

Day Spa Packages

Ultimate Approach

Herbal bath, salt glow, mud wrap, facial, feet retreat, a light lunch, 1 hour Swedish massage.

Approximate time 4.5 hours-\$225.00

Deluxe Approach

Salt scrub, mud wrap, herbal bath, 1 hour Swedish massage.

Approximate time 2.5 hours-\$145.00

Pampered Approach

Feet retreat, deluxe facial, 1.5 hour Swedish massage.

Approximate time 2.75 hours-131.00

Gentleman's Approach

Salt and mineral bath, mini facial, 1 1/2 hour Specialty massage.

Approximate time 2.25 hours-\$110.00

Healthy Approach

Salt scrub, mud wrap, 1 hour Swedish massage

Approximate time 2.25 hours-\$130.00

De-stress Approach

Herbal bath, mini facial, 1 hour Swedish massage

Approximate time 1.75 hours-\$75.00

Mini Approach

Deluxe facial, 1 hour Swedish massage

Approximate time 1.5 hours-\$70.00

CHECK IN

For your comfort, we suggest that you arrive 15 minutes prior to your treatment, allowing time to fill our some paperwork, to be sure that you are "on-time" and just to relax.

LATE ARRIVAL/DEPOSITS

Arriving late will simple limit the time for your treatment, thus lessening it's effectiveness and your relaxation time. Your treatment will end at the scheduled time so the next guest will not be delayed. The full value of your treatment will be applied. All Saturday appointments , appointments 2 hours or more and spa packages require a 50% deposit to hold appointments.

CANCELLATION POLICY

In consideration of our hardworking therapists, cancellations must be received at least 24 hours prior to the service time or the full fee will be charged.

CONSIDERATIONS

This is a place of tranquility and relaxation. Please respect the quiet and privacy of other spa guests by refraining from bringing cell phones and pagers to the spa. Thank you

GRATUITIES

Gratuities are not included in the price of any Hands On Approach services.



972-484-8180

13370 Preston Rd.
North on Preston from LBJ
Across from Valley View Mall

THE SPA AT PRESTON



Call for an
appointment
972-484-8180

handsonapproach.com
HOURS OF OPERATION
MON-THURS 9-9 PM
FRI & SAT. 9-6 PM

Massage services

Master Massage

Master massage is performed by Russell Rust owner and founder of Hands on Approach School of Massage. Russell has been a practicing therapist since 1994, he uses experience and knowledge to resolve therapeutic issues relating to injuries caused by work, sports, dancing, golf, running, or everyday problems.

Appointments available from 10am-3pm Tuesday - Friday. Please allow 2 weeks in advance for booking this service.

60 minutes-\$80.00 90 minutes-\$120.00

Hot Stone

A licensed therapist uses a combination of hands and hot stones to release tight muscles. Hot stones are used to release trigger points and soothe the outer layers of the body. Hot stone therapy is a wonderful spa treatment allowing the heat of the stones to ease the tension in the body.

60 minutes-\$75.00 90 Minutes-\$113.00

Thai/Shiatsu

A licensed therapist uses a blend of Eastern massage techniques, yoga and energy work. The session is performed on a mat with the client wearing loose fitting clothing. The therapist uses stretching and Eastern pressure points to relax the body and mind.

60 minutes-\$75.00 90 minutes-\$113.00

Specialty Massages

A licensed therapist will use a combination of techniques including Trigger Point, Deep Tissue, Swedish, Myofascial release and stretching to relieve the deeper tissue areas of the body. Pressure is based on the desired level of treatment a client prefers, ranging from deep to light. Free hot packs are included in this treatment.

50 minute-\$55.00 80 minutes-\$75.00

Pregnancy Massage

Licensed therapist soothes the right spots to help relieve stress pregnancy has added to the body. The massage is a light to medium pressure and we place pillows in the right spots to make you as comfortable as possible.

50 minutes-\$40.00

Feet Retreat

Like a good foot massage? Then let us treat you to something really special. Enjoy our warm oriental foot bath, an exfoliating salt treatment followed by a detoxifying mud wrap. Then enjoy a massage focusing on the main points of the feet for a relaxing and invigorating indulgence for your feet.

Approximate time 45 minutes-\$40.00

Swedish Massage

A licensed therapist will use this style to relieve and soothe the superficial muscles of the body, increase the Lymph and Cardiovascular circulation, and allow the body's own natural pain relieving endorphins to be increased and promote overall relaxation. The pressure is light to medium and does not include any deeper techniques.

50 minutes-\$40.00

80 minutes-\$61.00

Student Massage

Students perform a Swedish style medium to light pressure massage to fulfill the requirements for state licensure. Clinic for students is Monday- Thursday 9-9 (No weekends), clinics are available 6 times per year.

50 minutes-\$30.00

80 minutes-\$42.50

Herbal Salt Jacuzzi

20 minutes-\$15.00

Hot Packs

Add to any service-\$5.00

Salt glow

Dull, dry skin is massaged away to reveal a fresh glow with a stimulating formula containing three different sizes of rich mineral and therapeutic dead sea salts. The scrub exfoliates the dead skin layers allowing new growth for healthier looking skin.

Approximate time 25 minutes-\$35.00

Body wraps

Choose from three great products designed to improve, detoxify, and re-mineralize most types of skin. All wraps begin with a salt glow and shower. We then massage one of the following products onto the skin and wrap you in a three layered cocoon allowing the mud to heat up and work on the skin.

Approximate time 75 minutes-\$90.00

Lush skin—designed to super hydrate the skin damaged by sun. This product leaves your skin lush and supple for days.

Firmi-Sea mud— this product is used to firm and smooth skin, assist in detoxification and re-mineralize the skin.

European Rose mud—This product refines and softens skin while enhancing cell renewal and extreme hydration.

Facials

Deluxe facial—Starts with a gentle skin cleansing. Next our micro refiner is used to exfoliate the face and neck, followed with our mineral sea mask. Finishes with a stimulating face massage with our hydrating facial cream.

Approximate time 30 minutes-\$30.00

Mini facial— same as deluxe without sea mask. **15 minutes-\$20.00**