

## WORLD CLASS MASSAGE & SPA SERVICES

In Southern California, we have access to one of the largest concentrations of massage therapist and alternative healers in the world. Of all the excellent therapists available, Health Rhythms chooses only those with genuine caring and world-class technique. All therapists are certified by an AMTA affiliated school and have from 1 to more than 25 years professional experience.

**Donna Trainor, RN, BSN, ANS**

**Laser Hair Removal  
Spider-vein Removal  
Photo Facials  
Thermage  
Mesotherapy  
Botox & Restylane**

### Call for More Information

There will be a \$50 fee for all missed appointments. No exceptions.

### Special Services for Your Convenience:

#### FULL SERVICE WAXING

**MANICURE      \$15**

**PEDICURE      \$35**

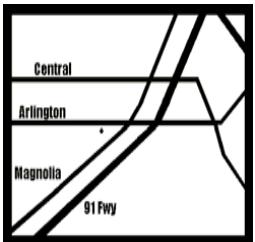
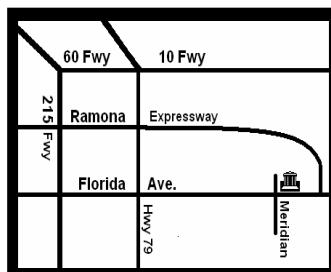
**TANNING      \$ 8 - \$10 Session**  
Multiple Session Discounts Available

#### PAMPERED PACKAGES

Pre-paid packages of any service.  
Buy 5 and get the 6th half off.  
Buy 10 and get the 11th **FREE**.

**Hug Therapy Cheerfully Given Daily**

**Health Rhythms  
Medi-Spa & Tan, Inc.  
4250 E. Florida Ave.  
Hemet, CA 92544  
951-927-2233 off  
951-927-3365 fax**



**Health Rhythms Medi-Spa  
4624 Arlington Ave.  
Riverside, CA 92506  
951-780-9868 off.**

**Open 7 days a week.  
Mon - Fri 9am - 9pm  
Sat - Sun 10 am - 6 pm  
Open Most Holidays**

Visit our Website for  
**Monthly Specials**  
[www.HealthRhythmsMediSpas.com](http://www.HealthRhythmsMediSpas.com)

#### Guest Etiquette

Appointments are recommended. There is no refund for missed appointments. We require 12 hrs cancellation notice. Please give us a courtesy call if you are running late.

We reserve the right to give your appointment time away if you are more than ten minutes late. We thank you for your patronage.

The client must remain properly draped throughout the massage. Inappropriate action or language is cause for termination of treatment. We reserve the right to refuse service to anyone.

**Prices do not  
include gratuity.**

# Health Rhythms Medi-Spa & Tan Hemet

*Healing Body, Mind and Spirit*



*For All Your  
Body's Kneads*

**Riverside Location**  
In Cooperation w/ Back by Demand  
**Health Rhythms Medi-Spa**  
5225 Canyon Crest, #18B  
Riverside, CA 92507  
951-780-9868 off.

**Located in The Canyon  
Crest Towne Centre next to  
The Canyon Crest Athletic  
Club behind Ralph's**

**Hemet Location**  
**4250 E. Florida Ave.**  
Hemet, CA 92544  
951-927-2233 off.  
951-927-3365 fax

**In the corner of the  
Meridian Center at  
Florida & Meridian**

Please visit our website  
[www.HealthRhythmsMediSpas.com](http://www.HealthRhythmsMediSpas.com)

**Health Rhythms Premier Skin Care Therapist, Maggie Cadenhead,** brings with her a wealth of knowledge in skin care and waxing.

Our philosophy is to treat the whole person and not just the symptoms of the skin.



All Skin Care Services are customized to fit your individual needs and are ideal for men, women and teenagers. Specializing in acne and sun-damaged skin.

**Acne Facials  
Pigment Balancing Facials  
Vitamin C Facials  
Oxygen Facials  
Deep Cleansing Facials  
Stress Relief Facials  
MicroDermAbrasion**

Most skin care services run between \$50 & \$99

Offering a full line of professional skin care products for home use. A clinical skin care line designed to keep your skin looking, and feeling, healthy between treatments.

**Full service waxing available  
for men and women.  
Available in our Hemet Location**



**We Appreciate Your Confidence in Us  
This is Our Gift to You  
One Confirmed Referral Equals  
10% Off ANY Spa Service**

## RELAXATION & THERAPEUTIC MASSAGE

### COMPREHENSIVE MASSAGE

A more complete treatment customized to fit your needs drawing from all of the massage techniques at our fingertips.

25 Min.	\$39
55 Min.	\$69
85 Min.	\$99

### THERAPEUTIC MASSAGE

Therapeutic massage provides stress reduction, deep relaxation, and offers relief from physical pain. All of our therapists perform Swedish massage with pressure adjusted to individual clients' needs.

25 Min.	\$34
55 Min.	\$59
85 Min.	\$89

### ACUPRESSURE/ SHIATSU MASSAGE

A massage that uses Far-East healing techniques, by applying a 36 point formula along with alarm & associated points. Remarkably effective one-hour table top shiatsu session.

55 Min.	\$69
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### SPORTS MASSAGE

Pre- Event Oxygenation and Post- Event Relief massage.

25 Min.	\$39
55 Min.	\$69

### PREGNANCY MASSAGE

Relaxing yet therapeutic massage right up to the end of pregnancy. Reduces ankle swelling and low back tension

25 Min	\$34
55 Min.	\$59

### PEDIATRIC MASSAGE

A special treat for the active child. Relaxation & stress reduction techniques gives your child a new outlook and boosts self-esteem.

