

## Services ~ Massage

We are proud to offer a large variety of treatments at A Moment Away. You can be sure you will find the perfect one for you!

### Swedish Massage

This classic massage melts away stress and tension.

<b>90 min</b>	<b>\$110</b>
<b>60 min</b>	<b>\$80</b>
<b>30 min</b>	<b>\$50</b>

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### Signature Massage

Our Swedish, Deep Tissue, and Hot Stone Therapies blended in perfect harmony to provide unparalleled results.

<b>75 min</b>	<b>\$115</b>
<b>60 min</b>	<b>\$90</b>

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### Massage For Two

Share the massage experience with someone special in our private couples' room with a therapist for each of you.

<b>60 min</b>	<b>\$165</b>
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### Deep Tissue Massage

A bit deeper than our Swedish Massage, this massage helps to release knots and tension.

<b>90 min</b>	<b>\$120</b>
<b>60 min</b>	<b>\$85</b>

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### Ashiatsu Oriental Bar Therapy

The deepest massage. Our therapists use overhead bars for balance while their feet deliver the deepest, most luxurious massage you've ever had.

<b>90 min</b>	<b>\$120</b>
<b>60 min</b>	<b>\$85</b>

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### Hot Stone Massage

This therapeutic technique uses warm stones to help release tension and increase relaxation.

<b>90 min</b>	<b>\$135</b>
<b>60 min</b>	<b>\$100</b>

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### Ashi - Stone

An amazing combination of hot basalt stone massage and barefoot Ashiatsu Oriental Bar Therapy - the perfect meltdown.

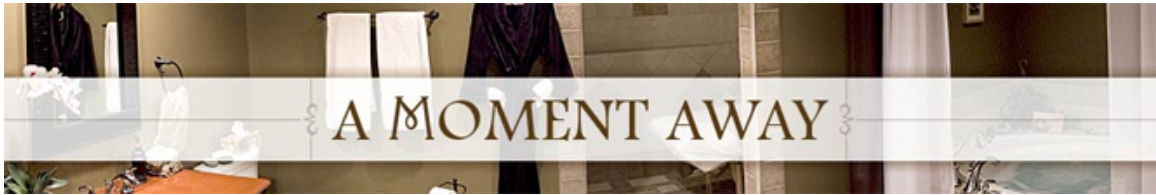
<b>90 min</b>	<b>\$135</b>
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#### A MOMENT AWAY

196 Queen Street, Southington, CT 06479

Phone: 860.426.9122 Fax: 860.335.8206 E-mail: [info@amomentawayspa.com](mailto:info@amomentawayspa.com)



### **Pregnancy Massage**

**60 min**

**\$75**

A massage specifically developed to help relax the mom-to-be.

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### **Scalp Massage**

**25 min**

**\$30**

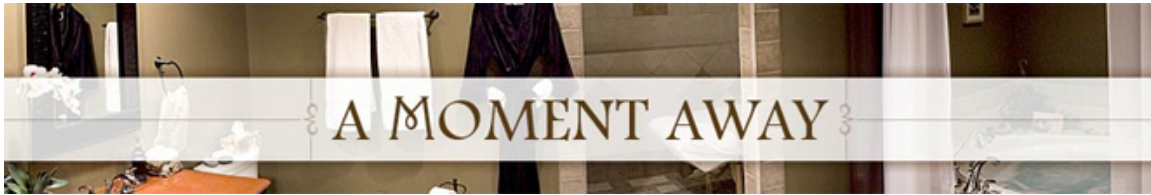
This is a relaxing massage just for the scalp. Helps to decrease headaches and tension.



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## Services ~ Foot & Hand

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### **Fine Feet Spa Pedicure**

**60 min**

**\$60**

This is truly an experience. Much more than a pedicure. Allow your feet to soak in our unique soaking bowls. Let your mind wander into a state of relaxation while your therapeutic massage and reflexology treatment begins. Our naturally inspired organic scrubs, oils and moisturizers will take you on a sensory journey. Your treatment includes a nail polish application.

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### *Mini Fine Feet*

**Basic Pedicure**

**\$35**

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### **Hand Heaven**

**60 min**

**\$45**

A spa manicure with focus on a rejuvenating hand treatment including exfoliation, therapeutic massage, and a Manuka Honey hand treatment.

