



Michel

Petite Spa & Skin Care Gallery

2815 roosevelt street • carlsbad • 92008

760.730.1SPA (1772) • michelspa.com

TREATMENT MENU

HOURS:

Tuesday through Friday 10 am to 7 pm
(Closed for Lunch 1 pm to 2 pm)

Saturday and Sunday 10 am to 6 pm
Closed Monday or by appointment 7 days a week

FACIALS

Michel Classique

Revive dull, lifeless, sun damaged skin with this classic healing treatment. An invigorating, yet relaxing facial to hydrate, tone and restore your complexions natural glow. Experience exfoliating cleansing, therapeutic serum, mask and nourishing moisturizer all which are custom blended for your skin's specific needs. Face, neck and shoulder massage are incorporated throughout this treatment to leave you feeling- shall we say "Ooh La La!"

1 Hour \$85

La Petite

Restore your skin's natural balance with this "express" mini-facial. Includes a unique combination of custom blended treatments to revive and refresh your complexion - a "Café au lait" for your skin.

30 Minutes \$65

Pelè de Fruits (Fruity Acid Peel)

Transform your skin to a fresh revitalized appearance with this effervescent exfoliating facial. Alpha Hydroxy and Beta Acids derived from fruits combine to gently peel away dulling surface cells, unclog pores and diminish wrinkles leaving complexion silky smooth and even toned "Très Jolie!"

1 Hour \$100

Pour Le Teint Problem (for problematic complexions)

Control breakouts, calm and soothe your problematic skin with this gentle yet effective treatment. Pure plant extracts and antibacterial adaptogens combine to create a clear and unblemished complexion. Includes a custom blended mask to unclog pores, control oil, reduce inflammation and normalize sebum production.

1 Hour \$90

Aromatherapie

Herb-infused aromatherapy oils combine to eliminate stress and tension while stimulating your senses. Includes gentle aromatic cleansing, detoxifying exfoliation and soothing face, neck and shoulder massage to transport essential oils into the skin and release toxins "Pour la beauté du visage!"

1 Hour \$85

Triple Espresso

Wisk away impurities and dulling surface cells. Reduce enlarged pores and polish your skins texture to a satin finish with this unique triple exfoliation treatment. This is microdermabrasion without the abrasion "Très Manifique!"

1 Hour 15 Minutes \$110

Crème de la Crème

Experience the vital force of natural trace minerals, amino acids and vitamins increasing the supply of oxygen to your skin. This decadent treatment soothes the soul. Your hands are immersed in warm hydrating aromatic paraffin to smooth and soften. Slip into a tranquil state as your scalp is treated to an invigorating essential oil massage to nourish hair roots. Your face, neck and shoulders are then massaged with a luscious crème infused with antioxidants, plant extracts and essential oils. Emerge absolutely relaxed with an unbelievable, illuminating glow “Simplement Manifique!”

1 Hour 15 Minutes \$115

Oxygenation Facial

Breathe new life into your complexion with this high-performance cosmeceutical treatment that carries active ingredients deep into your skin via oxygen molecules fighting the effect of aging and promoting a younger, less lined appearance. Boost skin that is sluggish and resistant to products due to environmental stressors, cigarette smoke and normal aging as this treatment infused with hydrogen peroxide derived from atmospheric oxygen, liposomes with Tissue Respiratory Factor, intense natural plant extracts, vitamins and antibacterial essential oils nourishes, protects and energizes your skin. Immediate visible benefits you'll enjoy include softer, smoother skin that feels cleaner and fresher than ever “Joie de Vivre!”

55 Minutes \$105

Enzyme Therapy

Natural proteolytic fruit enzymes combine with soothing, healing and skin softening plant extracts to dissolve dead and dying cells and cleanse and un-clog pores thereby stimulating the dermis to produce collagen and elastin. The enzymatic exfoliating action penetrates the stratum corneum layers of the skin lightening freckles and pigmented spots, allowing easier extractions, diminishing fine lines and wrinkles, smoothing the skins texture, perking up skin tone and allowing moisture back into the skin. Regular enzyme peels help the body produce healthier and younger looking skin without the harsh side effects of a chemical peel or microdermabrasion. Excellent cell renewal for sun-damaged, acneic, aged and dull looking skin “C'est Magnifique!”

