# nusta spa
## MENU OF SERVICES

1129 20th Street, NW • Washington, DC 20036
phone 202.530.5700 • **www.nustaspa.com**

# FACIAL THERAPIES

## HIGH-POWER ANTI-AGING AND FIRMING

**The Natural Face Lift Facial** (90 minutes) $185

A regenerating therapy using a Plant Stem Cell Serum derived from Echinacea and Butterfly Bush slows cellular aging while plumping and firming the skin. This therapy also harnesses the power of ultrasonic peeling and microcurrent product penetration to stimulate collagen renewal. Ideal for any age or skin condition.

**Optima Facial** (60 / 90 minutes) $130 • $185

Our highest-grade age correction facial uses powerful extracts of Argan, Vitamin C and Retinols to plump skin, reduce fine lines and improve texture and appearance. Choose a treatment track:

- Refining – Restores Tone and Firmness
- Brightening – Corrects Sun-Damage and Dullness

**Firm Facial** (60 minutes) $135

Fight the appearance of fine lines and wrinkles with cutting- edge plant-based stem cells. Apple Stem Cells deliver natural botanicals, fruit acids and powerful antioxidants to tone and tighten skin with an added lifting effect to soften fine lines and wrinkles.

## DETOX / ACNE

**911 Facial** (60 minutes) $135

Radically improve the appearance of break-out prone skin! Natural and organic cosmeceutical-grade fruit acids, detoxifying clays and botanical extracts help calm the skin while combating excessive oil production.

**Dynamo Facial** (60 minutes) $135

Pure, marine-based ingredients including Kelp, Red Algae and White Algae soothe and treat blemish-prone skin. Vitamins, enzymes and antioxidants cleanse and clear, remove impurities, replenish lost nutrients and help restore a healthy pH balance to the skin.

## CUSTOM

**Refresh Facial** (60 minutes) $120

Your esthetician will formulate the very best facial for your skin based on its condition while also addressing general skin care concerns. Choose a treatment track:

- Brightening – Corrects Sun-Damaged and Dullness
- Detoxifying – Clarifies and Rebalances Congested Skin
- Hydrating – Nourishes and Protects Devitalized Skin

**Renew Facial** (60 minutes) $135

Cosmeceuticals, vitamins and antioxidants join forces to address your skin care concerns for immediate, visible results. Choose a treatment track:

- Radiance – Improves Skin Tone and Texture
- Purity – Clarifies Acneic or Oily Skin
- Soothe – Calms Redness or Sensitivity

**Gentleman's Bespoke Facial** (60 minutes) $130

Perfect for every gentleman's main concerns – oil production, razor burn and sun damage. This therapy also delivers a healthy dose of antioxidants and vitamins to fight the signs of aging.

## ATMOSPHERE PROTECTION/EARLY SIGNS OF AGING

**Neptune Facial** (60 minutes) $135

Gigartina Algae and Undaria Algae blend with Copper Peptides and White Wine to promote more youthful skin. Delivering intense hydration with marine-based serums and an intensive treatment mask, this therapy stimulates circulation and softens fine lines.

**Antioxidant Facial** (60 minutes) $135

This mineral-rich therapy nourishes, refreshes and promotes vitality to city-weary skin. Pure seaweed extracts and essential oils boost antioxidant activity and pair with dermal proteins to create a protective moisture barrier against the elements.

## FACIAL THERAPY BOOSTERS

We offer various Facial Therapy Boosters for even greater results! Please speak with a Spa Concierge or your Esthetician for assistance selecting the most appropriate booster for your skin type as not all boosters can be paired with every facial.

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| **Vitamin C15 Infusion Refine + Brighten Booster** | $45 |
| **Wrinkle Repair Microcurrent Argan Retinol Booster** | $45 |
| **Microdermabrasion Booster** | $45 |
| **SilkPeel® Dermalinfusion™ Booster** | $45 |
| **Intensive Care Hand Booster** | $45 |
| **Eye Contour Microcurrent Antioxidant Booster** | $45 |
| **Revital-Eye Exfoliation and Ultra-Hydration Booster** | $45 |
| **Hydrating Lip Microcurrent Antioxidant Booster** | $40 |
| **In-Lips-We-Trust Ultra-Hydration Booster** | $45 |
| **Eyes & Lips Marine Hydration Booster** | $45 |

# MASSAGE THERAPIES

**Custom Massage** (60 / 90 minutes) $135 • $185

Tailored specifically for you, your therapist will draw from myriad techniques to help the body better release stress, gently loosen muscle tightness and increase an overall sense of well-being. This therapy includes a variety of massage modalities and up to two targeted areas of deep work.

