

## BODY TREATMENTS

Shea Essence Body treatments are all-natural ways to enhance, moisturize, detoxify, revitalize and improve the overall appearance of your skin. Enjoy our balanced TOTAL BODY TREATMENTS, comprising INFRA-RED SAUNA, BODY SCRUBS, and WRAPS.

These treatments are specially designed to improve the texture of the skin by removing toxins and eliminating excess fluids. Added benefits include skin tightening and smoothing; and a notable reduction in cellulite and stretch marks. All our body treatments include a VICHY shower rinse and a lavish smothering in PURE SHEA BUTTER.

<b>Infrared Sauna</b>	<b>30min</b>	<b>\$30</b>
<b>Infrared Sauna for Two</b>	<b>30min</b>	<b>\$45</b>
<b>VICHY Hydrotherapy</b>	<b>45min</b>	<b>\$60</b>
<b>Seaweed Body Wrap</b>	<b>60min</b>	<b>\$90</b>
<b>Moor Mud Body Wrap</b>	<b>60min</b>	<b>\$85</b>
<b>Rose Mud Body Wrap</b>	<b>60min</b>	<b>\$85</b>
<b>Anti-cellulite Coffee Body Scrub</b>	<b>60min</b>	<b>\$80</b>
<b>Brown Sugar Body Scrub</b>	<b>60min</b>	<b>\$75</b>
<b>Dead Sea Salt Scrub</b>	<b>60min</b>	<b>\$75</b>
<b>Chocolate Body Scrub</b>	<b>60min</b>	<b>\$70</b>

\*Add a 30 minute massage to all Body treatments for only \$30 more

## MASSAGE THERAPY

When incorporated into your regular wellness routine, our massage can help you maintain physical, mental and emotional well being.

**Stress Buster** 30min \$40

Focus on neck back and shoulders. Take a break with us

**Swedish Massage** 60, 90min \$70, \$90

Full body— to promote relaxation, stress relief, better circulation and an overall sense of wellbeing

**Deep Tissue Massage** 60, 90min \$85, \$110

Focusing on the deeper layers of muscle tissue—helpful for tense and contracted necks and backs

**Prenatal Massage** 60min \$75

Customized to accommodate the changing bodies of Moms-To-Be, 4 to 8 months into pregnancy

**Sports Massage** 60, 90min \$85, \$110

A myofascial massage designed to prepare & maintain body for optimal performance

**Hot Stone Massage** 60min, 90min \$85, \$110

**Lymphatic Drainage Massage** 60min \$80

A gentle massage that stimulates the body's lymph nodes to drain away pockets of water retention and trapped toxins.

**Couples:** Swedish..... \$130

Deep Tissue..... \$150

Hot Stone..... \$160

## SPA PACKAGES

Our spa packages are designed to offer you an escape to a haven of balance and tranquility. De-stress with a day of relaxation in our ultra modern facility. Select from a wide range of options, all designed to energize and inspire.

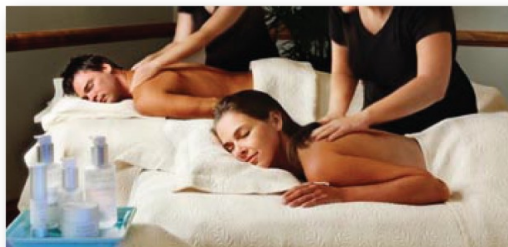
**Spa Ritual** 3 hr \$150  
Shea Express Facial; 50 min Swedish Massage; Spa Manicure & Pedicure

**Room for Two** 3.5 hr \$350  
**Designed for couples, friends, siblings, etc.**  
30 minute Sauna; Express Facial; 50 minute Massage; Spa Manicure & Pedicure

**Shea Delight** 2.5 hr \$120  
50 min Massage; Classic Manicure & Spa Pedicure  
**Double Delight** (Shea Delight for Two) \$220

**Ultimate Detox** 90 min \$105  
30 minute Sunlight Sauna Session & Lymphatic Drainage Massage.

**Gentleman's Escape** 3 hr \$150  
50 min. Gentleman's Facial; 50 min Swedish Massage; Spa Pedicure



**Signature Decadence** 4 hr \$200  
60 min Shea Signature Cleanse; 50 min Relaxing Massage; Signature Manicure & Pedicure

**Shea Indulgence** 4 hr \$175  
Brown Sugar Body Scrub, 45 min Swedish Massage, Spa Manicure & Spa Pedicure

**Shea Experience** 3.5 hr \$175  
60 min Shea Signature Cleanse, 50 min Swedish massage, Classic Manicure & Spa Pedicure

**Pea in the Pod** 2 hr 45 min \$150  
**Designed for Moms To Be, 4 to 8 months into pregnancy**

Shea Express Facial; 45 minute massage with pure Shea Butter Stretch Mark Formula; Express Manicure & Pedicure

**\*All our packages come with complimentary beverages and snacks.**

## Hard as Nails

### Shea Classic Manicure **\$18**

In a hurry but want results? Indulge yourself with warm soak, nicely shaped nails, clean cuticles and nails polished to perfection.

### Shea Inspired Spa Manicure **\$25**

Arouse your senses and hydrate your hands and arms with a peppermint, mint or cucumber scrub exfoliation. Hands are soaked in paraffin wax and heated towels to soothe and hydrate them, and massaged with pure shea butter. Nails are then polished to perfection.

