

'smart' Treatments



15 Minute Session

This treatment is the perfect quick **15 minute** fix to recharge your batteries when you're short on time. Chose one of the many massage treatments already programmed into your Inada DreamWave chair, lie back, and *sanctuate!*

15 minutes.....\$15

30 Minute Session

Need more? Renew your body, mind, and spirit with a **half-hour** treatment. Select two of your favorite massage sessions and enjoy.

30 minutes.....\$25

40 Minute Session

Take our clients' recommendation and try a 40-minute treatment. Select two programs and add on an additional ten minutes. **40 minutes** of bliss!

40 minutes.....\$30

45 Minute Session

Feeling beat? Choose this to relax and restore your energy. Select three programs, or just keep revisiting the same program over and over and over. **45 minutes of relaxation** -- have it your way!

45 minutes.....\$35

(ask about our membership, packages & in-house specials!)

619-223-1774

Mon-Thur 10-8 Fri 10-7 Sat 10-6 Sun 11-5

www.sanctuate.com

FAR Infrared Slimming & Detox Body Treatments

Individual Session:

30 minute treatment.....\$49

Detox & Weight Loss:

Looking to slim your midsection and burn calories, try our specialized 3 or 5 week Detox & Weight loss regimes.

6 30-minute treatments.....\$199

12 30-minute treatments.....\$360

Health & Wellness:

Looking for muscle and joint relief, reduce inflammation, stress reduction, improved circulation and more

4 30-minute treatments.....\$156

'smart' massage & body treatment combo

Interested in BOTH massage & body treatment? Head-to-toe wellness doesn't get better than this! "I've gone to Heaven" package includes:

2 30-minute Infrared Body Wraps &
2 30-minute full body 'smart' massages
\$104

(ask about our membership, packages & in-house specials!)



Mon-Thur 10-8 Fri 10-7 Sat 10-6 Sun 11-5
sanctuate!
a tech-spa