**Deep Massage** (60 / 90 minutes) $115 • $170

This full body, deep pressure massage incorporates our specialty Arnica massage oil and the targeted application of heat and muscle gel to specific areas of tension to drain pain from the body and encourage healing.

**Calming Massage** (60 / 90 minutes) $105 • $160

This extremely relaxing massage uses the sweetest, organic Lavender and Blue Chamomile oils to release stress while soothing the mind and body. Light stretching, compression and gentle Traeger-style rocking quiet the nervous system to leave you renewed.

**River Stone Massage** (60 / 90 minutes) $130 • $180

Hand-harvested river stones are heated with essential oils to relax muscles and increase blood flow and circulation.

**Reflexology** (25 minutes) $70

A decadent therapeutic steam towel foot wrap, energy point stimulation and foot massage supported with essential oils of Ginger and Tea Tree relaxes the entire body.

**Duo Massage** (60 / 90 minutes) $135 • $180 per person

Enjoy each other with this massage for two. A precious blend of Jasmine, Sandalwood and Champaca awakens and delights the senses—allowing you to reduce stress and more deeply connect. *Excludes Mother to Be*

**Mother To Be Massage** (60 / 90 minutes) $115 • $160

Designed for our expectant mothers in their second or third trimesters. This massage eases the aches and pains associated with the physical demands of pregnancy and cares for hard-working skin with Rosehip and Wheat Germ oils.

**Signature Interpretive Touch™** (60 / 90 minutes) $135 • $185

Developed at Nusta Spa, this revolutionary approach to deep tissue massage uses pulsating pressure and wave induction strokes to penetrate muscles. Interpretive Touch is a restorative, healing therapy to release tension, enhance function and restore peace of mind.

**Master Interpretive Touch™**
(60 / 90 MINUTES) $200 • $295

Experience this revolutionary massage with the master therapist who developed it.

# BODY THERAPIES

**Vitality Polish and Wrap** (60 minutes) $135

A purifying blend of Seaweed, Pumice, Acai and Guarana polishes skin and purifies pores followed by a White Algae wrap that firms and hydrates.

**Undaria Wrap** (60 minutes) $120

This therapy features dry brushing followed by an Undaria Algae body mask to reduce water retention and a vigorous Seaweed seven salts of the earth body scrub to stimulate the lymphatic and circulatory system and exfoliate the skin.

**Revive Scrub and Wrap** (60 minutes) $135

Ideal for improving tone and texture, this therapy features a gentle dry brush exfoliation to improve circulation and lymphatic flow. Shea Butter and Noni extracts leave the skin silky, while lively peppermint-infused French Green Clay draws out impurities. Coconut and Argan oils blended with Grape Stem Cells and Tea extract firm and hydrate from head-to-toe.

**Nourish Scrub** (60 minutes) $110

An invigorating Citrus-Kombucha body wash blended with a zesty Ginger-Lime sugar scrub gently sloughs away dead skin cells before a warm Coconut-Argan oil is drizzled over the body for hydration.

**Purify Body Treatment** (90 minutes) $205

This therapy begins with a fragrant and stimulating Rosemary Sea Salt scrub followed by a purifying seaweed gel wrap. These are followed by a refreshing scalp and full body massage with essential oils of Pine and Atlas Cedar to promote a feeling of lightness and general detox.

## IN-AND-OUT THERAPIES

Short on time—big on results! Our In-and-Out Therapies fit into anyone's schedule and tide guests over until their next regular appointment. Combine two for $135 or three for $200.

**Flash! Facial** (25 minutes) $75

A natural fruit acid exfoliation powers through dead skin cells while stimulating cell renewal. Finish with a hyper-nourishing mask and moisturizer. Step out our door with a healthy, radiant glow.

