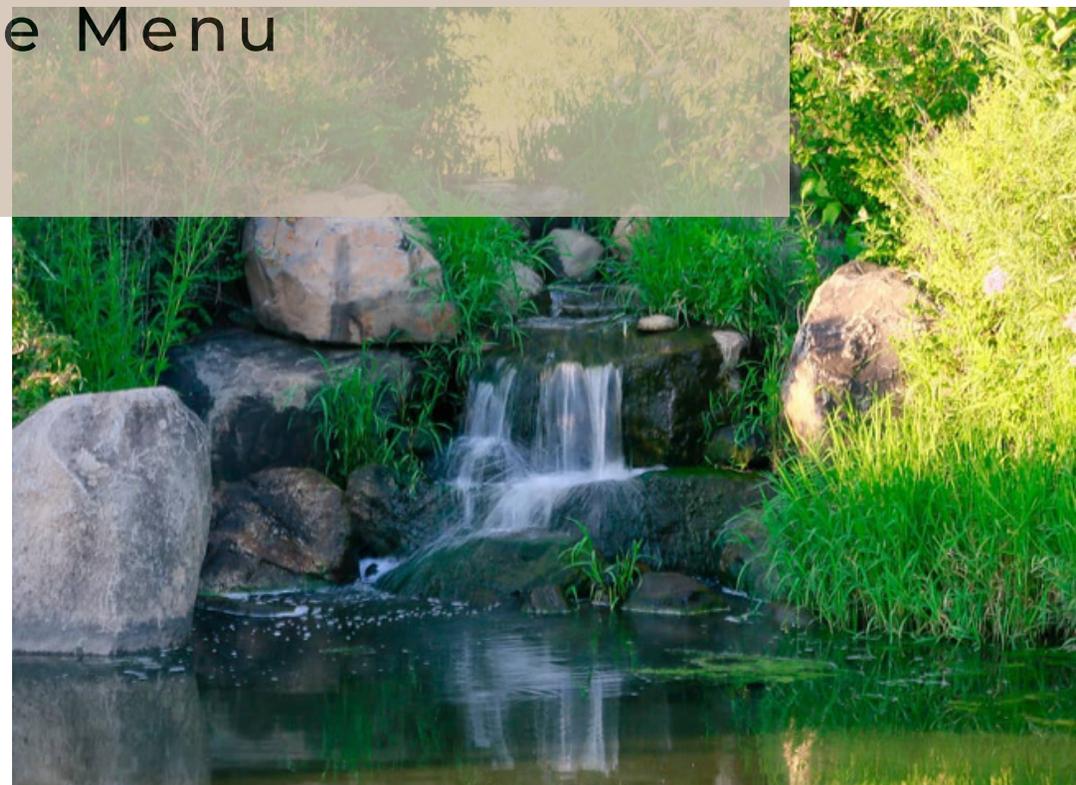
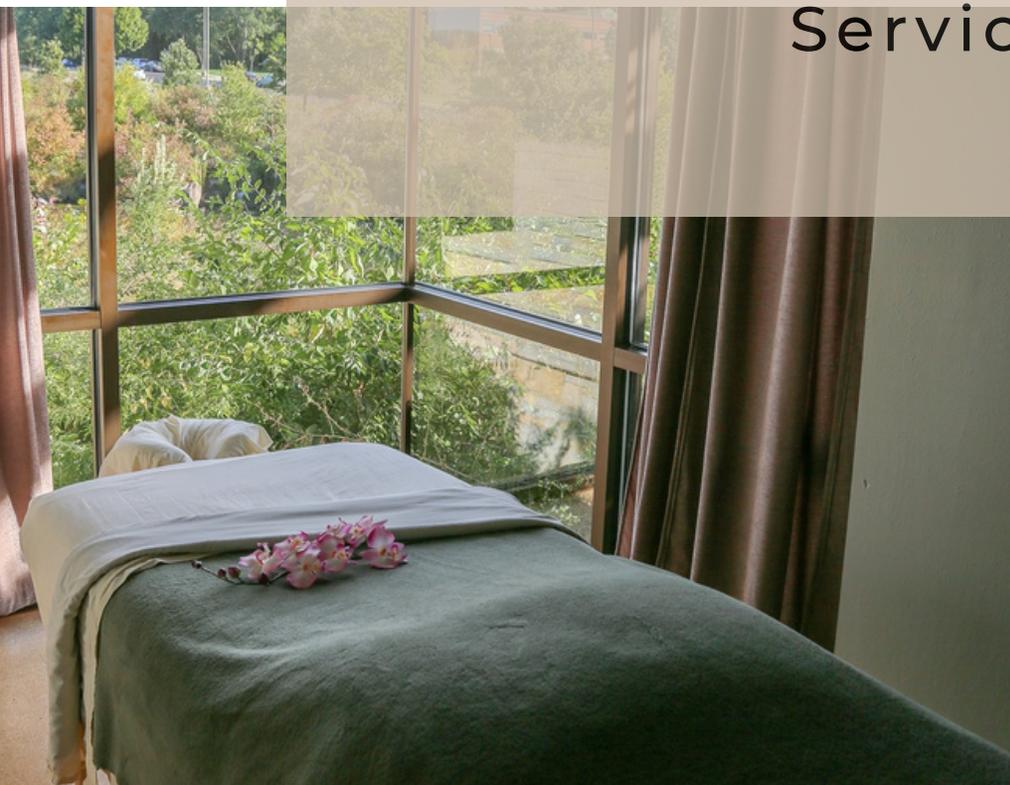




