

BODY TREATMENTS

	<u>GUEST / MEMBER</u>
Blessings Body Wrap	90.00 / 81.00
Ginger Rose Body Wrap	90.00 / 81.00
Healthy Start Body Wrap	90.00 / 81.00
Irish Mist Body Wrap	90.00 / 81.00
Weigh to Go Body Wrap	90.00 / 81.00
Turning Leaf Body Polish	85.00 / 76.50
Café Mocha Body Polish	85.00 / 76.50
Moroccan Spice Body Polish	85.00 / 76.50
Revealing a Diamond in the Rough Body Polish	85.00 / 76.50
Splendor in the Grass Body Wrap & Polish (90-minute)	100.00 / 90.00
Chocolate Body Mousse Body Wrap & Polish (90-minute)	100.00 / 90.00
Wine Lover's Escape Body Wrap & Polish (90-minute)	100.00 / 90.00

Please do not shave 24 hours prior to body treatments.

SPA JET TREATMENTS

	<u>GUEST / MEMBER</u>
Spa Jet Experience (Add on to 60-minute massage or body treatment)	25.00 / 22.50
Spa Jet Experience (30-minute)	35.00 / 31.50
Sea System Treatments	125.00 / 112.50
Swedish Miracle Body Contouring	125.00 / 112.50
Facial/Spa Jet Combination	90.00 / 81.00

Renewal. Reflection. Rejuvenation.
The three Rs of Soteria.

FACIALS

	<u>GUEST / MEMBER</u>
Signature Customized Facial	60.00 / 54.00
Back Facial Treatment	70.00 / 63.00

This treatment is customized for any skin type to detoxify and deep cleanse your skin in an often-neglected area of your body.

Exclusively for Men Facial 60.00 / 54.00
Helps soothe razor irritation, addresses ingrown hairs and reduces roughness. Includes grooming of ear and nostril hair and eyebrows.

MICRODERMABRASION

*featuring Skin Bella Crystal Free Microdermabrasion,
the latest European technology*

	<u>GUEST / MEMBER</u>
Microdermabrasion	100.00 / 90.00
Microdermabrasion 6 pkg.	500.00 / 450.00
Microdermabrasion Lunch Time	70.00 / 63.00
Microdermabrasion 6 pkg. Lunch Time	350.00 / 315.00

- Your esthetician will customize the treatment to your specific skin type and needs.
- Plan to arrive 10 minutes early for an individualized skin analysis.




**Relax! On-site child care services are available
through Madonna ProActive.**

*In order to maintain a peaceful environment for all guests,
please turn off your cell phone or set it to vibrate.*



7111 Stephanie Lane
(55th & Pine Lake Road)
402.420.0003
www.SoteriaSpa.org

Wellness comes from balance.
Welcome to wellness. 



soteria

a holistic healing spa at Madonna ProActive

Spa Services Menu 

7111 Stephanie Lane • 55th & Pine Lake Road • 420-0003
www.SoteriaSpa.org

MASSAGE

GUEST / MEMBER

Executive Massage \$1.00/minute

Great for anyone on the go, or those trying a massage for the first time

30-minute

Swedish	40.00 / 36.00
Deep Tissue	40.00 / 36.00
Sports Massage	40.00 / 36.00
Prenatal	40.00 / 36.00
Reiki	40.00 / 36.00
Foot Reflexology	45.00 / 40.50
Fibromyalgia Massage	50.00 / 45.00

60-minute

Swedish	60.00 / 54.00
Deep Tissue	60.00 / 54.00
Sports Massage	60.00 / 54.00
Prenatal	60.00 / 54.00
Reiki	60.00 / 54.00
Fibromyalgia Massage	75.00 / 67.50
Bowen Work	60.00 / 54.00

(A dynamic, remedial body technique that is extremely gentle and relaxing. It empowers the body's own healing resources, achieving balance and harmony.)

60-minute

Hot Stone Massage 75.00 / 67.50

90-minute

Swedish Deep Tissue 90.00 / 81.00

Add a specialized massage oil or cream for \$10.00 per treatment

- Aging Gracefully Oil
- Moroccan Moisturizing Butter
- Tropical Paradise Oil
- Healing Rose Body Butter

Advanced Deep Tissue Techniques \$10.00 add on with massage

(Talk to your therapist for more details)

Massage packages

30-minute Massage 3 pkg.	108.00 / 97.20
60-minute Massage 3 pkg.	162.00 / 145.80
90-minute Massage 3 pkg.	243.00 / 218.70
30-minute Foot Reflexology pkg.	121.50 / 109.35
50-minute 3pkg. Foot Reflexology	175.50 / 157.95
Bowen Work pkg. (3 sessions)	162.00 / 145.80



Soteria is a Greek word meaning to heal, to make well, or to renew.

