



CROZER-KEYSTONE

HEALTHPLEX®
SPORTS CLUB

Healthplex Sports Club
194 West Sproul Road
Springfield, PA 19064
610-328-8888
www.healthplex.net



The Spa

at the HEALTHPLEX®

**For Spa information and appointments, call
610.328.8867.**

The Spa at the Healthplex is located inside the
Healthplex Sports Club on the ground floor.
Members and Non-members welcome.

The Spa
at the HEALTHPLEX

Healthplex Sports Club
194 W. Sproul Road
Springfield, PA



**VISIT US ON THE WEB AT
WWW.HEALTHPLEX.NET**

**TO BOOK AN APPOINTMENT, CALL
610.328.8867**

The Spa
at the HEALTHPLEX®



CROZER-KEYSTONE
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SPORTS CLUB

Policies and Hours

Our Service: We take pride in all that we do in the Spa at the Healthplex. Our friendly and knowledgeable Spa Consultants will help you make the most of your visit by recommending and scheduling the perfect spa experience for you. Our professional staff will ensure that you receive a relaxing and satisfying spa experience. Every one-hour session consists of 50 minutes. Five minutes to get on the table and to get off the table complete the one-hour treatment.

Cancellation Policy: As a courtesy to our guests and staff, if you should need to cancel or reschedule an appointment, we kindly request a 4-hour notice. Less than a 4 hours notice will result in a 50 percent charge of services reserved.

Children: For safety reasons, children under 13 are only permitted in the Spa by appointment. However, child care is available in our Kidz Klub facility for an additional fee. Please call (610) 328-8876 for more information.

Spa Amenities: The Spa at the Healthplex provides whirl pools, steam rooms, showers, lockers, towels, robes and rooming essentials as well as a comfortable lounge for your relaxation before and after your service.

Guest Etiquette: As a courtesy to all guests, we ask that you please turn off cellular phones and pagers before your visit to ensure a relaxing environment. We encourage checking in 15 minutes prior to your appointment. Late arrivals are subject to reduced time.

Gratuities: Gratuities are not included in the prices our services.

Hours of Operation:

Monday: Closed

Tuesday-Friday: 10 a.m. to 8 p.m.

Saturday: 9 a.m. to 3 p.m.

Sunday: Closed

Visit us on the web www.healthplex.net

To make an appointment, call

610.328.8867

Nurture your mind, body and spirit in The Spa at the Healthplex. We encourage men and women to be part of our spa. Come experience a treatment with our highly trained staff today!

Sports Massage:

This session can be performed before or after an event. This massage includes stretching along with Swedish massage techniques to help increase circulation and help with sports performance.

Approximately 50 minutes. \$80

Add aromatherapy to any session for \$5

Add warm towels to any session for \$10

Add biofreeze treatment \$5

Add 15-minute reflexology treatment \$15

Body Treatments

Sea Salt Glow:

Indulge in a combination of aromatherapy oils and mineral-enriched sea salts, which are gently massaged into your body to achieve a deep exfoliation. The final result is soft, smooth and revitalized skin. \$75

Waxing

| | |
|------------------------------|-----------|
| Eyebrow | \$15 |
| Eyebrow color..... | \$10 |
| Lip | \$15 |
| Chin | \$15 |
| Sideburns | \$15 |
| Series of six facial waxings | \$78 |
| Full Face | \$55 |
| Bikini from..... | \$35 |
| Brazilian Bikini | from \$60 |
| Full leg (w/feet)..... | from \$70 |
| 1/2 leg | from \$40 |
| Hands | \$15 |
| Feet | \$15 |
| Back | from \$60 |
| Chest | from \$60 |
| Arms, full (w/hands)..... | \$50 |
| Arms, 1/2..... | \$35 |
| Underarms | \$30 |

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Massage

Massage is a natural inhibitor to gain balance of the mind, body and soul. Let our Certified Therapists introduce a massage that is right for you.

Each massage includes five minutes for the client to get on and off the table.

Packages of six massages available with a 10% discount.

The Swedish Massage:

This massage is traditionally one of relaxation and comfort. The strokes are longer with lighter pressure to reduce stress, relieve muscle tension, increase circulation and improve muscle tone.

\$70 (Approximately 50min), \$110 (Approximately 80min)

Deep Tissue Massage:

This massage focuses on the deeper levels of tissue to release muscle tension and holding patterns. This massage is not deeper, but works on deeper levels. It is a technique, not pressure. This massage releases chronic patterns of tension throughout the body.

\$80 (Approximately 50min), \$125 (Approximately 80min)

Target Massage:

Choose the muscle groups that you want massaged. Upper body; head, neck and upper back; lower body; lower back, glutes and legs. Choose either Swedish or Deep Tissue Massage. Deep Tissue is ideal for those who are physically active and for pre/post event conditioning. This massage offers maximum benefits in a limited time.

Approximately 25 minutes. Swedish, \$45. Deep, \$50

Hot Stone Massage:

Stones from the ocean or from rivers are heated and used by the therapist to soothe tension in the body. The stones are placed along points in the body to help melt muscle tension, balance energy and promote a deeper sense of relaxation and well-being.

Approximately 65 minutes. \$95

Maternity Massage:

This is a very relaxing massage designed to nurture and relieve the mother-to-be. This massage includes Swedish massage techniques and uses a body pillow system to support the body. Extra care is given to those areas that may need it the most; back, legs and hips.

Approximately 50 minutes. \$75

Reflexology:

This pressure point technique can be performed on the hands and feet to stimulate relaxation throughout the body. Pressure is applied to reflex points that correlate to different body areas. Reflexology induces deep relaxation and improves circulation.

