

NATUREES  
The SPA

Open Daily 10am to 7pm

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[www.naturees.com](http://www.naturees.com)

# SPA PACKAGES

Come and experience green beauty on both a mental and physical level with us. Treat yourself and your nearest and dearest for pampering perfection. We're happy to offer you customized services to ensure you enjoy the ultimate relaxation experience. Our premium spa package allow you to choose exactly what you need so you can enjoy your time with us.

Choose between

## THEME

**Relaxing** - Feel your tension melt away and walk away relaxed and ready to face the world.

**Rejuvenation** - This package comprises all the elements you could need to feel invigorated and full of fresh ideas.

**Energizing** - Don't let lethargy stand in your way. Indulge in this spa package to help you feel focused.

## FUEL

Breakfast | Lunch | Dinner

## ACTIVITY

30min, 45min, 60min

Facial | Massage | Group/Solo Classes

# BUSINESS PACKAGES

Go beyond the hum-drum of the boardroom and boost creativity while looking after your body. We aim to take city meetings to higher levels, letting you exceed your business goals in a stimulating, nurturing environment. After all, a perfect balance between body and mind makes for a successful meeting. Our green menus are the perfect complement to fuel your brainstorming sessions or take time to unwind from the daily grind. We offer a tranquil setting for you to enjoy our pure green organic menu including smoothies and fresh juices that will curb your cravings and keep you alert during the day.

# SKIN CARE MENU

Naturees SPA menu has been created by Julie Lindh, founder of the JL Skin Fitness and ABLE Lounge concept. Established on her innate belief that true beauty is ageless and as a result of 15 years of research and practice, the JL Skin Fitness concept is based on Julie's four principles of the Ageless Beauty System - Correct, Repair, Rejuvenate & Preserve.

Now, Julie proudly presents her first Skin Fitness Green Facials range at Naturees The SPA.

## SKIN FITNESS GREEN

This Skin Fitness Green Menu represents the ultimate green beauty treatment designed to brighten, nourish and revitalize your skin. Following the guideline of the four principles, the beautification method relies strictly on all natural and pure ingredients from flowers, leaves, fruits, roots, vegetables and seeds.

To enhance the results of these four principles, it is recommended that two facials be combined in a session. After analyzing the nature and extent of your skin concerns, our knowledgeable Skin Care Expert will help you identify and implement the best tools that will work together to enhance your beauty regime.

Based on science and following the natural mechanism of your own body, these repair therapies are entirely safe, enjoyable, and accessible.

## CORRECT

Begin the process by correcting the minor imperfections in your facial skin. These may include fine lines, an uneven complexion, pimples, or blackheads. Our skin renews itself on a regular basis as we shed old skin cells every 28 days. Although the process is natural and self-regulated, it usually impacts the look and feel of the top layers of skin by leaving your face looking oily, dull, flaky, or simply unhealthy. The Correct phase helps to clear pores, remove dead skin cells, and brighten your complexion.

**\$165/60min** - Includes skin polisher, deep pore cleansing and peel treatment.  
**Juice tip:** Naturees Total Detox Juice. A perfect match after a cleansing treatment.

## REPAIR

When you are dealing with aesthetic concerns that are a bit more complex, you need to rely on a skin care solution that can live up to the challenge. Negative factors associated with your lifestyle, such as a poor diet, dehydration, and extensive sun exposure, can affect the color and texture of your skin. The Repair phase is designed to battle these elements and others while slowly addressing a number of skin problems, such as coarse skin, pigmentations and pre-mature aging skin.

**\$225/60min** - Includes diamond peeling, light pore cleansing, peel treatment and LED Light Therapy.

**Juice tip:** Naturees Complete Greens Juice. Continue the repair mode with alkaline nutrients.

## REJUVENATE

Science has yet to come up with the elixir of youth, but that doesn't mean that you shouldn't explore rejuvenation techniques created to restore the natural radiance and elasticity of your skin. This treatment is especially suitable for tired, overly stressed complexions. The Rejuvenate phase contributes to an improved blood flow, superior lymphatic drainage, and a more youthful and radiant appearance.

