

- WINTER 2008 -

# milk + honey

SPA | RETREAT | SHOP



# milk + honey

milk + honey is Austin's premier spa and salon. We offer a full range of massage, body, skin, nail, waxing, and salon services in a hip yet relaxed atmosphere. Our full menu of services and packages with descriptions are available online at:

MILKANDHONEYSPA.COM  
MILKANDHONEYBALON.COM

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spa

MILKANDHONEYSPA.COM

hill country galleria | BEE CAVE | 512.263.1115  
2nd street district | DOWNTOWN AUSTIN | 512.236.1115

salon

MILKANDHONEYBALON.COM

2nd street district | DOWNTOWN AUSTIN | 512.236.1112

## SKIN

### **m + h Facial**

A several step process each carefully customized to your skin type. Includes cleansing, masques, extractions, and intense moisture.

*60 minutes, \$85, add 15 minutes of extractions for deep cleaning, \$105*

### **Lux Facial**

Our signature facial. The Lux Facial is the ultimate milk + honey skin experience. Enjoy everything in the m + h facial, an Ultrasonic add-on treatment, and a customized mix of extra extractions, toning, and exfoliation. All of that is topped off with our eye and lip treatment upgrades.

*90 minutes, \$165*

### **Ultrasonic Facial**

The Ultrasonic Facial uses an advanced particle-free dermabrasion technology to help clients of all ages and skin types reclaim their radiance. Typically purchased as a series for best results.

*30 minutes, \$95. Add to any facial, \$30. Series of six, \$450.*

### **Today's Peels**

Customized to your specific needs.  
*\$95*

### **Tomorrow's Peels**

Customized to your specific needs.  
Requires preparation.  
*\$275*

## NATURAL NAIL CARE

**Buff + Go Manicure** - *no polish, 20 minutes, \$25*

**Buff + Go Pedicure** - *no polish, 30 minutes, \$35*

**Buff + Go Combo** - *50 minutes, \$55*

**m+h Manicure** - *30 minutes, \$35*

**m+h Pedicure** - *45 minutes, \$45*

**m+h Combo** - *75 minutes, \$75*

**Lux Manicure** - *40 minutes, \$45*

**Lux Pedicure** - *60 minutes, \$65*

**Lux Combo** - *100 minutes, \$95*

**Polish Change** - *fingers or toes, 10 minutes, \$15*

**French** - *fingers or toes, \$7*

**Warm Oil Therapy** - *fingers or toes, \$10*

**Extra Massage** - *15 minutes, \$20*

## WAXING

**Brow** -

Touch Up \$18+

Shape \$25+

**Lip** - \$12+

**Chin** - \$12+

**Cheeks** - \$25+

**Neck** - \$12+

**Misc Face** - \$10+

**Full Face** - \$45+

**Arm** -

Full \$40+

Half \$30+

**Underarm** - \$25+

**Stomach** - \$30+

**Leg** -

Full \$70+

Half \$40+

**Bikini** - \$45+

**Betweeni** - \$55+

**Brazilian** - \$65+

**Manscaping Manzilian** -  
\$95+

**Chest or Back Wax** - \$55+

**Shoulders** - \$25+

## MASSAGE TREATMENTS

**m + h Massage** - A customized Swedish-style massage that treats your problem areas.

*60 minutes, \$85. 90 minutes, \$125. 120 minute, \$145*

**Deep Tissue Massage** - For those days when you need an extra-firm healing touch. The Deep Tissue Massage chases away all of your tension spots, going deeper into your muscle tissue.

*60 minutes, \$95. 90 minutes, \$135. 120 minutes, \$155*

**Lux Massage** - Enjoy a massage with ALL the upgrades... aromatherapy, milk+honey massage cream, warm oil head + neck massage, and extra foot massage. This wonderful massage is now 2 hours full of milk+honey BLISS! \$165

**Head, Hands, and Feet** - Moisturizing compounds and an invigorating massage focusing on the head, hands, and feet.

*60 minutes, \$85*

**Pre Natal Massage** - This gentle and thorough massage is tailored to the special needs of expectant mothers, melting away the aches and pains of pregnancy. **MUST BE PAST FIRST TRIMESTER.**

*90 minutes, \$135. 120 minutes, \$155*

**Post Natal Massage** - Specially designed to the special needs of new mothers, focusing on reducing stress, improving circulation, and recharging.

