

Relax

SKIN CARE TREATMENTS

FIRMING FACIAL \$88 Members / \$104 Guests

The special double-effect masque in this facial uplifts & firms the skin to perfection

THE SPA MERIDIAN FACIAL (80 min) \$99 Members / \$115 Guests

One of our most complete & personalized deep pore cleansing & restoring facial that you will ever experience. This facial is a specific technical treatment with highly therapeutic values. (60 min treatment) \$82 Members / \$93 Guests

RESURFACE & RESTORE FACIAL \$93 Members / \$110 Guests

Our skin resurfacing aha-bha facial is a magnificent, organic fruit acid treatment instantly improving roughness by restoring a healthy cell renewal cycle

GENTLEMEN'S FACIAL \$82 Members / \$93 Guests

This exquisite treatment for men includes a cooling power wash, essential oil spritz, warm steam, massage, and anti-aging conditioner

PURIFYING FACIAL \$88 Members / \$104 Guests

Correction & healing are the cornerstones of this distinctive, highly efficient phyto-treatment that deals with the issues of impurities in the skin. Great for teens also.

INTENSE HYDRATION FACIAL \$88 Members / \$104 Guests

Moisturized with seaweed and fruit extracts & bathed in a light aromatic steam, your skin becomes supple, soft, and beautiful

FACIAL EXPRESS (30 minutes) \$49 Members / \$60 Guests

This is a botanical beauty encounter for those needing a quick "lift"!

EXFOLIATE w/A PROFESSIONAL PEEL

(30 min.) \$66 Members / \$82 Guests

Deep cleansing followed by exfoliation with the Lactic Peel or Gly Peel. We will help determine the best one for your skin. End with a YonKa nourishing fruit mask for extra hydration. We recommend a series of 4 or 6.

5% OFF the 4 pack and 10% OFF the 6 pack.

LASH & BROW ENHANCEMENT

BROW TINT

\$17 Members / \$22 Guests

LASH TINT

\$27 Members / \$33 Guests

BROW/LASH TINT

\$37 Members / \$46 Guests



Experience

BODY TREATMENTS

New SPA MERIDIAN BODY TREATMENT

Two great combos of being pampered and relaxed! It begins with a gentle body polish, followed by a one hour massage. This is a Great 90 minute treatment!
\$120 Members / \$140 Guests

HEAD TO TOE TREATMENT

This wonderful treatment literally pampers you from your head to your toes! This combo begins with our Signatue Spa Meridian Body Treatment, then is followed by our 1 hour Spa Meridian Facial. \$180 Members / \$200 Guests
A Professional Peel can be added for an additional \$15.

TREAT, TONE & HYDRATE

This treatment begins with a gentle body exfoliation that will help refine your skin, leaving it ready to receive the hydrating body wrap. The warming wrap melts on contact and leaves your skin perfectly restored & hydrated. Soothes even the most sensitive skin (60 minutes) \$88 Members / \$104 Guests

AIRBRUSH TANNING

Featuring the latest airbrush technology that delivers a deeper, smoother, streak-free, natural-looking tan. Proven to last 50% longer. This is the "glo" you can keep all year round
(20 minutes) Full body \$35 Members / \$45 Guests
(10 minutes) Half body \$18 Members / \$23 Guests

MASSAGE THERAPIES

ACUTONICS (sound therapy)

(90 minutes) \$95 Members / \$115 Guests

An innovative, alternative energy-based treatment using sound & vibration to balance the body & facilitate healing. Tuning forks are used on acupuncture points to regulate the flow of energy & restore well-being.

HOT STONE MASSAGE (60 minutes) \$99 Members / \$115 Guests

Experience a new level of relaxation as warmed basalt river rocks are applied to release tension and help connect with earth energies

SWEDISH MASSAGE

Employs long, relaxing strokes for the muscles and joints

DEEP TISSUE MASSAGE

Very deep pressure into the connective tissue for relief of pain and stress

SPORTS MASSAGE

Focus is placed on stressed or injured areas of the body

Massage Prices: (30minutes) \$ 49 Members / \$60 Guests

(60minutes) \$ 82 Members / \$ 99 Guests

(90 minutes) \$115 Members / \$137 Guests

Indulge

HAIR REMOVAL SERVICES

LIP (15 minutes)

\$13 Members / \$16 Guests

BROW (15 minutes)

\$17 Members / \$20 Guests

LIP and BROW (15 minutes)

\$27 Members / \$33 Guests

CHIN (15 minutes)

\$14 Members / \$18 Guests

HALF LEG (30 minutes)

\$38 Members / \$48 Guests

FULL LEG (60 minutes)

\$55 Members / \$66 Guests

BIKINI (30 minutes)

start at \$38 Members / \$48 Guests

HALF LEG/BIKINI (60 minutes)

start at \$60 Members / \$71 Guests

FULL LEG/BIKINI (90 min.)

add \$10 to above rates

UNDER ARM (30 minutes)

\$25 Members / \$30 Guests

BRAZILIAN (60 minutes)

start at \$66 Members / \$77 Guests



BACK (30 minutes)

start at \$40 Members / \$50 Guests

CHEST (30 minutes)

start at \$40 Members / \$50 Guests

BACK/CHEST COMBO (60 minutes)

start at \$65 Members / \$80 Guests



Restore & Renew

REFLEXOLOGY

Pressure Point Massage for hands and feet, that balances the inner organs of your body and helps clear the pathway of energy to promote healing!

(30 minutes) \$49 Members / \$60 Guests

(45 minutes) \$60 Members / \$71 Guests

ADD-ONS

LACTIC PEEL W/GREEN TEA, GLYCOLIC PEEL or REVITALIZING CREAM PEEL

(15 minutes) additional \$27 to any facial

These peels improve skin texture, tone, and pore size and reduces fine lines.

SPA PACKAGES

Packages can be purchased for ANY treatment

5 Pack ~ 10% Discount

10 Pack ~ 15% Discount



SPA MERIDIAN INFORMATION

APPOINTMENTS

For preferred appointments, please call 415.444.9505 in advance. We encourage you to arrive thirty minutes prior to your service, shower first, then enjoy the hot sauna and whirlpool or simply relax.

GUEST DAY USE

Guests are invited to access the spa's extensive fitness area, sauna, whirlpool, outdoor lap pool and other amenities. Members of other Meridian Sports Clubs will receive 10% OFF Guest rates.

CANCELLATION POLICY

Because Spa Treatments are reserved for you, please notify us at least **24 hours in advance** if you need to cancel or reschedule your appointment. Cancellations or no-shows will be charged full value. Same day appointments also apply.

GIFT CARDS

Gift cards make an ideal year-round gift for any special occasion. Purchase your gift cards at the Front Desk or Spa. Phone and mail orders available.

BRIDAL REGISTRY

Allow our Spa Assistants to recommend a personalized package for you and your bridal party.

INTERNET ACCESS

Explore our web site at www.meridiansportsclubs.com for more information on our facility, services and specials, or you can email us at spa@rollinghillsclub.com.

HOURS

Appointment times available: Monday ~ Friday: 9am-8:30pm
Saturday: 9am-6pm
Sunday: 12-6pm

Office Hours: Monday ~ Friday: 10am-6pm
Saturday: 9am-4pm ~ Sunday: 12-4pm

OTHER

If you are under medical care, please consult your physician before participating in any exercise program or spa treatment. The facilities are available to those 16 years of age and older. 16 and 17 year olds require a signed parental consent form. Clients under the age of 18 may require a parent or guardian in the room during treatment.



Effective October, 2009



Meridian Sports Clubs Rolling Hills
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