



EUROPEAN BODYWORKS is staffed by a group of experienced, licensed independent therapists, each bringing a wealth of knowledge and skills to every spa session. Whether you are seeking the glow and deep relaxation of a great yoga session, the soothing relief of a therapeutic massage, or the confidence that comes with great looking skin, our staff can provide that individual attention to assist you in whatever it is you need.

REVEAL YOUR RADIANCE

For us, skin care is more than just treating the physical. We all have the potential to be radiant. But it is a process. We use Dr. Hauschka Skin Care exclusively in our facials. The ingredients in Dr. Hauschka Skin Care products are chosen to promote natural, gentle transformation. Each product is formulated to work in harmony with your skin's natural functions so it looks and feels vital and radiant, expressing the beauty of who you are.

Dr. Hauschka products are grown on only biodynamic farms that support a global effort toward organic and sustainable farming, and a reconnection with nature and life's rhythms. It's about taking care and that philosophy extends from the gardens to the manufacturing to the treatments themselves.

BREATHE REST REJUVENATE
RELAX REVITALIZE HEAL

COMBINING NATURE
WITH NURTURE



NATURAL TREATMENTS
FOR YOUR WELL-BEING

MASSAGE • FACIALS
WAXING

EUROPEAN SPA TREATMENTS
DR. HAUSCHKA SKIN CARE
YOGA
PILATES

630 South St. • Green Lake, WI 54941
(920) 294-0990 By Appointment
www.greenlakespa.com

WAXING SERVICES



Flawless waxing, without irritation in a professional, private setting.

Brows	\$ 12
Lip or Chin	\$ 8
Half Leg	\$ 25
Full leg	\$ 50
Bikini	\$ 25

GIFT CERTIFICATES

Gift certificates may be purchased directly from your therapist and are valid for six months. No refunds may be made on unused services.

SCHEDULING CONSIDERATIONS

We have 3 treatment rooms available. Appointments are made directly with the following therapists:

For Dr. Hauschka Facials and Body Treatments: contact Nancy at work 920-294-0990 or by cell 920-299-2201 or e-mail her directly at relax@greenlakespa.com

For massage appointments: contact Tiana at work 920-294-0990 or by cell 920-251-1739.

A 24 hour notice of cancellation per above cell numbers is a courtesy to your therapists. Group bookings require a non-refundable deposit.

Payment is made directly to the therapists.



DR. HAUSCHKA SIGNATURE FACIALS

To experience a Dr. Hauschka treatment is to be transformed. Based on our time-proven, signature methods of artful touch, each treatment is crafted to work with your body's natural rhythms to transform, inside and out. Only Certified Dr. Hauschka Estheticians can offer Dr. Hauschka Signature Treatments.

CLASSIC TREATMENT 120 minutes
The Classic Treatment is far more than a facial. Its holistic approach takes the whole person into account, incorporating aromatherapy, caring touch and lymph stimulation to restore a state of true, lasting beauty. Recommended for every skin condition, your esthetician will personalize the approach to this treatment based on your skin's specific needs. The Classic Treatment begins with deep relaxation: a warm sage foot bath and gentle stretching movements for neck, arms and hands. Lavender-infused

compresses introduce you to a holistic facial that includes two mask treatments to nourish, nurture and renew. Soft brushes are used to stimulate the skin's natural balancing and regenerative impulses. The result is a radiant complexion and a remarkable feeling of lightness and inner balance.

RELAXATION TREATMENT 75 minutes
Relaxation begins with a warm sage foot bath and massage and moisturizing treatment of the legs, feet, arms and hands. The face is cleansed following warm aromatherapy compresses. Gentle, rhythmical hand and brush strokes stimulate the movement of lymph. Next, your esthetician applies a nourishing mask specific to your skin condition followed by a décolleté massage. Stress and tension melt away, and you leave with renewed energy and a radiant complexion. \$75

CLARIFYING TREATMENT

60 minutes
This treatment is integral to restoring a healthy, radiant complexion. Aromatherapy compresses warm the skin before cleansing. Herbal steam softens and opens pores in preparation for the extractions as needed. A deep-cleansing clay mask is applied to absorb excess oil. Blemishes and blackheads are visibly reduced. A rhythmic conditioner and appropriate day care complete this effective treatment. Your skin feels soothed, purified and radiant. \$60

