



Relax and Enjoy
Tuesday and Thursday 8:30am - 4:30pm
781-276-1919

Massage

Using a combination of kneading and gliding strokes, Swedish massage softens the tissues, facilitates blood flow and increases relaxation. The primary result is overall relaxation, but specific problem areas may be identified and addressed if requested. 60 minutes **\$85**

Acupressure

A healing modality that emphasizes balancing the body's energy or "Qi" on a physical, emotional, mental and spiritual level by applying a gentle yet firm pressure to specific acupoints. Treatments are given through light clothing without oils or lotions. 30 minutes **\$45** 60 minutes **\$85**

Signature Facial

Customized to your skin condition, this facial includes cleansing, skin analysis, steam, exfoliation, facial massage, hand and arm massage, toning and moisturizing. 60 minutes **\$85**

Hair Removal

With sugar for mature, delicate skin. Eyebrow: **\$18** Lip: **\$12** Lip and Brow: **\$28** Chin: **\$12**

Signature Manicure

The Signature Manicure focuses on cuticle care, shaping of your nails and a moisturizing hand massage. Your manicure will be completed with the OPI polish of your choice or nails will be buffed to high shine. **\$23** French add-on **\$5**

Sport Manicure

The Sport Manicure includes cuticle care, shaping of your nails and a moisturizing hand massage with no polish. Your nails will be buffed to a high shine. **\$20**

Express Manicure

Nails will be cut and filed only. There will be no cuticle care, hand massage, buffing or polish. **\$12**

Shellac Manicure

A 14 day manicure with zero dry time, a mirror finish and no chips or smudges. The Shellac Manicure includes shaping of your nails, cuticle care, and a moisturizing hand massage. Completed with a shellac of your choice. **\$35** French add-on **\$5**

Signature Pedicure

We begin our Signature Pedicure with an aromatic soothing foot soak followed with shaping of your nails, cuticle care, callus smoothing and gentle exfoliation. Relax with a massage that will leave your feet feeling like new! Your pedicure will be completed with the OPI polish of your choice or nails will be buffed to a high shine. **\$35** French add-on **\$5**

Express Pedicure

The Express Pedicure begins with a soothing foot soak, followed by nail shaping and cuticle care. There will be no foot massage, buffing or polish. **\$25**

Want to book an appointment at Carleton-Willard Village's Spa? Here is what you need to do.

1. Call the Spa directly. The number is 781.276.1919. All the services available are listed on the other side.
2. The Spa is open Tuesdays and Thursdays from 8:30am – 4:30 pm.
3. If you call off hours, or on days it is not open, leave a message and someone will call you back. Do not assume your appointment is confirmed until you speak with someone directly.
4. On the day of your appointment, please park in the main Carleton-Willard Village parking lot.
5. You can either walk down Main Street into the Village Centre and take the elevator down to the Spa or ride the jitney around from the reception desk at Main Street to the back entrance of the Village Centre. From there it is a very short walk to the Spa. Just tell the receptionist at the main entrance that you want to use the jitney. Please note that the jitney runs on the half hour so allow enough time before your appointment.
6. Once you arrive at the Spa, please give the receptionist your name and tell her you are a member of Carleton-Willard at Home.
7. All prices are listed on the information sheet and are the same prices paid by Carleton-Willard Village residents.
8. There is no payment at the time of service and no tipping.
9. You will receive a bill from Carleton-Willard at Home at the end of the month for any charges incurred at the Spa during that month.
10. Gift certificates are available as well. Treat your spouse or friend!