MANICURE / PEDICURE

GUEST / MEMBER

Manicure/Pedicure combo 70.00 / 65.00

Manicure 30.00 / 27.00

Includes paraffin dip, massage with lotion, filing and polish, complimentary education for natural nail care and maintenance

Polish Change and Touch Up 15.00 / 13.50

French Polish with Manicure or Pedicure 5.00 extra

Pedicure 45.00 / 40.50

Includes callus removal, massage with lotion, scrub, masque, trim, file and polish toenails

Customized Lotion with Pedicure 5.00 extra

Buff and Polish Toes 15.00 / 13.50

Exclusively for Men Pedicure 45.00 / 40.50

Pedicure with invigorating calf and foot massage, scrub, masque, cuticle care and callous removal followed by lotion.



Soteria is an inclusive spa welcoming both men and women

Soteria has a no-tipping policy. We appreciate your business and hope you will visit us again soon!

HAIR REMOVAL

GUEST / MEMBER

Eyebrows 15 minutes 15.00 / 13.50+

Lip 15 minutes 12.00 / 10.80+

Chin 15 minutes 12.00 / 10.80+

Cheeks 15 minutes 15.00 / 13.50+

Combo (eyebrows, lip, chin, cheeks) 45.00 / 40.50+

Bikini 45 minutes 33.00 / 29.70+

Brazilian Wax 1 hour 60.00 / 54.00+

Half Leg 30 minutes 37.00 / 33.30+

Full Leg 1 hour 60.00 / 54.00+

Underarms 30 minutes 20.00 / 18.00+

Half Arms 30 minutes 30.00 / 27.00+

Full Arms 45 minutes 50.00 / 45.00+

Chest or Back 1 hour 45.00 / 40.50+

- Your body hair must be 1/4" in length before waxing.
- Services lasting longer than designated time will incur additional charges.

HEALING PACKAGES

GUEST / MEMBER

On the Go (1.5-2 hours) 76.50 / 68.85

Pedicure & 30-minute massage

Just the Essentials (2 hours) 108.00 / 97.20

Signature Customized Facial

Hour Swedish Massage

Coffee Break (2 hours) 121.50 / 109.35

Irish Mist Body Wrap

Morning Coffee Pedicure

Healthy Start Package (3 hours) 189.00 / 170.10

Healthy Start Body Wrap

60-minute Massage with Skin Repair Oil

Customized Facial

Romantic Retreat for Couples (3 hours) 351.00 / 315.90

(2) Ginger Rose Body Wraps

(2) 60-minute Moroccan Moisturizing Massages

(2) Sweet Feet Pedicures

Chocolate Lover's Dream (3.5 hours) 157.50 / 141.75

Chocolate Mousse Body Wrap & Polish

Chocolate Decadence Manicure

Chocolate Decadence Pedicure

Spirited Away (3.5 hours) 184.50 / 166.05

Wine Lover's Escape Body Wrap & Polish

Strawberry Margarita Pedicure

Customized Facial

Weigh to Go (3.5 hours) 229.50 / 206.55

Weigh to Go Body Wrap

60-minute Massage with Skin Repair Oil

Customized Facial

30-minute Spa Jet Experience

Rhapsody in Roses (4 hours) 202.50 / 182.25

Ginger Rose Body Wrap

Customized Facial

Soft as a Rose Petal Manicure

Soft as a Rose Petal Pedicure

Exotic Escape (4 hours) 225.00 / 202.50

Moroccan Spice Body Polish

60-minute Moroccan Moisturizing Massage

Customized Facial

Autumn Spice Pedicure

Road to Wellness (6.5-7 hours with Spa Lunch) 288.50 / 259.20

Splendor in the Grass Body Polish & Wrap

60-minute Massage with Customized Oil

30-minute Spa Jet Experience

Facial • Manicure • Pedicure

• Create your own package of 3 or more services and receive 10% off.