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**CLOUD NINE**

**\$120.00**

Release those tight muscles with a full body massage that will leave you soaring to the clouds into a facial that is customized to your exact skin care needs.

*Elements7 #1 Gift Certificate Favorite!*

**LUXURY**

**\$85.00**

You'll be wishing that every day could include this luxury massage. Lie down and release your stress with a full body aromatherapy massage that uses hot moist towels and heated aromatherapy packs to loosen those tight muscles. The finishing touch is a warm hydrating EcoFin hot stone treatment that will nourish and moisten those ruff tired out hands and feet.

*\* Treatments that are 35 mins or less do not require an appt on mini service walk-in days.*

**DELUXE TREATMENTS**

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# Elements7 Day Spa

*Where Any Woman Feels Welcomed because  
Beauty Comes in Any Size or Age*



**Elements7 Day Spa, LLC**

5665 S. 108<sup>th</sup> St.

Hales Corners, WI 53130

414-430-6971

[www.Elements7.net](http://www.Elements7.net)

*Go to Elements7.net to request an appointment or  
purchase a Gift Certificate (print online, curbside pickup,  
or email).*

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Hello! My name is Lizabeth, owner & creator of Elements7 Day Spa, a unique spa located right on Hwy 100 in Hales Corners. My number one priority is that you leave feeling rejuvenated & beautiful! You receive one-on-one attention from the moment you walk through my door until the moment you leave saying "When can I come back?!" because I know how hard it is to take time out of your busy schedule for quality "Me Time" My menu offers everything from massages, head to toe waxing, body treatments, crystal & chakra work to my exclusive new Spa Pantry®, a full facial and body care line that has been picked right out of the garden. Using nature's most beneficial organic ingredients and aromatherapy essential oils to give you the complexion you have been looking for.

*"True beauty shines from the inside, which age and life can not take away"*

Elements7 was inspired because I felt that majority of spas in our area overlooked the plus-size & self-conscious population with their one-size-fits-all impersonal attitude. All the great services & unique treatments are performed by Moi, so you never have to leave the treatment room to receive multiple

Many Blessings,

Lizabeth



**ABOUT LIZ & ELEMENTS7 DAY SPA**