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### *Mini Hand Heaven*

**Spa Manicure**

**\$25**

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## **Additional Services**

Add a super hydrating masque to any treatment

**\$10**

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Add additional callous care

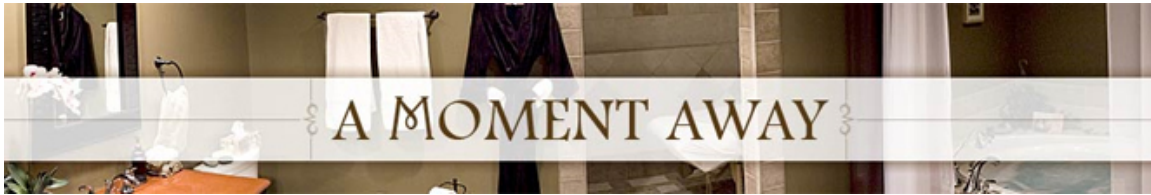
**\$10**



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## Services ~ Facial Treatments

Our facial treatments use the Dermalogica Professional Skin Care Line, or the Bella Luce all natural product line. There are a variety of options to choose from, and you may also ask our qualified staff for a recommendation based on your unique skin type.

### From Dermalogica Professional Skin Care

**Power Regeneration Facial** **75 min** **\$105**

Our most powerful facial for aged, dry or environmentally damaged skin.

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**Facial On The Go** **30 min** **\$55**

Great for lunch breaks or as an add-on to a massage or body treatment.

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**Acne Clearing** **60 min** **\$85**

Breakouts have met their match!

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**Glycolic Facial** **60 min** **\$85**  
**Series of 6** **\$470**

Regenerates, conditions and restores suppleness to the skin.

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**Signature Facial** **60 min** **\$80**

Customized European Facial.

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**Gentleman's Facial** **45 min** **\$65**

A special version of our classic European facial designed for him.

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**Purifying Back Facial** **30 min** **\$60**

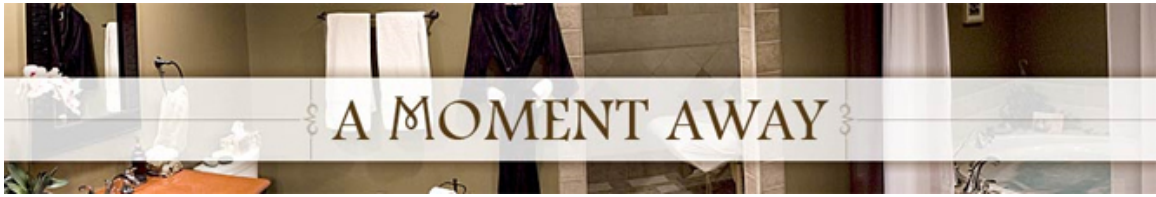
Super smoothing back treatment. Rid body of signs of impurities, stress and tension.



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## From Bella Luce Organics

### Pumpkin Facial

Great for aging and/or dry skins.

**60 min**

**\$70**

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### Strawberries and Cream Facial

Wonderful for sensitive skin.

**60 min**

**\$70**

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### Sea Kelp and Green Tea Facial

This remarkable treatment is great for oily or acne prone skin

**60 min**

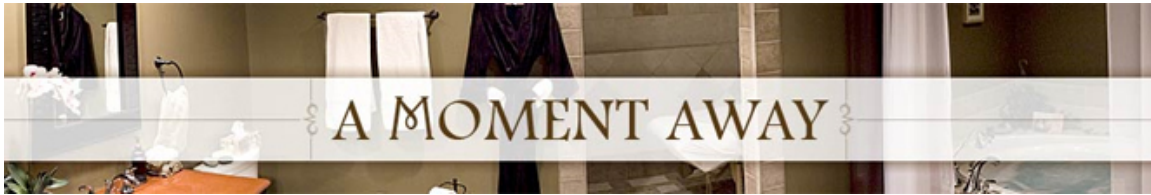
**\$70**



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## Services ~ Hydrotherapy

We have combined the healing power of water and the medical benefits of massage to form our unique hydrotherapy treatments. The soaks would be perfect before a massage as the warm water loosens the muscles allowing the therapist to work deeper, giving you a longer lasting effect.