Add to any Facial Treatment

\$35

Pumice Peel Facial

Ultra fine natural lava rock pumice combines with powerful adaptogenic rejuvenating plant extracts and antioxidants in this machine-less microdermabrasion treatment to peel away dull dreary cells, smooth uneven skin and visibly reduce the appearance of fine lines and wrinkles while accelerating the turnover of fresh new cells to stimulate collagen and elastin. This resurfacing skin treatment, also includes a customized Bioelements mask to infuse nutrients into your newly polished complexion. The results will be brighter skin with improved clarity and a more even tone. It's the ideal treatment option for those who want the effects of microdermabrasion without the machine “Oui, Oui!”

55 Minutes \$105

Flaxx-C Firming Treatment

Counteract the effects of aging with this amazing instant firming treatment. Omega-3 Fatty Acids combine with potent flavinoid-rich antioxidants to restore strength, elasticity and firmness to sagging skin by tightening, lifting and “compressing” the tissues while protecting it from free radical damage. This deep compression triggers the skin to reprogram and remodel its own supportive matrix. The ultra tightening action stimulates the microcirculation, restoring vitality to dull lifeless skin. Immediate visual effects last 10 days - perfect before an important event “Tres Belle!”

Add to any Facial Treatment

15 Minutes \$35

For Men Only

Begin with a deep cleaning and exfoliation to help lift ingrown hairs and reduce shaving irritation, follow with a relaxing mask to tighten and firm, and a transforming face, neck and shoulder massage to detoxify and enhance muscle tone for a refreshed, clean look and feel.

1 Hour \$85

Add Back

1 Hour 15 Minutes \$100

Regenerative Treatment for Men

To balance the skin and remove impurities, this treatment begins with a deep cleaning and aromatic exfoliation. Your face is restored to health by a nourishing mask to reduce dryness and the appearance of aging lines. Massage of the face, neck and shoulders leaves you with skin that feels refreshed and revitalized.

1 Hour \$95

Add Back

1 Hour 15 Minutes \$110

Add Aromatherapy to any Facial

\$5

Add Flaxx-C Firming Treatment to any Facial

\$35

Add Enzyme Therapy Treatment to any Facial

\$35

Add Thermal Infusing Masque to any Facial

\$25

Add Eye Lifting Masque to any Facial

\$25

BODY TREATMENTS

Crème Brûlé

This ultimate moisture drench begins with a gentle body brushing to rid your skin of dead surface cells and stimulate circulation. Skin is tantalized with the application of an incredibly rich and silky crème custom blended to improve firmness and create a satin texture. A refreshing citrus laced spritz transforms this fabulous crème into a lotion which melts into the skin as your stress is massaged away and your skin is left kissably soft.

1 Hour \$85

Siddha

Experience this ancient “rejuvenation” treatment originating in Southern India that will detox and destress your entire body. Dead skin cells are sloughed away before an herb-filled pouch saturated with a warm essential oil is gently swept across your body. To increase detoxification you are enveloped in a warming wrap transporting your mind to a state of deep relaxation and complete calmness while breathing new life into your body.

1 Hour \$95

Herbe de L'Orient (Herbs from the Orient)

Experience this ancient “retexturizing” treatment originating in IndoChina. Slip into a state of tranquility as your entire body is sprinkled with Chinese healing herbs then lightly massaged with warm essential oils. Naturally occurring alpha hydroxy acids and calming skin softeners polish the skin to a radiant glow.

1 Hour \$95

Arctic Algae

Rich in vitamins, minerals and amino acids, Arctic Algae harvested from the cool, clean waters of the Norwegian Arctic has a tonic effect as it is gently painted on your freshly exfoliated body. As you enter a state of pure bliss you are enveloped in a warming wrap to infuse the skin with the Algae's intense healing properties removing impurities, replacing lost nutrients and revitalizing your circulation. Your tension melts away as all traces of the Algae are removed, the body is spritzed with a citrus laced refresher and a custom blended extremely emollient crème is massaged over your entire body.