**On Target Massage** (25 minutes) $70

A focused back, neck and shoulder massage that works out what hurts!

**Squeaky Clean Back Facial** (20 minutes) $75

Thorough cleaning, exfoliation and a purifying enzyme peel make your back ready to bare!

**Power Body Scrub** (25 minutes) $70

Using Algae and salts harvested from around the world, this invigorating full body treatment exfoliates, remineralizes and hydrates skin with a balancing body balm.

**Power Body Polish** (25 minutes) $70

Suited to sensitive skin, this invigorating full body treatment exfoliates and hydrates skin with a balancing Undaria Algae Polish.

# NAIL THERAPIES

**Maintenance Manicure** (25 minutes) $35

Ideal for ladies and gentlemen who regularly maintain their nails, this manicure performs all essential nail care and finishes with hydration and your choice of buff or polish.

**TLC Manicure** (45 minutes) $55

For hands and nails that need a little TLC, this manicure delivers all nail care with a gentle Sugar Scrub, an intensive Grape Stem Cell and White Tea body butter hand and arm massage with your choice of buff or polish.

**Optimal Aging Manicure** (50 minutes) $70

Optimal aging for the hands, this manicure features all nail care, a gentle sugar scrub, a powerful fruit acid peel and a soothing Coconut and Argan oil hand and arm massage with your choice of buff or polish.

**Athlete Relief Pedicure** (50 minutes) $65

A lively Rosemary sea salt scrub and Arnica-laden massage oil make this pedicure ideal for tired, heavy legs or athletes. Includes all nail care and your choice of buff or polish.

**Enliven Pedicure** (50 minutes) $65

Essences of Ginger, Lime and Kombucha make the perfect base for this invigorating scrub and rub pedicure.

**TLC Pedicure** (60 minutes) $70

Especially designed for our guests with extremely dry feet, this pedicure nourishes with Argan oil, White Tea and Shea Butter and includes a gentle scrub, hydrating mask, eco-friendly paraffin and soothing massage.

**Shellac™ Manicure** (50 minutes) $60

A mirror-like manicure that goes on like polish, lasts up to 14 days, and comes off in minutes. It combines the best of polish and gel providing extended wear with a high-gloss finish.

**Shellac™ Pedicure** (60 minutes) $75

A long-lasting pedicure that combines the best of polish and gel, providing extended wear with a high-gloss finish.

## NAIL THERAPY BOOSTERS

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| **Shellac™ Polish** (Adds 15 minutes) | $20 |
| **Shellac™ Removal** (Adds 15 minutes) | $15 |
| **French Style Polish** (Adds 15 minutes) | $15 |
| **Eco-Friendly Paraffin** (Adds 10 minutes) | $16 |
| **Eco-Friendly Keratin Hand Treatment** | $15 |

# HAIR REMOVAL

**Waxing**

Superior customized wax blends are used to perform quick, expert hair removal with minimal skin irritation.

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| **Eye Brow** | $32 | **Half Back** | $45 |
| **Chin** | $21 | **Full Back** | $67 |
| **Upper Lip** | $16 | **Upper Legs** | $55 |
| **Sides of Face** | $35 | **Lower Legs** | $45 |
| **Nape of Neck** | $35 | **Full Legs** | $90 |
| **Abdomen** | $32 | **American Bikini** | $45 |
| **Chest** | $55 | **Brazilian Bikini** | $78 |
| **Shoulders** | $40 | **French Bikini** | $60 |
| **Full Arms** | $74 | **American Bikini + Full Legs** | $122 |
| **Forearms** | $35 | **Brazilian Bikini + Full Legs** | $152 |
| **Underarms** | $32 | **French Bikini + Full Legs** | $135 |
| **Other Areas** | $30 | | |

# GROUP RETREATS

Nusta Spa's nearly 5,000 square feet of award-winning interiors is the perfect location for a memorable group retreat for 2 to 30. Nine treatment rooms, a nail area that can accommodate five guests, two relaxation lounges combined with our highly-skilled team of therapists create the perfect experience. We are honored to repeatedly be a part of our guests' special occasions. Please contact our Group Concierge at **202.530.5700** for more information.