<b>Rain Water Treatment</b>	<b>60 min</b>	<b>\$120</b>
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A Vichy style treatment used in Europe to treat depression and skin conditions. Beginning with a body scrub, followed by a relaxing 20 minute Swedish massage.

<b>Exfoliating Body Scrub</b>	<b>30 min</b>	<b>\$60</b>
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Wonderful for change of seasons to exfoliate and hydrate dry skin.

<b>Soothing Muscle Soak</b>	<b>25 min</b>	<b>\$55</b>
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Enjoy feeling weightless as you submerge yourself in a soothing herbal bath promoting muscle relaxation. Relax as 18 jets massage sore muscles, release tension, and leave your mind and body restored.

<b>Detox Bath Soak</b>	<b>25 min</b>	<b>\$55</b>
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An herbal bath that eliminates toxins and improves energy levels, promoting a feeling of well-being.

<b>Mineral Salt Soak</b>	<b>25 min</b>	<b>\$55</b>
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Mineral-rich sea salts soften and polish skin as warm water melts away stress and tension.

<b>Relax</b>	<b>20 min</b>	<b>\$45</b>
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Soothe your body with this soak, while 18 jets massage sore muscles promoting relaxation.

	<b>10 min</b>	<b>\$25</b>
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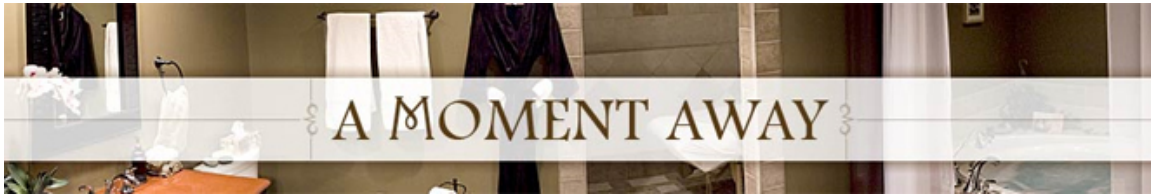
*Soaks are not recommended for people who are pregnant or who have high/low blood pressure.*



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## Services ~ Body Wraps

We are proud to offer a large variety of treatments at A Moment Away. You can be sure you will find the perfect one for you! Our body treatments take place in our hydrotherapy room.

### Tuscan Wine Body Treatment

**60 min**

**\$100**

Our Signature Tuscan Wine treatment boasts an arsenal of potent age-fighters and natural vitamins. Fortify your skin's natural defenses as gentle clays draw toxins from deep within your tissue and golden olive oil locks in moisture.

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### Youth Fortifying Cocoon

**60 min**

**\$100**

With an array of sustainable ingredients direct from South America, this treatment harnesses the power of potent antioxidants and essential vitamins creating beautiful skin. This treatment is better suited to fight free radical damage and fight the aging process.



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## Services ~ Unique Packages

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### Relax and Restore

**5 hr**

**\$315**

Relax with an aromatherapy foot bath and 30 minute lower leg and foot massage. Restore with a one hour body wrap followed by a one hour Swedish massage. Finish your day with a spa facial created for your unique skin type.

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### Essence of Spa

**4 hr and 30 min**

**\$280**

A full day of relaxation and rejuvenation. A combination of a foot bath, a 30 minute lower leg and foot massage, a 30 minute lower arm and hand massage, a one hour swedish massage, and a spa facial created for your unique skin type. Choose an item from our food menu for lunch or dinner.

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### Pure Bliss

**3 hr**

**\$210**

An aromatherapy foot bath combined with a 20 minute lower leg and foot massage, followed by a 45 minute Swedish massage, ending with our signature facial.

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### Spa Bliss

**2 hr**

**\$150**

A one hour Swedish massage followed by a spa facial created for your unique skin type.

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### A Moment Away

**2 hr**

**\$130**

An aromatherapy foot bath combined with a 20 minute lower leg and foot massage followed by a one hour Swedish massage.



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