**\$225/60min** - Includes diamond peeling, light pore cleansing, peel treatment and ultra Sound Therapy.

**Juice tip:** Naturees Fatal Attraction Juice. Rejuvenate your skin inside out and look radiant.

## PRESERVE

Plump, calm, glowing skin is not an unreachable dream. By working closely with our Skin Care expert, you can elevate your skin care ritual effortlessly and make the right steps towards maintaining the amazing results you desire. The Preserve phase will enable your skin to cope with daily stressors, hydrate your skin, and deliver the right vitamins to your cells, leaving your skin fresh and toned.

**\$200/60min** - Skin polisher, light pore cleansing, peel treatment and hyperbaric oxygen

**Juice tip:** Naturees Ultimate Aminos Juice. Get extra vitamins to energize your system and preserve.

Two combinations: \$350/75min

# BODY CARE MENU

## CUSTOMIZED BODY MASSAGE

Our experienced therapists can work with your personal needs or any injuries to create an experience that allows you to relax and feel comfort in your body. Through analyzing physical and emotional block in the body, they will formulate your session of complete bliss, bringing you back to a state of calm.

Swedish Massage \$120/50min | \$160/80min

Deep Tissue Massage \$180/90min

## INFRARED BODY WRAP

Infrared sauna causes body temperature to rise, resulting in a deep, detoxifying sweat at the cellular level, where toxins reside. With the application of a Seaweed Solution that aids in circulation, you begin to sweat faster, going further into the detoxification process during your session. Facial Acupressure is a wonderful addition to this service as your face remains exposed for the duration.

\$150/60min

## BODY CONTURING WITH LIPOLIGHT PRO

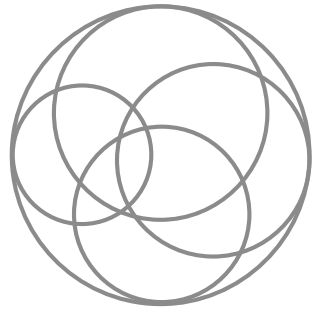
We all know just how challenging it can be to burn fat deposits accumulated in problematic areas that are difficult to sculpt at the gym. Seen as the safest and most inspiring alternative to cosmetic surgery, LipoLight Pro relies on technical breakthroughs leading to painless and desirable body contouring. Due to its light and heat wavelength combinations, this advanced body slimming and shaping method stimulates fatty cells to distribute energy that is easily metabolized by our bodies.

\$180/session | \$1500/Package of 10 | Full Body Slimming Program available

### Do You Know Your Skin IQ?

Your skin is highly unique. Getting standard facials and using products designed for basic skin types is not going to offer you the results you've always wanted. At Naturees we offer personalized skin consultations using Julie Lindh's four-step prescription: **Correct, Repair, Rejuvenate, and Preserve.**

In just 15 minutes, our Skin Care expert will teach you about your skin type and help you get it into shape, find out what it most needs, and guide you towards giving your skin the attention it so deserves.



# NATUREES

The SPA

MIND

BODY

REJUVENATION

After a long day at the office, you probably dream about silence and relaxation. We can help you anchor yourself in the present and forget about being stuck behind a desk. Sit back and focus on your well-being while enjoying the Body Rejuvenation experience that we have created. Our new element is geared towards a rich mind and body rejuvenation that will leave you feeling fulfilled and tension-free.

Allow your body seep into tranquility through a meditative state. The therapist will work from the top of your head to the bottom of your feet to get the energy flowing so that you awaken blissfully rejuvenated.

We offer this event in a group setting of up to six people. It includes Naturees Green food menu and Fresh Green Juices to keep you feeling recharged.

Please visit our site for availabilities and online booking  
[www.naturees.com](http://www.naturees.com) or contact us at 212-228.5909