Approximately 25 minutes. \$40

Luxury Massage:

This massage includes aroma therapy and hot towels to induce a pure sense of relaxation. Long, flowing strokes with the calming effects of the essential oils and the soothing heat of hot towels make this session a unique experience for everyone. *Approximately 50 minutes. \$95*

Hair Services

Women's Cut/BlowDry/Style starting at \$50

Shampoo/Blow Dry starting at \$27

Up-Dos starting at \$60

Perms starting at \$60

Hair and Scalp Treatments \$20 *blow dry not included

Buzz Cut \$15

Men's Cut starting at \$27

Youth Cut and Style starting at \$20 (15 yrs. and under)

Color

Single-color Process starting at \$50

Single-color Process w/o cut starting at \$65

Eye Lash Tinting \$30

Scalp Microdermabrasion \$40

w/ blowout \$60

w/haircut \$85

Foil Highlighting

Full head starting at \$95

Partial starting at \$85

Glaze \$10

Keratin Treatment starting at \$350

Color Lock Treatment starting at \$125

Nails

Manicures.....\$18

French Manicure.....\$22

Spa Manicure.....\$28 (7 step process)

Spa French Manicure.....\$32

Hot Oil Manicure.....\$22

Buff out/Polish Change.....\$16

Full set of Acrylic.....\$50

Forever French Acrylic Set.....\$60

Acrylic Fill.....\$30

Forever French Acrylic Fill.....\$38

Removal of Acrylic.....\$45 w/manicure \$25 removal

Nail Repair.....\$8

OPI Gel Manicure.....\$30

OPI Gel French Manicure.....\$36

OPI Gel Removal.....\$12

Regular Pedicure

\$38

**Additional \$4 for French Polish*

Spa Pedicure

\$48 (7 step process)

**Additional \$4 for French Polish*

Hot Stone Pedicure

\$60

**Additional \$4 for French Polish*

Hand/Foot Paraffin Treatment \$10



- Hair starts at \$250.
- Application starts at \$200.
- Removal: \$50.
- Same day Removal and Application starts at \$250.

Facials

The health of the skin can dictate the overall health of the body. Let our highly qualified Estheticians help you improve the quality and surface of your skin.

Packages of six facials available with a 10% discount

Dr Babor Biomatrix Collagen Facial Treatment:

A luxurious facial treatment that delivers moisture while correcting wrinkles and increasing tissue firmness. You will see a visible difference in the tone and texture of your skin. *\$125*

Sensitive Skin to Rosacea Facial Treatment:

This specialized facial soothes and combats very fragile, reddened skin due to irritation cause by sensitivity and Rosacea skin conditions. The treatment will visibly reduce redness and inflammation without aggravating the condition. Skin will experience a renewed moisture balance, which is sure to last. *\$95*

Dr Babor Modelage Lifting Facial:

Specially designed to improve the skins resiliency, Modelage lifting uses a multitude of innovative complexes to firm, tone, and lift. The skin becomes firmer and plumper with more elasticity, allowing the face to regain its youthful contours. *\$145*

Deep Cleansing Facial/Acne Facial:

Customized facial for all ages. As with all levels of acne there are equal levels of treatment. Our Aesthetician specifically addresses the needs of each client to bring skin back to a healthy state and control future breakouts and congestion. *\$110*

Signature Facial:

This facial is anything but basic, it includes cleansing, exfoliation, and massage of the face, neck and décolleté, a special custom mask, massaging of the arms, hands, legs and feet. *\$70*

Gentlemen's Facial Treatment:

This specialized treatment addresses and pampers the specific skin needs of men. A soothing facial to ease razor irritation and maintain hydration, while protecting and restoring skin from damage caused by chronological and environmental aging. A blend of vitamins and anti-oxidants are diffused into the inner layers of the skin, resulting in a more revitalized and healthier-looking complexion. *\$70*

Custom Facial:

Sit back and relax with this personalized facial. Products used are customized to your specific skin needs. *\$80.*

Bacial:

A facial for your back. This treatment uses steam for deep cleansing of the back, followed by exfoliation and blemish extractions to smooth skin surface. A massage followed by a customized back mask and hot towels leaves skin radiant. *\$75*

Complex C Facial:

Contains a specially developed system in which vitamins are used to treat tired and stressed skin. Vitamin C promotes the production of collagen. Vitamin A regulates the epidermis and regenerates the skin. Vitamin E protects against free radicals. This intensive vitamin cocktail equipped with its own time delivery system ensures optimal results, leaving the skin with a long lasting, smooth and healthy appearance. *\$115*

Add on Treatments

Collagen Mask:

Refine lines from intensive collagen for immediate results. *\$40*

Sensational Eye Treatment:

Smooths fine lines, puffiness and circles. *\$20*

Microdermabrasion Enhancement: \$50

AQ Human Growth Factor Serum: \$20

Microdermabrasion

This high-quality treatment, used in skin resurfacing, treats a variety of skin abnormalities by progressively abrading the skin's surface. It is a safe alternative to chemical peels. Complimentary consultation available

HydraFacial

A four step treatment that includes a cleansing/exfoliation process, extractions and an acid peel; all while infusing the skin with antioxidant rich solutions. The treatment improves the appearance of fine lines, wrinkles, hyper pigmentation and overall skin health. LED light and Dermabuilder available to add on. Complimentary consultation available

Micro Needling

The Rejuvenpen Micro Needling treatment is a remarkable, non-laser, non-surgical treatment that causes skin to stimulate collagen production and fresh, new tissue. Treatment is done with AQ Human Growth Factor. Complimentary consultation available

Chemical Peels

Used for various skin concerns across all ages. Diminishes the appearance of fine lines, wrinkles, sun damage, enlarged pores, hyper pigmentation and acne scars.