



## Nail Services

### Signature Manicure/Pedicure

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

Manicure.....	\$35
Pedicure.....	\$50
Adding Gel or Dazzle Dry .....	\$10

### Ultimate Spa Manicure/Pedicure

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

Manicure.....	\$50
Pedicure.....	\$65

### Sport Manicure/Pedicure

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

Manicure.....	\$30
Pedicure.....	\$45

### Additional Nail Services

Nail Repair .....	\$5 per nail
French Polish.....	add \$10
Regular Polish Change.....	\$15
Dazzle Dry/Gel Polish Change .....	\$25
Gel Polish Removal.....	\$10

## 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 spa services

## The Day Spa is a place of relaxation.

### Appointments

Appointments are preferred, but not always necessary. Walk-ins welcome! Members with children on their membership may use childcare while using The Day Spa.

### Arrivals

Check-in 10 minutes prior to your session to complete paperwork and arrange payment.

### Returns

There are no refunds, returns or exchanges on products.

## Spa Etiquette



*THE*  
*Dayspa* at  
FORT SANDERS  
*Health & Fitness*  
CENTER  
Covenant  
HEALTH



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FORT SANDERS  
*Health & Fitness*  
CENTER  
Covenant  
HEALTH

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

**865-531-5772**

**FSHFC.com/The-Day-Spa**

0783-1906

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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

**FSHFC.com/The-Day-Spa**



## Facials

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

### Acne Facial.....\$100

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. Blue LED Light Therapy is used to kill bacteria under the skin.

### 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.....\$85

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

### Express Facial.....\$40

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

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

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

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

Products are selected for your unique skin needs including cleanser, exfoliation, facial massage, nutritional mask and moisturizers.

### 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.

#### Chemical Peel

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).....	\$85
Lactic Acid Peel.....	\$85

### Dermafile ..... \$85

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.

### Dermaplane Facial ..... \$100 (pkg. of 3 for \$265)

A safe and effective exfoliating method. During this process, a sterile surgical scalpel shaves the skin's surface. The goal of the Dermaplane procedure is to remove dead skin and peach fuzz from the face.

### LED Light Therapy Add-on.....\$45

A safe, non-UV natural process that encourages your body to produce enzymes and collagen that support the skin structure, thus producing a younger, smoother looking skin.

### Microdermabrasion.....\$85

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 (pkg. of 3 for \$325)

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 marks, enlarged pores and sagging skin.

## Ultimate Esthetic Services



## Specialty Services

### Spray Tanning

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

Full Body.....	\$35
Legs Only.....	\$25

### Waxing

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

### 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.

Brow 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

### Eco-Fin Moisturizing Hand or 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
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