### Organic Shea Butter/Herbs Deluxe Mani **\$35**

Select from our wide selection of herbal scrubs, sage, basil, mint, tea tree and ginger scrubs and organic Shea Butter oil to exfoliate, protect and moisturize the skin.

### Shea Express Pedicure **\$28**

For feet in need of a refresh. Get your feet looking smart and beautiful with nail and cuticle treatment, exfoliating salt scrub and an application of a nature based nail polish!

### Shea Inspired Spa Pedicure **\$40**

Arouse your senses and hydrate your feet and lower legs with a peppermint, mint or cucumber scrub to exfoliate dead skin. Feet are bathed in paraffin wax, and heated towels to soothe and hydrate, and then massaged with aromatherapy infused pure shea butter oil to protect, nourish and moisturize the skin. Finally, toe nails are polished to perfection.

### Shea Classic Mani & Pedi **\$45**

### Shea Classic Mani & Spa Pedi **\$55**

### Shea Spa Mani & Pedi **\$60**

### Spa Mani & Herb/Shea Butter Pedi **\$70**

### Gentlemen's Manicure **\$20**

### Gentlemen's pedicure **\$35**

### Gentleman's Delight (Spa Mani & Pedi) **\$50**

### All Grown Up (Up to 14 yrs)

### Tween's Manicure **\$12**

### Tween's Pedicure **\$20**

### Tween Combo **\$30**

### EXTRAS: **(\$5 and up)**

Treatments: Paraffin; Hot stone

Finishes: French; American; Polish change

*Complimentary Wines and Cocktails  
with all Nail Salon services!*

## Not just skin deep

### SKINCARE/FACIALS

We really take your skin seriously! For best results, ask your skin therapist for a complimentary face mapping consultation – a zone-by-zone analysis for the most targeted skin care and unsurpassed results!

### SHEA SIGNATURE CLEANSE 60 min \$75

*Cleanse, exfoliate, hydrate & moisturize with solar defense*

### SHEA EXPRESS CLEANSE 30 min \$40

*A really deep cleanse for the person on the go!*

### AGE SMART FACIAL TREATMENT 65 min \$85

*Exfoliating cleanse, Antioxidant/Multivitamin complex masque & mist; application of SPF 30 moisturizer*

### ACNE CORRECTING TREATMENT 60 min \$80

*Double cleansing, exfoliation, extraction, specialty masque, hydration and SPF 30 moisturizer*

### ALL GROWN UP (Tweens & Teens) 50min \$50

*An introduction to professional skin care. A calming cleanse with a soapless cleanser, fruit enzyme exfoliant, lightweight hydration, oil free moisturizer & sun block.*

### THE GENTLEMAN'S FACIAL 60 min \$70

*Exfoliating double wash, a balm and oil-free conditioner and moisturizer*

### THE BACK FACIAL TREATMENT 60min \$75

*A Lathering foam cleanse and exfoliating scrub to polish, ahydrating mist to freshen and our Signature Shea Body Butter drench to moisturize the back.*

### MICRODERMABRASION

#### Face Only:

Per Treatment:	\$90
3 Treatments:	\$250
6 Treatments (Recommended)*:	\$480

#### Face and Neck:

Per Treatment:	\$105
3 Treatments:	\$300
6 Treatments (Recommended)*:	\$575

\*Series will yield best results.

### WAXING

Eyebrows	\$10
Full Face	\$45
Side Burns	\$25
Underarm	\$30
Half Leg	\$35 & up
Full leg	\$50 & up
Back/chest	\$55 & up
Hands	\$15
Form Feet	\$15
Bikini	\$35
Brazini	\$45 & up
Brazilian	\$55 & up
Full Arms	\$40 & up
Upper Arms	\$30
Lower Arms	\$25



**About us**  
At SHEA ESSENCE day spa we aim at bringing a different philosophy and nature-based experience to the spa encounter.

Our harmonious and earthy environment provides the perfect ambience for relaxation, rejuvenation and wellness.

We maintain a staff of professionals who are highly trained in their various fields; and our processes are designed to be as environmentally safe as possible.

SHEA ESSENCE Day Spa has specially equipped treatment rooms offering a range of therapies including skin treatments, Vichy Hydrotherapy by NAUTICA®, Therapeutic Massage, SWEAT FOR LIFE® Far-Infrared Sauna and a state of the art Nail Spa.

We aim to make your time with us your most memorable spa experience.

203 CENTURY SQUARE BLVD

SUITE 160

SUGAR LAND, TX 77478

Phone: 281.242.2878

Fax: 281.242.2877

#### HOURS:

Sun: By Appointment Only

Mon-Thurs: 10a to 6p

Fri-Sat: 9a to 7p

[www.SheaEssence.com](http://www.SheaEssence.com)

Menu prices are subject to change without notice. It is recommended that you schedule your appointment as far in advance as possible so that we can meet your scheduling requests. Reservations are subject to availability and must be secured with a major credit card and a telephone number. A cancellation fee may apply if appointments are cancelled within 24 hours of the service.

*We know you have a choice of spas.  
Thank you for choosing Shea Essence!*