



# FACIAL THERAPY



## DELUXE FACIALS

### Gold Cellular Age-Restore Sonic Wave Face Therapy – 60 or 90 minutes (\$160 or \$210)

This powerful anti-aging treatment is wonderful for mature, irritated and rosacea prone skin. Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia are delivered into the skin using cleansing and healing lymphatic massage techniques. Then sonic wave and light therapy is used in combination with hyaluronic extract and Frankincense to amplify collagen levels, reduce cell inflammation and accelerate healing. The ninety-minute version of this treatment also includes an energy-opening back massage.

### Crème de la Crème French Apothecary Facial – 60 minutes (\$170)

This fully holistic, bespoke treatment embraces a Parisian skincare esthetic insofar as it employs a non-invasive albeit cutting edge, anti-aging cocktail of organic plants, wildflowers, vitamins and minerals coupled with advanced massage techniques tailored to cater to and pamper the express needs and moods of your particular skin and its individual concerns. The treatment uses shiatsu to balance energies and Japanese lymphatic drainage in place of extractions to remove toxins, boost fluid circulation and diminish cellular oxidation as a means to restoring and preserving the natural ecosystem of your dermis, shoring up its long-term vibrancy.

### Hydrating Restorative Seaweed Facial (75 minutes, \$140)

Particularly beneficial for mature or dehydrated skin, this rejuvenating treatment combines anti-oxidant algae complexes, pro-collagen organic extracts and a restorative blend of organic ingredients to reduce the appearance of fine lines and wrinkles. A spa essential, this services uses hand-harvested seaweed strips to enrich and plump the skin with deeply hydrating nutrients. In concludes with a relaxing scalp massage, so you leave with nothing short of a radiant glow.

### Crystal Healing Face Therapy “the energizing facial” (75 minutes, \$125)

Calming. Reviving. Uplifting. This dazzling facial treatment harnesses the healing vibrations of crystals to release tension and revitalize the skin. Meridian tapping and Tibetan crystal techniques balance and strengthen. A garnet face scrub protects and energizes. Acupressure with hot poultices and rose quartz restores radiance, while a cooling and nourishing jade mask helps reduce the appearance of fine lines.

## CLASSIC FACIALS

### Ananda Face Therapy “the blissful facial” (60 minutes, \$115)

Illuminating. Calming. Profound. This divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells. Specialized techniques combine with powerful damascena rose otto and sandalwood oils to reduce inflammation, address hormonal imbalance and open the energy centers of the face: skin glows with radiance and a sense of peace pervades the body.

### Self Discovery Radiance Facial (60 minutes, \$85)

This incredible skin-specific organic facial is deeply detoxifying, thoroughly revitalizing and helps to even skin tone and increase clarity. This facial incorporates a relaxing facial massage that releases any build-up of toxins, to improve radiance and restore a glowing complexion. Includes a scalp massage.

### Men’s Radiant Face Therapy “the ‘let it all go’ facial” (60 minutes, \$85)

Balancing. Calming. Healing. Ideal for the man who never stops, this subtle, deeply relaxing facial has many layers: it encourages the mind to switch off and ‘let go’; floods the skin with radiant energy; and helps promote restful sleep and dreams.

### Pore Clarifying Facial (50 minutes, \$70)

A relaxing basic facial and massage custom blended from certified organic ingredients and tailored to your skin’s prescribed needs. Note: Service excludes scalp massage.

## CUSTOM CORRECTIVE FACIAL PEELS (60 minutes, \$120/face or \$170/face + neck & décolleté)

The dermis thins at a rate of about 1-1.5% a year from age 20. It does this as a result of exposure to the sun, poor nutrition and stress, which feeds inflammation. These factors will inevitably slow the epidermal cell turnover rate. To keep the skin healthy and looking its best, we need to make certain we first do everything we can to nourish it with a healthy lifestyle and preserve it with a dedicated, consistent skincare regimen. Beyond that, steps can also be taken to help skin cells stay on a positive rejuvenation cycle. Peels can be a helpful resource to aid the growth process if utilized in moderation. (Note that too frequent of use of peels or not using them in conjunction with a dedicated skincare routine and a healthy lifestyle will actually drive a deleterious effect, as such factors may actually accelerate inflammation that ages the skin.)

