

## Nail Care

### Eco-Fin Moisturizing Hand and Foot Treatment

This 100% plant-based paraffin alternative contains shea butter, vitamin E and essential oils to moisturize, hydrate and soothe skin.

Hand or Foot Treatment...\$20

### Signature Manicure/Pedicure

Includes nail/cuticle grooming, exfoliation, callus removal, moisturizing massage, hot towels and regular polish.

Manicure...\$25

Pedicure...\$40

### Gentleman's Manicure/Pedicure

Includes nail/cuticle grooming, exfoliation, callus removal, moisturizing massage and hot towels. No polish is applied. Nails are buffed to shine.

Manicure...\$20

Pedicure...\$35

### Ultimate Spa Manicure/Pedicure

Includes Eco-Fin hand/foot treatment to further moisturize, hydrate and soften hands/feet.

Manicure...\$40

Pedicure...\$55

### Additional Nail Services

Nail Repair - Patch a Broken/Split Nail: \$2 per nail

French Polish...add \$5

Dazzle Dry Polish...add \$10

Gel Polish...add \$10

Regular Polish Change...\$10

Dazzle Dry/Gel Polish Change...\$20

Gel Polish Removal...\$10

(Does not include shaping or filing of nails)

## Spa Etiquette

### Appointments

Appointments are preferred, but not always necessary. When possible, we try to accommodate walk-ins.

### Arrivals

Check-in with the front desk 10 minutes prior to your session to complete paperwork and arrange payment.

### Cancellations

We value your business and ask that you respect our cancellation policy. If cancellation is needed, please do so 24 hours in advance of your appointment. Cancellation on the day of or "no shows" may be charged the full cost of the service.

### Returns

There are no refunds, returns or exchanges on products.

### Gratuities

It is our pleasure to serve you. No tips please.

### Relaxation

For the comfort and privacy of our guests, only one person will be allowed in a room at a time. The Day Spa is a place of relaxation for adults. Members with children on their membership may use childcare while using The Day Spa.

WE MAKE  
YOUR SKIN  
work for you



sanitas  
PROGRESSIVE SKINHEALTH

[www.FSHFC.com/The-Day-Spa](http://www.FSHFC.com/The-Day-Spa)

# THE Day Spa at FORT SANDERS Health & Fitness CENTER Covenant HEALTH



280 Fort Sanders West Blvd. Suite 118  
Knoxville, TN 37922

865-531-5772

Monday & Wednesday...8:00 am - 6:00 pm

Tuesday & Thursday...9:00 am - 7:00 pm

Friday...8:00 am - 5:00 pm

Saturday...9:00 am - 2:00 pm

[www.FSHFC.com/The-Day-Spa](http://www.FSHFC.com/The-Day-Spa)

## Signature Facials

### Express Facial...\$40

Great for clients short on time! The skin is thoroughly cleansed and treated with a vitamin rich mask.

### Signature European Facial...\$65

Skin is deeply cleansed and exfoliated followed by a skin-enhancing mask and facial massage.

### Gentleman's Facial...\$65

Specifically designed for our male clients, this facial includes cleansing, exfoliation, a mask and a relaxing scalp massage.

## Specialty Facials

For optimal results, we recommend repeating every 4-6 weeks.

### Teen Skin Facial...\$65

Begins with a thorough cleansing followed by a detoxifying mask, extractions and a clarifying treatment.

### Back Facial...\$65

Cleanses, exfoliates, clarifies and softens the skin on your back to create a more refined appearance. It includes a back and scalp massage.

### Collagen Boosting Facial...\$65

Redensifies and plumps fine lines and wrinkles, hydrates, lightens, brightens and improves firmness. Includes a resurfacing cleanse, two masks, scalp plus decollete massage, plus lip and eye treatments.

### Adult Acne Facial...\$85

Deep cleaning with anti-inflammatory, antibacterial, antiseptic and antioxidant products. Helps eliminate excess oil, unclog pores and draw out impurities. Includes scalp and decollete massage, plus lip and eye treatments.

## Ultimate Esthetic Services

### Dermafile...\$75 (Or a pkg. of six for \$375)

Resurfaces and polishes the skin by removing the top layer of dead skin cells. Targets fine lines and wrinkles, enlarged pores, scarring and reduces hyperpigmentation. Smooths and redefines the texture of the skin.

### Microdermabrasion...\$85 (Or a pkg. of six for \$425)

Refinishes the skin by abrading the top layer of dead skin. Removes skin debris, softens scars, blemishes, and wrinkles, and helps to diminish uneven pigmentation for healthy, glowing skin.

### Ultrasound...\$120 (Or a pkg. of six for \$600)

Massages the skin and underlying tissue while emitting heat which accelerates blood circulation, promoting collagen production. Decreases the appearance of fine lines and wrinkles, age spots, enlarged pores and sagging skin.

### Anti-Aging PLUS Facial and Peel...\$140

Enjoy all of the benefits of our Collagen Boosting Facial, but we replace the first mask with a Lactic Acid or Glycolic Acid Chemical Peel to promote the growth of new skin cells.



## Hydro Massage

A dry water massage with a traveling jet system, combining heat, motion, and a variety of options for a soothing full body massage. You control the area of the massage, the amount of pressure, and the speed of the jets. HydroMassage helps with muscle soreness and tension, is an amazing stress reliever and a great post-workout cool-down. For guests 16+.

### FSHFC Members Monthly Upgrade...\$25

Upgrade package includes 10% off select spa services and 50 Perville Reward points per month.

## Waxing

Nose...\$8	Lip...\$15
Chin...\$10	Full Face...\$45
Brow...\$15	Underarms...\$20

## Specialty Services

### Chemical Peels

Improves fine lines and wrinkles, texture and tone, hyper-pigmentation, acne and scarring. Exfoliates the skin, promoting the growth of new skin cells. Includes a cool calming mask to relieve redness, stinging and irritation.

Salicylic Acid (BHA)...\$85

Glycolic Acid (AHA)...\$75

Lactic Acid Lunchtime Peel...\$75

TCA...\$100

### Spray Tanning...\$35

We use Norvell Tanning products to ensure a perfect, long-lasting and natural looking tan.

### Brow and Lash Tinting

Dramatically transform your lashes and brows! Temporarily eliminates/reduces the time spent on daily use of eyebrow fillers, mascara and eyeliner. Lashes may last up to 3-4 weeks. Brows may last up to 2-3 weeks.

Brown Tint...\$15

Lash Tint...\$20

Trio-Brow Wax, Brow and Lash Tint...\$45

### NovaLash Eyelash Extensions...\$175

Gain the appearance of a thicker lash line while your natural lashes are lengthened with non-damaging extensions. With proper care, indefinite wear can be expected. (Price includes first 14-21 day maintenance visit.)

14 - 21 Day Maintenance...\$50

22 - 28 Day Maintenance...\$65

## Spa Boutique

We sell NovaLash Lash+Doctor and After-Care Kits, Sanitas Skincare, OPI products, Norvell sunless tanning, Sposh Herbal Neck Wraps and Green & Good balm. Gift cards are also available.

**Clients will receive 10% off products at the time of service, excluding NovaLash products.**