1 Hour \$105

Soleil Bronzage Treatment

Transform your skin to a rich bronze that gives your entire body a sun-kissed glow. A total body experience beginning with an all over exfoliation to remove dulling dead surface cells while creating the perfect canvas for bronzing. Relax as our unique tanning crème infuses moisture and color into surface skin layers as it is professionally applied to avoid streaking. The gradual transformation lasts several days without harmful UVA and UVB rays
“Bouche a' Bouche et Soleil!”

1 Hour \$80

Mud Body Masque

Imported from Germany and blended with energizing plant extracts and restorative clay, this detoxifying mud is gently painted on your body from your neck to your toes. Stress melts away as you are enveloped in a warming wrap allowing the healing properties of the mud to take effect. To finish, all traces of the mud are removed and a layer of custom blended crème is lightly massaged all over your body. You emerge with glowing, toned and unbelievable soft skin quenched with moisture.

1 Hour \$105

Indulge your senses in delicious peppermint/raspberry mud

Add \$15

Body Polishes

Buff your body to a velvety smooth finish with our signature aroma-therapeutic scrubs designed to stimulate circulation and invigorate your senses while revitalizing you from the outside in. These are the perfect treatments to release tight, sore muscles and enhance your body's response to additional treatments. Especially effective before a body massage.

Salt Glow

a blend of sea salts, minerals, electrolytes, sea vegetables and aromatherapy oils

1 Hour \$85

Sugar Scrub

a blend of gourmet brown sugar, safflower, sesame, sweet almond, grape seed, avocado, vitamin e and aromatherapy oils

1 Hour \$85

MASSAGE TREATMENTS

Swedish

Long, smooth, sliding strokes with light pressure and kneading on the surface of the muscles to stimulate circulation and promote relaxation.

25 Minutes \$55

55 Minutes \$80

1 Hour 20 Minutes \$115

Deep Tissue/Sport

Slow intense strokes combine with deep penetrating pressure to relieve stubborn areas or chronic problems buried deep inside the muscles.

25 Minutes \$65

55 Minutes \$90

1 Hour 20 Minutes \$125

Therapeutic

A unique combination of Swedish and Deep Tissue techniques.

25 Minutes \$60

55 Minutes \$85

1 Hour 20 Minutes \$120

Pregnancy

Nurture your mind and body during this incredible journey. This unique treatment focuses on the needs of the mother to be relieving backaches, leg cramping and swelling.

55 Minutes \$95

1 Hour 20 Minutes \$130

Michel Classique

Blend of Swedish, Deep Tissue, Sports and Shiatsu - includes Reflexology and Scalp Massage.

1 Hour 20 Minutes \$130

Custom

Allow the therapist to assess your needs and customize this massage just for you.

55 Minutes \$90

1 Hour 20 Minutes \$130

Hot Stone

Allow the soothing warmth of heated ocean worn basalt stones to melt away the stresses of everyday life. The stones are heated to an ideal temperature then placed on specific areas of your body and through long deep massage strokes bring you to a profound state of relaxation. Swedish hand technique combines to offer the best of massage techniques.

1 Hour 20 Minutes \$130

Reflexology

Gentle yet firm pressure is applied to reflex points on the feet, hands and ears which correspond to specific areas of your whole body for a soothing holistic treatment. It restores the body's natural balances encouraging the body and mind to relax. Slip away into a deep state of healing relaxation. Perfect in combination with any treatment.

25 Minutes (feet only) \$45

1 Hour (feet, hands, ears) \$70

Raindrop Therapy Massage

A powerful, yet non-invasive massage technique to bring the body into structural and electrical alignment. A sequence of essential oils which reduce the viral agents in the body responsible for inflammation are dispensed like little drops of rain above the back then massaged along the vertebrae. This massage restores the natural balance in the body that will result in good health. Good for spinal misalignment and healthy immune function. A Swedish massage combines to relax the entire body. The oils may continue to work 5-7 days following the treatment.