If you feel that you are doing all you can to preserve your skin’s health through diet, lifestyle and a dedicated skin care routine and yet still feel that your skin cell growth may benefit from a bit of a boost, a peel or a regimen of peels may prove a nice enhancement to your program. At Verdant we offer three types of peels: enzymatic driven as well as those powered by Lactic Acid and Glycolic Acid. Your knowledgeable esthetician will assess your skin and recommend a peel regimen to target the skin condition you are looking to improve and, as well, consider your lifestyle requirements and the amount of downtime needed to assure the success of the treatment(s).

Peels require previous facial treatments with us, the purchase of a post-peel kit, a solid commitment to good home care and daily use of physical sunblock. While you will see some results from one peel, a series of 3-6 is recommended. Peel treatments are only available during the fall, winter and early spring seasons to prevent inviting more inflammation from the sun when the dermis is vulnerable.

Below is a sampling of peels that may be selected for you based upon your skincare therapist’s professional evaluation. Note that we will always recommend the most conservative treatment for your needs in an effort to minimize exacerbating the potential for cellular inflammation.

**Papaya Purifying Peel** — The gentlest exfoliating treatment with enzymatic Papaya combined with Mint and Clove removes buildup of dead skin cells. Helps dissolve clogged pores, refines the texture of the skin and brightens a dull complexion. Used for all skin conditions and skin types, even the most sensitive skin.

**Pineapple Revitalizing Peel** — The mildest Alpha Hydroxy Acid treatment combines 10% Glycolic with Pineapple enzymes to remove cellular buildup over clogged pores for a clearer complexion. Helps soften the appearance of fine lines and wrinkles while accelerating cell renewal. Leaves the skin smooth and polished for a more radiant complexion. Used for problem skin, mild intrinsic aging and sensitive skin conditions.

**Rainforest Banana Peel** — A moderate exfoliating treatment combines Banana with 23% Multi-Fruit Acids that work synergistically to exfoliate on many levels of the skin to remove dead skin cells, soften follicular impactions, stimulate rapid cellular proliferation, refine the texture and smooth the skin. Leaves the skin ultra smooth and vibrant with a more even skin tone. Delicious Banana scent. Great for all skin conditions and skin types.

**Rainforest Radiance Peel** — A moderate-strength exfoliating peel combines 30% Lactic Acid with pigment-fighting botanicals of Bearberry, Licorice and Mulberry. This treatment fades hyper-pigmentation and brown spots while hydrating the skin. Leaves the skin super refined with a radiant, healthy glow. Great for all skin conditions, including sensitive skin such as rosacea. A series of 6–12 treatments is recommended for maximum results.

**Rainforest Illuminating Peel** — A stronger exfoliating peel combines 50% Lactic Acid with Papaya, Licorice and Bearberry to greatly reduce hyper-pigmentation and brown spots while hydrating the skin. Leaves the skin super refined with a radiant, healthy glow. Great for all skin conditions, including sensitive skin such as rosacea. A series of 6–12 treatments is recommended for maximum results.

**Gentle Cellular Sweep** — A moderately strong peel with 30% Glycolic Acid and Aloe Vera rapidly refines rough and congested skin. The most penetrating AHA, Glycolic Acid delivers the fastest results of smoothing and retexturizing the skin. It is an excellent adjunct for treating aging and acne skin conditions. Reveals a fresher, more youthful appearance. A series of 6-12 treatments is recommended for maximum results.

**Ultra Cellular Sweep** — The strongest-strength exfoliating peel with 35% Glycolic Acid dramatically refines the skin texture using a unique two-part peeling process. This rapid exfoliation increases cell turnover, minimizes fine lines and wrinkles and helps control acne breakouts. Reveals a vibrant, more youthful appearance. Great for aging skin conditions and acne. A series of 6-12 treatments is recommended for maximum results.