

## Specialty Services

### **Microdermabrasion\***     **\$120**

- A safe, gentle, non-invasive way to revitalize, smooth and repair aging or damaged skin (includes hydrated, rejuvenating facial treatment).

\* series of treatments suggested

### ✓ **Acid Peels\***     **\$95 - \$260**

- This unique acid peel (from Basic to Premium) benefits all skin types.

Level 1:     **\$95**

Level 2:     **\$180**

Level 3:     **\$260**

\* series of treatments suggested

### **Serenity Package\***     **\$185**

- A Premium Spa Facial + either 60 min\* Swedish or Deep Tissue massage.     - per person

\* more minutes available!

### **Illuminating Package**     **\$315**

- A 90 min massage + grapefruit and essential oils body scrub + 70 min DNA-Repair Facial.     - per person

### **Cranio Therapy**     **\$60**

- A natural healing treatment that helps the brain repair itself. Eases migraines, facial pain and TMJ.     - 30 min

✓ = Most Popular



**Birdie Day Spa**  
of La Jolla

“The Instinct  
for Healing comes  
from the Heart”



Specializing in:

- Hypersensitivity

- Rosacea

- Blemish-Prone

- Stress / Age Related

- Gift Certificates Available -

**Radiant  
Treatments**

*Rejuvenate Your Skin and Body*

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## Body Treatments

### **Algae Body Wrap Treatment \$110**

- A re-mineralizing algae wrap with dry brushing, removes dead skin, enhances circulation, and offers the ultimate full-body relaxation! - 50 min

### **Salt Glow Body Treatment \$95**

- Full-body exfoliation using sea oils for softening and moisturizing rough areas. - 50 min

### **Chocolate Body Glow \$105**

- A unique glacier mountain salt is applied to smooth the skin, followed by a special chocolate mint body oil to soften and moisturize. Ideal for the chocolate lover! - 50 min

## Massage Therapy

### • **Swedish**

**60 min: \$100, 90 min: \$140**

### • **Deep Tissue**

**60 min: \$100, 90 min: \$140**

### • **Trigger Point**

**60 min: \$100, 90 min: \$140**

### • **Sport**

**60 min: \$100, 90 min: \$140**

### • **Hot Rock**

**60 min: \$100**

### • **Aroma-Raindrop**

**60 min: \$100**

### • **Reflexology**

**50 min: \$95**

✓ = Most Popular

## Facial Treatments

### ✓ **Premium Spa Facial \$95**

- Deeply relaxing for both men and women. Includes full facial, neck and shoulder massage, plus facial mask – along with full skin analysis, vapor, and exfoliation. All products are personalized for your specific skin type.

Choose from Deep Cleansing (for blemish-prone or clogged pores), or Ultra Hydration (for mature, de-hydrated or sensitive skin).

### ✓ **Clarifying Rescue Facial \$105**

- A therapeutic deep enzymatic (or non-enzymatic) exfoliating treatment. Improves breakout skin and clears impurities by reducing blackheads, pigmentation, and congestion, resulting in cleaner, clearer skin.

### **Mini or Teen Facial \$70+**

- The perfect facial for maintaining healthy skin. Recommended monthly or bimonthly – between deep cleansing facials.

### **Back Facial \$85**

- All the luxuries of a facial... but for your back! You'll love it!

### ✓ **Age-Defying Facial \$105**

- Helps fight signs of aging, using a special botanical blend combined with vitamins and minerals.

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## Facial Treatments

### ✓ **Super Oxy-G Treatment \$110**

- Time to de-stress? This skin treatment provides a synergistic blend of herbal enzymes, neutralizing the effects of free radicals. Also recommended for rosacea condition.

### ✓ **Vitamin-C Infusion Facial \$105**

- The results will amaze you! A noticeable reduction in wrinkles, fine lines, and improved pigmentation!

### ✓ **DNA/Cell Repair Facial \$120**

- This powerful treatment delays and improves signs of aging, stimulating the development of new skin cells. The liposoma delivery system helps repair and prevent tissue and free radical damage while re-hydrating.

### ✓ **Non-Surgical Face Lifting Treatment\* \$179**

- This non-invasive treatment harmonizes with the body's natural bio-electrical currents to stimulate collagen and elastin production, while re-hydrating. Lessens fine lines and wrinkles. Your skin will look and feel younger and healthier!

The full package includes face, eyes and neck, followed by a final rejuvenation treatment.

- Eye treatment only: \$99

- Neck treatment only: \$89

\* series of treatments suggested

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