

## MASSAGE

Relaxation—This popular massage uses gentle to moderate pressure to ease muscle tension. Improves circulation and promotes relaxation and wellness  
\$60 50 minutes

Combination -The relaxation massage with limited integrated deeper work to a specific area to further relax tight muscles and alleviate tension  
\$70 50 minutes

Deep Tissue—Specific deep tissue techniques that help to relieve many chronic conditions  
\$80 50 minutes  
\$120 80 minutes

Targeted Express Massage—Pressed for time? Try our mini-massage tailored to a specific body area such as neck, shoulder or lower back.  
\$40 25 minutes

Sports Massage -Intense massage allows peak performance and faster recovery—pre or post event  
\$50 25 minutes

## SPECIALTY MASSAGE

Total Indulgence—Sooth your senses with a longer combination of our two most popular sessions. Our relaxation massage with deeper therapy, just where your body needs it most  
\$100 80 minutes

Couples Massage—Can't 'bare' to be separated? Experience a relaxing massage together.  
Requires special preparation; please book in advance  
\$160 50 minutes

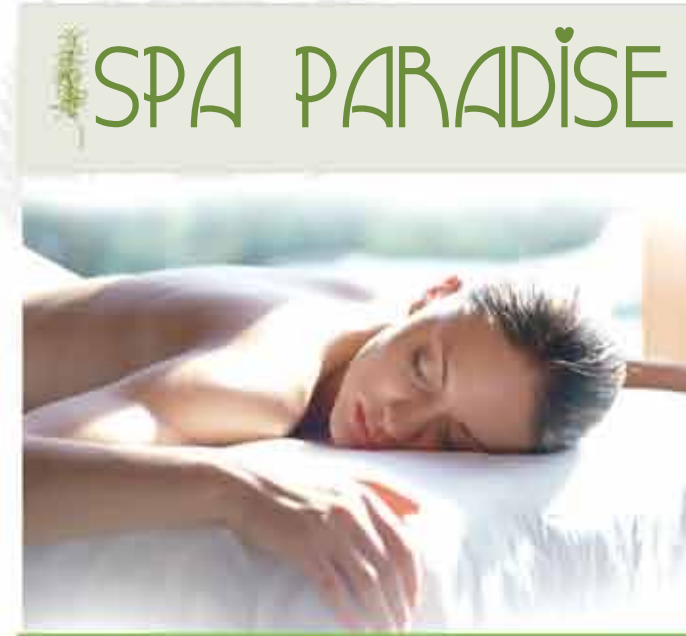
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## HAIR SALON

	<i>starting at</i>
Woman's Shampoo & Cut	\$20
Woman's Shampoo, Cut & Style	\$25
Foil or Highlights	
partial	\$75
full	\$90
Coloring	\$60
Perms	\$60
Specialty Perms (spiral, etc)	\$45
Deep Conditioning Treatment	\$ 18
Chlorine Combat Treatment	\$18
Special Occasion Makeup	\$25
Special Style (Up-do)	\$40
Men's Shampoo & cut	\$15
Men's Highlights/Color	\$40
Men's Mustache Trim	\$10
Men's Beard Trim	\$15

Appointments Available  
Seven Days a Week  
Walk-ins Welcome  
813-949-9327 extension 357



SPA PARADISE



*Beauty, Relaxation, Strength*

## FACIALS

### Cleansing Facial

\$35

*Add On....*

Rosemary, Clay & Mint Mask-Pulls impurities from skin, minimizes pores \$6

Seaweed Mask-Hydrates overworked skin, promotes healing \$10

Herbal Cream-Restores skin's elasticity and vibrancy \$2

Sunscreen-Protects against the sun's damaging rays \$2

Lip Treatment - Luxurious mask softens and hydrates includes a soothing salve to ward off fine lines \$10

### Microdermabrasion

Light resurfacing of the skin to even out skin tone and reduce the appearance of fine lines

\$25 single treatment

\$100 five treatments

### High Frequency Treatment

Used with serums and/or oils geared to your specific skin type, germicidal and promotes healing

\$15

## WAXING

Eyebrows, Lip or Chin \$10

Brow Shaping \$20

Under Arm \$25

Bikini \$35

Brazilian female \$50

male \$65

Legs

half \$30

full \$60

Back or Chest \$50

*Cost of hair removal services varies depending on amount of hair to be removed*

## PERMANENT MAKEUP

Eyeliner top or bottom \$150

top & bottom \$225

Eyebrows \$250+

Lip Liner \$250

Full Lip \$350

Beauty Marks \$25+

**Micropigmentation - referred to as "permanent make-up" - is a technique in which inert pigment granules are implanted below the top layer of skin for cosmetic and/or corrective enhancement. Wake-up with Make-up!**



## NAIL SPA

A true spa service with a calming soak, nails smoothed & trimmed, exfoliating scrub, massage with fragrant cream and polish of your choice.

Manicure \$20

Pedicure \$40

Combo Manicure & Pedicure \$50

## EYELASH EXTENSIONS

Experience long, full lashes for up to 3 weeks, with no mascara, tinting or dyeing. Swim, play sports and dance the night away looking your best.

Singles \$50

Fills \$50

Flairs \$50

Combo \$75



## FITNESS

## PERSONAL TRAINING

If you want to lose weight, get healthy and/or build muscle, using a personal trainer can be a step in the right direction. Edie, with more than 20 years experience at Paradise, can help you set up a program that meets your goals and guide and teach you the best ways to exercise.

Edie will assess your fitness level, set up a program for you and keep you motivated. She will gently push you past your comfort level--something difficult to do on your own. Edie will also provide guidance on reaching your goals, help track your progress, educate you about strength training, cardio and basic nutrition and give you a reason to show up at the gym each week! \$40....50 minutes

Try Something New!

*StrecherSize*

Experience this great assisted stretch session, ideal for pain, injuries or a whole body tune-up \$40....50 minutes!

**Contact Edie at 813-949-0266  
"Always On Call!"**