40 Min.	\$49
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### CHAIR & OFFICE MASSAGE

A wonderful treat for the person on the go. No oils, no waiting, just a relaxing massage from 5 or 10 minutes.

5 Min.	\$5
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## MEDICAL MASSAGE

### CARPAL TUNNEL THERAPY

The latest modern techniques to prevent Carpal Tunnel using corrective massage therapy, stretching and exercises.

25 Min	\$39
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### LYMPHATIC DRAIN

A slow & easy process of draining the built up Lymphatic fluid in damaged or injured tissues. Perfect for post Lymphectomy patients.

55 Min	\$69
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### FOOT REFLEXOLOGY

Reflexology helps break patterns of tension through pressure points in the feet and ankles.

25 Min	\$39
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### MIGRAINE HEADACHE MASSAGE

For migraine sufferers, this face, neck and scalp massage is specifically designed to relieve the symptoms of tension headaches and migraines. Includes a cold aromatherapy eye pack and a 30 min nap afterwards. Ask about the Health Rhythms Migraine cocktail.

25 Min (w/o Nap)	\$49
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55 Min (Includes Nap)	\$59
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### SINUS HEADACHE MASSAGE

For allergy sufferers, Hot towels soaked in a solution of Rosemary, Camphor, and Mint essential oils are placed over sinuses to help steam away pressure followed by 20 min face and scalp massage to relieve the headache. Includes a warm aromatherapy eye pack and Hot Tea or Cider.

25 Min	\$49
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### ENERGY WORK / POLARITY / REIKI

Methods to maintain physical, mental, and emotional health & well being by unblocking and balancing the energy fields within the body. Reiki is a form of natural healing, its aim being to put individuals in touch with the 'universal life force' which can heal them.

55 Min	\$64
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### MICRODERMABRASION

Acne or Acne scarring? Fine lines or wrinkles? Sun damage? The painless alternative to plastic surgery using state of the art equipment to resurface the skin.

Face & Neck	\$99
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Body	Quote
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*For best results more than one treatment necessary.*

## SPA TREATMENTS

Stress, So. California pollution, improper skin care, poor diet, and the use of incorrect products all contribute to premature aging of the skin. Health Rhythms approach to Skin Care utilizes aromatherapy and the botanical energy of natural plant-based products that synergistically help balance and beautify the skin of both men and women.

### FACIAL SERVICES

Specializing in Customized Collagen Facials, Glycolic Peels, Acne Facials, Vitamin C Facials, all specifically designed for your skin care needs.

55 Min	\$70 & up
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### EUROPEAN MINI FACIAL

A short and sweet addition to any of our wonderful, relaxing therapies, this cleansing & toning facial includes the Golden Moor Mud Mask.

25 Min	\$40
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### SALT or SUGAR SCRUBS

This as a moisturizing, exfoliating treatment that rids the skin of dry, dead cells, leaving your skin satin smooth while stimulating the nervous system.

25 Min	\$40
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### ESSENTIAL HERBAL MASK

You are enveloped in hot, fragrant, herb-soaked linens and wrapped in a blanket. The result is deep relaxation and the elimination of toxins.

25 Min	\$45
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### AROMATHERAPY MASSAGE

Not your everyday treatment. Dry brushing of the whole body with a boar-bristle brush removes dead skin cells and makes the blood flow. An aromatherapy massage with your choice of essential oils that soothes your muscles and spirit.

85 Min	\$99
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### CELLULITE MASSAGE & MASK

Proven cellulite reduction massage techniques are followed by relaxing, detoxifying mask using terrycloth strips soaked in a solution of herbs and essential oils that are designed to increase circulation to cellulite prone areas and minimize the look of "Cottage Cheese" like deposits. This is a detoxification treatment, so be sure to drink plenty of water to aid in flushing toxins out.

85 Min (Mask only)	\$95
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120 Min (Massage and Mask)	\$165
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*For best results more than one treatment necessary.*

## CUSTOM SPA PACKAGES

### MASSAGE FOR TWO

The couple will enjoy a bottle of sparkling cider, juice, or beverage of choice, romantic candlelight and a Therapeutic Massage, together in the same room. Couples are welcome to bring a bottle of wine to enhance the romantic atmosphere.

55 Min	\$135/Couple
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### VENUS' LUXURY

55 Min Therapeutic Massage, Mini European Facial and Salt Scrub.

1 Hr 45 Min	\$125/each
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### APHRODITE'S PLEASURE

55 Min Therapeutic Massage, Mini European Facial, Herbal Body Wrap and Salt Scrub.

2 1/4 Hrs	\$169/each
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**Add a Paraffin Dip to any Custom Spa Package.**  
**Paraffin Dip is free to parties of 4 or more.**

### PARAFFIN DIP

This is a unique heat treatment that relieves Arthritis in the hands and feet, while gently exfoliating your skin, leaving it smooth and soft.

25 Min (Hands and Feet)	\$12
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20 Min (Hands or Feet)	\$8
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### STEPPING STONE INTENSIVE FOOT THERAPY

This experience begins with a riveting hot and cold foot bath giving your muscles a rush of sensation. Followed up by our foot scrub and rinse. Your feet are then treated to the most delightful 30 minute therapeutic massage imaginable....you will never want to leave.

45 Min	\$65
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### EXPRESS TREAT

For those who want a quick spa treat without the oily clothes of a full massage, we have our express treat: 15 min of Face, Scalp, and Neck massage followed by 15 min Foot Reflexology massage. Includes non-alcoholic beverage of your choice (cider available at any time).

25 Min	\$35
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**Gift Certificates Available  
for All Occasions**