



Service Menu

Aesthetica Day Spa's mission is to treat the skin like the organ that it is, by treating it externally and internally to reach the optimal result that an individual's skin will allow.

Our vision at Aesthetica Day Spa is to help every individual that walks in, attain optimal results for their skin—from head to toe, to the best of our capability through our products and services.....



18700 South Wolf Rd. Suite 204, Mokena, IL 60448

708-995-7076

aestheticadayspamokena.com

Hours: Mon — Thurs 9-9, Fri & Sat 9-4

GIFT CARDS AVAILABLE



**AESTHETICA
ACNE CARE**

WE OFFER ON-LINE TREATMENT CONSULTATIONS

TELEAESTHETIC[™]
Video Consultation

Exfoliating/Therapeutic Facial Treatments & Peels

At Aesthetica Day Spa, we pride ourselves in customizing facial treatments to each of our clients' specific and individual needs.

For this reason, we perform more than 150 face treatments. Although our ambience permits us to call our setting a spa, we predominantly perform corrective and preventive treatments. We offer an array of services geared towards inflammatory conditions such as Acne, Rosacea, Pigmentation, and Aging Skin.

Our key ingredients range from acids such as AHAs and BHAs to medium-depth chemical peels such as Retinols, TCAs and Jessner's solutions.

Anti-Aging/Preventative 100—155

Enzymes, AHAs/BHAs, Superficial Peels, Mechanical Exfoliation

Advanced Anti-Aging/Retexturing 125—285

Enzymes, AHAs/BHAs, Medium-Depth Peels, Retinol Peels, Mechanical Exfoliation

Discoloration/Pigmentation 125—285

Enzymes, Lactic Acid, Mandelic Acid, Medium-Depth Peels, Retinol Peels, Mechanical Exfoliation

Acne 65—125

Enzymes, AHAs/BHAs, Superficial Peels, Masques

Rosacea 75—125

Enzymes, Superficial Peels, Masques

Therapeutic Pain Relief Massages

DISCOUNTS DO NOT APPLY TO CBD MASSAGES
OR PRODUCTS

CBD Therapeutic 120/160

Reduce inflammation and relieve soreness with 100 mg CBD salve and 75 mg creme targeted to areas of pain. You will feel the difference!

(Prices subject to change without notification)

CBD Therapeutic Premier Bundle 175

This 60 minute pain-relieving massage bundle contains an additional 30 minute assessment on how to extend pain relief at home. Includes CBD retail products to take with.

Specialty Massages



CBD Enhanced Upgrade 20

Add CBD oil to massages as indicated for less soreness. DISCOUNTS DO NOT APPLY

Reflexology 55/85



Reflexology helps to improve circulation, increase energy, eliminate toxins and stimulate the central nervous system.

Reiki 55/85 Add-On 40

A Japanese technique that promotes relaxation, reduces stress, and supports the body in healing itself. This is a very gentle technique that is suitable for everyone.

Digestive Flow 55 Add-On 40

This 30 minute massage is focused on the abdomen to address pain and discomfort within the abdominal area. It helps with digestive issues, constipation, endometriosis, PMS and abdominal adhesions.

Prenatal 90/130

Nurture mother and child in the most relaxing way possible. Available after your first trimester, this comforting massage safely relieves back and hip pain, headaches and swollen limbs, while providing emotional support and vital, healing touch.

Postnatal 90

This abdominal focused massage helps return the uterus to its normal size and position. The uterus is connected to the body by tendons and during pregnancy can become tight and knotted. The Postnatal abdominal massage can also aid in fertility, reduce PMS, menstrual cramps, endometriosis, and digestion problems.

Aveda® Stress-Fix 90/130

A focused treatment that uses Swedish massage techniques along with some deep tissue techniques to reduce muscular tension and increase circulation in high stress areas of the body, using Aveda's certified organic lavender aromas.