THE BASIC FACIAL

40 minutes
The basic facial is an express, affordable alternative, designed to cleanse and refresh. Includes herbal steaming, exfoliation, treatment mask, and some facial massage. \$40



THE TEEN FACIAL

35 minutes
A deep cleansing facial priced to encourage a series of treatments often needed during the teen years of hormonal surges! Includes practical instruction on caring for special skin care needs \$35

DR. HAUSCHKA HOLISTIC BODY TREATMENT

90 minutes
For those seeking rejuvenation and a restored sense of well-being, the Holistic Body Treatment delivers. Through aromatherapy compresses and rhythmic touch, be transported to a state of sheer relaxation, in which deep renewal can take place. This whole body experience includes 15 minutes of much needed rest .\$75

MASSAGE THERAPY

Massage is the scientifically based, systematic manipulation of the soft tissues of the body. Regular massage reduces stress and tension, relieves physical and mental fatigue and promotes relaxation and circulation. Both blood and lymph flow are stimulated, thereby aiding the body in removing wastes and speeding the body's rehabilitation from injuries. Best of all, it feels good and it is important to do the things that you enjoy. Each individual's privacy is always considered with appropriate draping.

STRESS MESSAGE

Relax and improve mental and physical health with our signature full body Swedish massage. Utilizing light to moderate pressure with long gliding strokes, kneading, stripping and percussion to manipulate the superficial layers of the muscles. This classical massage is an ideal way to relax and de-stress. Allow yourself to drift away.
30 minutes - \$35
60 minutes - \$55
80 minutes - \$80

DEEP TISSUE

Deep tissue massage is used to release chronic muscle tension in specific problem areas of the body through slower strokes and more direct deep pressure or friction applied to muscles. A

deep-tissue massage helps loosen muscle tissues, break up scar tissue, release toxins from muscles and get blood and oxygen circulating properly to relax and soothe the muscle. It is both corrective and therapeutic.
30 minutes - \$45
60 minutes - \$65
80 minutes - \$90

HOT STONE MASSAGE

Stone Therapy Massage is a full-body massage using 40 warm stones to promote physical and spiritual balance. Stones are placed all over the body and actively used by the therapist, relieving sore muscles and promoting a soothing state of peaceful calm. 60 minutes - \$60



fication and purification of the circulatory and lymphatic systems is applied. Then you are wrapped in Egyptian linens that have been soaked overnight in an aromatic infusion of allspice, lavender, calendula petals, clove, eucalyptus, ginger root and rosemary. Relax as the cocoon of therapeutic, aromatic herbs penetrates your body and draws out impurities. Finally, a soothing herbal moisturizer is applied to leave your skin feeling soft and supple. 60 minutes - \$70

BABASSU SUGAR RUB

This stimulating 100% organic experience combines aromatherapy with exfoliating and moisturizing products to transform dull, dry skin into soft and satiny! First, your body is exfoliated with a dry brush stimulating the circulatory and lymphatic systems. Next, the body is rubbed with a combination of raw sugar and oil from the Babassu Palm. This special mixture is customized to match your mood with your choice of essential oils: uplifting, calming, or sensual. The unique properties of the oils and the sugar intertwine to create a powerful yet gentle scrub that naturally refines your skin. You'll emerge from this sensory experience feeling smooth and invigorated. 50 minutes - \$60

HAND AND FOOT THERAPY

Begins with a sage footbath while hands are warmed with luxurious paraffin, followed by a variety of hand and foot massage techniques including thumb walking and pressure point work. Stimulates and energizes all the body systems. Fabulous if you work on your feet!!! 45 minutes - \$45

EUROPEAN SPA TREATMENTS

Utilizing herbs and minerals our therapeutic body treatments have many beneficial effects on the outward appearance and the inner health of the total body. Benefits include exfoliation, cell renewal, detoxification, and hydrating, leaving the skin smooth and soft to the touch and instilling a renewed sense of well-being.

HERBAL HIBERNATION WRAP

A delicious herbal experience that detoxifies your entire body! First, a concentrated blend of seaweed and plant extracts that promote detoxi-

