

LotSeven



BODY

LotSeven Massage

Set your intention, with a custom massage meant to Uplift, Balance, Purify or Calm. This Massage can be Swedish, Sports or Deep Tissue
30-min \$70, 60-min \$90, 90-min \$110

CBD Massage

A powerful experience, utilizing *Plant People* CBD products to target pain relief - includes face massage & cryotherapy with CBD Face Serum for full body relaxation.

60-min \$100, 90-min \$120

Quartz Stone Massage

A soothing hot stone massage, incorporating quartz & salt stones to target tension in the muscles.

60-min \$100, 90-min \$120

Cyclist Relief Massage

The ultimate deep tissue massage experience, meant to warm the body & ease the active muscles utilizing a blend of Magnesium-infused oil.

Perfect for athletes needing relief.

90-min \$130

CBD Detox Wrap & Massage

A body treatment to hydrate, detox and relieve stress within the body. Includes dry body brushing, a detoxifying clay wrap and full body CBD massage.

90-min \$120

Dual Scrub & Massage

Our two-step treatment will awaken & exfoliate the body by calming the muscles with a relaxing Massage, followed by a body scrub to soften head-to-toe.

90-min \$120

SKIN

Intentional Facial

Our custom Intentional Facial will be tailored to your skin care needs –calm & soothe, purify & detox, balance & maintain or uplift & glow. A thorough cleanse, a deep-cleansing exfoliation, extractions, relaxing face massage, and treatment masque are all inclusive.

60-min \$90

Quartz Stone Facial

This cooling & warming facial treatment is sure to relax you, while nurturing your skin care needs.

Incorporated throughout your custom facial treatment, will be cool quartz stones to increase circulation & oxygen for a healthy glow from within. A brightening peel is included for a more thorough exfoliation.

75-min \$105

Awakening Facial

Swift yet effective, our Awakening Facial allows your skin to experience a custom pick-me-up. A cleanse for your skin needs, mild-exfoliation & treatment masque are included within your 30-minute facial.

30-min \$50

CBD Cupping Facial

Increases detoxification & creates a more youthful appearance, with the use of *Plant People* CBD products & gentle face-cupping movements.

This custom facial is sure to have you looking and feeling well-rested.

60-min \$105

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SKIN - continued

Dermaplaning Treatment

A treatment that leaves your skin feeling radiant, soft and smooth - inclusive of a cleanse, gentle removal of soft *peach-fuzz*, and a hydrating face masque.

45-min \$65

Glow Peel Treatment

Meant to enhance your natural glow from within. Our Hibiscus & Lactic treatment will hydrate, increase exfoliation & promote healthy results.

30-min \$65

Dermaplaning + Glow Peel

Experience both benefits of a smoother, softer and healthy glow!

45-min \$75

Eyelash Lift Treatment

For a natural-looking lift of your eyelashes, this non-irritating and low maintenance treatment will curl the lashes utilizing a gentle curl cream application.

30-min \$65, with Lash Tint \$80

Eyelash Tint ~ EyeBrow Tint

Add a tint of color to your eyelashes and/or eyebrows.

\$15, per area

Enhancement Offerings

~ Add Paraffin on the Hands / Feet to a Massage or Facial experience.

\$15, per area

~ Magnesium Foot Soak will hydrate & decrease inflammation in your tired, achy feet.

15-min \$20

MOM-TO-BE

Pregnancy Massage

Our Pregnancy Massage takes care of your evolving body with a custom side-lying massage that includes a special balm for stretch marks.

30-min \$70, 60-min \$90

Mom-To-Be Body Treatment

For expectant mothers, nothing beats a relaxing full-body treatment. Inclusive of a magnesium foot soak with dry body brushing & Peach Kernel body scrub. Afterwards, enjoy a 60-minute full-body massage to soothe all your aches.

Our Mom-To-Be Treatment uses pregnancy-safe products from Cowshed.

90-min \$120

Mom-To-Be Personal Training

We've designed a personal training session for expectant mothers to address their needs for a healthy pregnancy (and beyond). These sessions will be led by a Women's Health certified instructor.

60-min \$75

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FITNESS

Personal Training

Whether you're just starting out or a fitness fanatic, our personal training sessions are here to guide our Members through their health and fitness goals — from weight loss to muscle building to general improvement across fitness levels.

60-min \$75

Private Pilates Reformer

A well rounded Reformer Pilates workout focused on strengthening the core and all major muscle groups. Designed to define, shape and tone your body. Exercises on the Reformer improve torso stability and postural alignment while working limbs in a range of motion. You'll receive an effective, no-impact workout that is also joint friendly.

60-min \$75

Semi-Private Personal Training

This session is for 2-4 people working out together. Whether you're just starting out or a fitness fanatic, our personal training sessions are here to guide our Members through their health and fitness goals — from weight loss to muscle building to general improvement across fitness levels.

60-min \$100, 90-min \$125

Private Swim Lessons

This class offers a structured swim workout along with stroke technique coaching to help build stamina, strength, endurance and speed.

30-min \$40, 60-min \$75

Corrective Exercise

This technical workout utilizes Corrective Exercise, a technique that leverages an understanding of anatomy, kinesiology, and biomechanics to address and resolve movement imbalances. This session will help to improve the overall quality of movements during workouts and in everyday life.

60-min \$75