(Prices subject to change without notification)

Cupping 60/90/130



Cupping helps to improve blood flow, migraines, fatigue, relax tense muscles and ease stiffness associated with chronic pain in the back and neck and can be used for cellulite reduction.

Wholistic 90/130



A unique combination of hands-on energy and bodywork mingled with traditional Eastern techniques. Utilizing an eclectic of modalities such as sound bowls, Gua Sha tools, cups and hot stone, it treats each person and their specific needs to bring a “wholistic” healing.

Chakra Balancing 60/90



This begins with an aroma journey to determine areas of imbalance. From there, receive a customized massage combined with energy work focused on bringing balance into the seven areas of the chakra system. Each chakra corresponds to a variety of mental and physical qualities.

Hot Stone 90/130



Hot stone massage is a variation of classic massage therapy. Heated, smooth, flat stones are placed on key points on the body. The massage therapist may hold the stones and use them to massage certain areas of the body.

Essential Oils Scalp Massage 40

Add-On 30

Customize your scalp massage with Cedarwood, Lavender, and/or Rosemary essential oil to stimulate hair growth, nourish the scalp and hair as well as condition the hair and scalp. This 30 minute massage technique encourages circulation to the scalp to enable better absorption of the oils into the scalp as well as bringing oxygen supply to the scalp.

Spa Massages

Swedish 45/75/115



This relaxing full body massage incorporates a variety of techniques specifically designed to relax the muscles by applying light pressure. It is especially beneficial for increasing oxygen flow in the blood and releasing toxins from the muscle.



(Prices subject to change without notification)

Deep Tissue/Sports 55/85/125



This most popular massage relieves sore, stiff muscles or chronic pain by targeting buried tension and knots. Our experienced therapist will realign deeper layers of muscles and connective tissue with deep pressure and slow movements, thoughtfully applied in concentrated areas. Massage pressure can be adjusted according to individual preference.

 CBD Upgrade

Body Treatments

Radiant Body Polish 125

This 60 minute exfoliating body treatment leaves skin luminous with radiant clarity of tone and texture. Mineral-rich salt crystals comfortably polish away the surface cells ready to leave, along with pollutants, while velvety plant oils melt into skin, nourishing and protecting the moisture barrier.

Back Facial 85

This exfoliating treatment helps address congestion and pustular activity on the back. This treatment includes a clay based mask steam, extractions and treatment mask to decongest the pores and allow for oxygenation of the skin.

Radiant Back Polish 60

This comprehensive treatment incorporates exfoliation and rejuvenation of the skin on the back enabling cell turn over and evening out of the skin tone.

Acne Polish 55

This acne treatment sloughs off post inflammation hyperpigmentation (PIH) on the back, enabling cell turn over and evening out of the skin tone.

Back Treatment 85

This back treatment is ideal for those suffering from back acne or highly congested oily skin. After a deep exfoliation under steam, a significant amount of time is spent on decongesting the pores and cleaning out the follicles. This has proven to be highly efficient for clearing up back acne.

Waxing

Brow	22	Brow & Lip	30
Lip & Chin	22		
Chin	15	Nose	15
Lip	15	(add-on)	10
Nose	15	(add-on)	10
Face	35	(brows not included)	
Underarms	25/20		
Brazilian	60	Men's Brazilian	75
French	43	Bikini	32
Full Leg	75	½ Leg	40
Full Arm	60	½ Arm	40
Partial Thighs	20		
Full Buttocks	40	½ Buttocks	20
Belly	15		
Full Back	60	Lower Back	25
Full Chest	55	½ Chest	30
Sideburns	15	Wax Add On	10+

Additional Services

Brow Tint	25	Ear Candling	40
Facial Hair Bleach	35	Lip hair Bleach	15
(Bleaching lightens unwanted dark facial hair)			

Gift Packages

Customized Facial & Back Facial	200
Customized Facial & Radiant Body Polish	215
Customized Facial & 60 Minute Specialty Massage	200
Customized Facial & 60 Minute Swedish Massage	190

* Discounts do not apply to packages

(Prices subject to change without notification)