1 Hour 20 Minutes \$140

Oil Therapy

Boost your relaxation and rejuvenation with this healing oil treatment. Potent essential oil blends stimulate the nervous system as they are dropped onto the spine, massaged in using soft rhythmic strokes and then warmed for maximum penetration. Choose from Body Balancing "Valor", Mood Enhancing "Joy", Immune Boosting "Thieves", Inspiring "Believe" or Muscle Restoring "Aroma Siez".

Add to any Treatment

\$25

Add Aromatherapy to any Massage

\$ 5

Add Oil Therapy to any Treatment

\$25

Add Raindrop Therapy to any Treatment

\$60

NAIL TREATMENTS

Spa Manicure	1 Hour	\$ 30
w/ French		\$ 5 add
w/ Aromatherapy		\$ 5 add
w/ Fresh Herb & Fruit Soak		\$ 5 add
w/ Masque		\$ 10 add
w/ Nail Art		\$ 3 each nail

Spa Pedicure	1 Hour	\$ 50
w/ French		\$ 5 add
w/ Aromatherapy		\$ 5 add
w/ Fresh Herb & Fruit Soak		\$ 5 add
w/ Bath Ice Cream		\$ 5 add
w/ Masque		\$ 10 add
w/ Nail Art		\$ 3 each nail

Spa Pedicure w/ Reflexology	1 Hour 15 Minutes	\$ 75
w/ Aromatherapy		\$ 5 add
w/ Fresh Herb & Fruit Soak		\$ 5 add
w/ Bath Ice Cream		\$ 5 add
w/ Masque		\$ 10 add
w/ Nail Art		\$ 3 each nail

Paraffin Hydrating Treatment		\$ 20
Essential Oil infused for Hands or Feet		

TINTING/MAKE-UP

Professionally tint your lashes and brows using the finest tints from Austria to eliminate clumping/running mascara and “disappearing brows” for 5-6 weeks. Indulge in a “make-over” for a beauty boost or new look.

Eye Lash Tint \$20 Eye Brow Tint \$30 Eye Lashes & Eye Brows \$45

Make-up Application 1 Hour \$60

Consultation w/ Application 1 Hour 30 Minutes \$110

WAXING

Our waxes are of the highest quality designed to keep irritation to a minimum while keeping you impeccably smooth.

Waxing for Women

Full Leg	\$ 60
Full Leg & Bikini	\$ 75
w/Brazilian	\$ 100
Half Leg	\$ 35
Half Leg & Bikini	\$ 50
w/Brazilian	\$ 85
Bikini	\$ 35
Brazilian Bikini	\$ 65 +
Full Arm	\$ 45
Half Arm	\$ 35
Under Arms	\$ 25
Upper Lip	\$ 15
Eye Brows	\$ 25
Chin	\$ 15
Full Face	\$ 40
Full Body	TBD

Waxing for Men

Full Back	\$ 60
Half Back	\$ 40
Chest	\$ 35
Abdomen	\$ 30
Full Arm	\$ 55
Half Arm	\$ 45
Shoulders	\$ 30
Bikini	\$ 50
Brazilian	\$ 75 +
Full Body	TBD

Clean-Up Rates Also Offered

SPA POLICIES

OUR COMMITMENT

To instill in you a renewed faith in yourself while relaxing you beyond belief. We guarantee all of our products and services 100%. Like life sometimes changes, our prices may too.

PRODUCTS

We professionally recommend and use BIOELEMENTS, custom blended for your exact needs.



PACKAGES

Create your own experience with any three treatments over \$50 & receive a 15% discount. All packages must be scheduled on the same day for the same individual.

SERIES

Take advantage of "Series Specials" available on all of our treatments. Treatments in series are especially effective for facials due to the increased cellular response of the skin.

GIFT CERTIFICATES

Available for all your gift needs by walk-in, phone and mail order.

ADDITIONAL NOTES

Walk-ins are always welcome. Reservations are recommended and require a credit card to secure the appointment. **24 hour cancellation is required** or you will be charged for your reservation. Please arrive 15 minutes before your treatment. If you arrive late for your treatment, it will end as scheduled so as to not delay the next client.