

THE MESSAGE PARTY

Looking for new idea for a party? Our party room is a unique way to host the ultimate getaway for you and your guest. You will be treated to your choice of relaxing massages, feet re-treats, deluxe facials or any combination of treatments.

If you have birthdays, bridal showers , office treat, or for any celebration you want to be the host with the most please give us a call.

Allow 2 weeks advance reservation.



Need a therapist to come to you?

Out call \$100 per hour

We come to your business

Onsite chair therapist

\$65.00 per hour

Hands on Approach is licensed by the Texas Dept. of State Services

(512-834-6616)

License # MS0091

#ME1280

Member of the
American Massage Therapy
Association



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

Hours
Mon-Thurs- 9:00-9:00
Fri & Sat- 9:00-6:00

Why choose Hands on Approach Day Spa?

Hands on Approach is the **leader** in massage and spa education in Dallas. Our state of the art facility allows us to offer services in the most relaxing atmosphere with appointments available everyday.

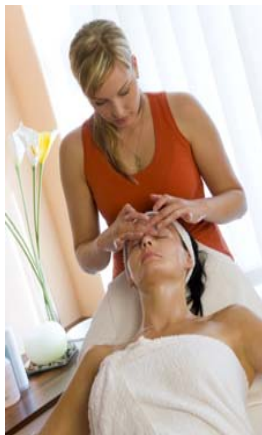
Our therapists are trained by instructors with over 35 years experience in massage and spa clinics, meaning you get the **best massage at a lower price.**

Our flagship school now offers resort treatments at prices that will allow you to **come every week** to maintain a healthy life.

We truly appreciate your business.

Thank you,

Russell & Kim
Rust
Owners
Hands on
Approach



MESSAGE AND DAY SPA SERVICES

WELLNESS MASSAGE	1/2 HR \$25
INCLUDES ARMS, LEGS, BACK, NECK AND FEET MASSAGE PERFORMED BY LICENSED THERAPIST	1 HR \$40 1 1/2 HR \$61
THERAPEUTIC MASSAGE	1/2 HR \$35
DEEP TISSUE TRIGGER POINT SPORTS LICENSED THERAPIST	1 HR \$55 1 1/2 HR \$75
RIVER STONE THERAPY	1 HR \$75
EXPERIENCE HOT ROCKS USED TO RELIEVE TIGHT MUSCLES	1 1/2 HR \$113
WELLNESS MASSAGE	1/2 HR \$20
INCLUDES ARMS, LEGS, BACK, NECK AND FEET MASSAGE PERFORMED BY STUDENTS (when available)	1 HR \$30 1 1/2 HR \$42.50
FEET RETREAT	45 MIN \$40
FOOT SOAK, SALT SCRUB, MUD MASK AND MASSAGE	
FACIALS	15 MIN \$20
MINI CLEANSE, EXFOLIATE, MOISTURIZING MASSAGE	
DELUXE ADD A REJUVENATING MUD MASK	30 MIN \$30
LUSH SKIN TREATMENT	1 1/2 HR
SEA SALT SCRUB & BODY LUSH HYDRATING WRAP	\$ 90
DEAD SEA SALT SCRUB	30 MIN \$35
EXFOLIATES MUD WRAPS EUROPEAN ROSE FIRMI-SEA	1 HR \$55

**Deposit for services is
required.**

DAY SPA PACKAGES

ULTIMATE APPROACH	5
TUB SOAK, SALT SCRUB MUD WRAP, FACIAL, FEET RETREAT, LIGHT LUNCH, 1 HR WELLNESS MASSAGE	HRS \$225
DELUXE APPROACH	3
SALT SCRUB, MUD WRAP TUB SOAK 1 HR WELLNESS MASSAGE	HRS \$145
PAMPERED APPROACH FOR THE LADIES	3
FEET RETREAT 1 1/2 WELLNESS MASSAGE DELUXE FACIAL	HRS \$131
SPORTS APPROACH FOR THE GENTLEMEN	2 1/2
TUB SOAK 1 1/2 SPORTS MASSAGE MINI FACIAL	HRS \$110
HEALTHY APPROACH	2 1/2
SALT SCRUB, MUD WRAP 1 HR WELLNESS MASSAGE	HRS \$130
DE-STRESS APPROACH	1.75
TUB SOAK 1 HR WELLNESS MASSAGE MINI FACIAL	HR \$75
MINI APPROACH	1 1/2
1 HR WELLNESS MASSAGE DELUXE FACIAL	HRS \$70
HERBAL SALT JACUZZI	20
	MIN \$15
HOT PACKS	\$5