*90 minutes, \$135. 120 minutes, \$155*

**Backrub IOI** - Give the gift that keeps on giving! Bring your partner to milk + honey and you'll both learn how to give a back and neck massage. With just a few massage techniques, you can be a massage master to your loved one. After you (each) receive a 30 minute massage lesson you will both receive a one hour aromatherapy massage in our couples room.

*120 minutes, \$265*

**Massage Upgrades** - We offer great additions to customize your massage:

*Essential oil aromatherapy - \$5*

*Warm oil head + neck massage - 15 minutes, \$25*

*Warm monoi oil head + neck massage - 15 minutes, \$30*

*Foot massage - 15 minutes, \$20*

## BODY TREATMENTS

**Seasonal Polish + Steam + Massage** - We use an organic, handmade sugar polish inspired by the seasons, followed by steam and a 45 minute massage. *75 minutes, \$125*

**Aromatherapy Salt Glow** - Revive your skin with a light salt scrub and rinse. With your choice of aromatherapy scents designed to promote relaxation, rejuvenation, and detoxification, this treatment can stand alone or act as an ideal companion to any massage. *45 minutes, \$70*

**The Spa Partisan** - Dry brushing opens pores before the skin is polished with a hand blended mixture of sugar, coffee, crushed almonds, and honey, followed by a hydrating steam treatment, an hour-long massage completes the relaxing treatment. *100 minutes, \$160*

**Thai Body Polish** - A traditional Thai ritual to invigorate and relax. First, a body scrub using sesame seeds, honey, and dried herbs polishes your skin. Next, you will be nourished with a steam and rinse, ending with a moisturizing application of special sesame seed oil. You will emerge glowing, smooth and soft. *60 minutes, \$105*

**Seaweed Mud + Steam** - Rejuvenation starts with dry brushing to exfoliate the skin and open pores. A seaweed mud application draws out toxins while a steam treatment infuses the skin with moisture. The treatment ends with a massage application of detoxifying lotion. *75 minutes, \$125*

## TREATMENTS FOR MEN

**Sports Massage** - Swedish-style massage. *60 minutes, \$95. 90 minutes, \$135. 120 minutes, \$155*

**Men's Facial** - Cleanse, tone, exfoliate, hydrate, massage your skin. *45 minutes, \$75*

**Deep Clean Facial** - Includes a deep cleaning mask. *60 minutes, \$95*

**Back Buff** - Great to help unclog pores for athletes. *60 minutes, \$85*

**Manly Manicure** - Nail maintenance for men. *40 minutes, \$45*

**Manly Pedicure** - *60 minutes, \$65*

## PACKAGES

### **m + h Lux Retreat**

You deserve an escape for the day. Let us indulge you with the most lavish m + h experience: a Lux Massage, Lux Facial, and Lux Manicure + Pedicure.

*About 6 hours, \$400*

### **m + h Retreat**

Now we're talking. Treat yourself from head to toe with a 60-minute aromatherapy m + h Massage, a m + h Facial, and a Lux Manicure + Pedicure.

*About 3.5 hours, \$270*

### **Mini Retreat**

Don't let the word "mini" mislead you: this package includes a 45-minute m + h Massage, a Mini Facial, and a m + h Manicure. *About 2 hours, \$150*

### **Couples Retreat**

milk + honey is one of those things that is even better when shared. You'll each enjoy a 60-minute m + h Massage in our couples room, a m + h Facial, and a m + h Manicure. *About 2 hours, \$375*

### **Manly Retreat**

Your body works hard for you, this is how to say "thank you." The Manly Retreat includes a 60-minute Sports Massage, m + h Facial plus extra extractions, and a Manly Manicure. *About 2.5 hours, \$215*

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(Prices subject to change. See website for up to date menu and packages.)