KNEADED RELIEF DAY SPA & WELLNESS

Service Menu





SPA PACKAGES	Page 3
MASSAGE	Pages 4-5
HAND & FOOT CARE	Pages 6-7
FACIALS	Pages 8-9
SPA PEELS	Page 10
BROWS & LASHES	Page 11
BODY TREATMENTS	Page 12
WAXING	Page 13
LIGHT THERAPY	Page 14
HYDROTHERAPY	Page 15
WELLNESS CENTER	Page 16
HOW TO RELAX	Pages 17-19
CONTACT THE SPA	Page 20

SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

MOTHER-TO-BE RETREAT \$185

forty-five minute massage, foot stress relief, ecofin hand and foot treatment

HEALING SPIRIT \$209

thirty minute aromatherapy scalp massage, sixty minute massage and lavender steam shower

TOUCH OF RELIEF \$219

thirty minute massage, wellness manicure and wellness pedicure

SPA SAMPLER \$252

essential facial, thirty minute massage, ecofin hand treatment and aromatherapy steam shower

OFFICE ESCAPE \$252

dot calm, signature pedicure and CBD Bath Ritual

SPA ESCAPE \$261

thirty minute massage, essential facial and wellness manicure

WELLNESS JOURNEY \$292

sixty minute wellness assessment, sixty minute personal training session, aromatherapy bath and sixty minute massage

SPA RELIEF \$295

relief facial, relief manicure and relief pedicure

REJUVENATOR \$304

wellness facial, sixty minute massage and aromatherapy bath

ULTIMATE CBD JOURNEY \$318

CBD bath ritual, CBD pedicure and calming CBD facial

TOTAL BODY CLEANSE \$347

siddha body detoxification, thirty minute massage, aromatherapy steam shower and relief pedicure

SPORTS RETREAT \$361

sports massage, essential facial, wellness manicure and aromatherapy bath

ABSOLUTE RELIEF \$385

sixty minute massage, wellness facial, total body exfoliation and aromatherapy steam shower

KING OR QUEEN FOR A DAY \$390

herbology wrap, wellness facial, thirty minute aromatherapy scalp massage and relief pedicure

ULTIMATE RELIEF \$394

sixty minute massage, wellness facial, relief manicure and relief pedicure

KNEADED RELIEF \$442

seventy-five minute massage with a relief massage enhancement, relief facial and body polish



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

A variety of techniques are employed to not only stretch and loosen muscle and connective tissue, but also to greatly improve circulation throughout the body. A consultation is included in the treatment time where you may choose an aromatherapy scent. Massage speeds the removal of metabolic waste products resulting from exercise or inactivity. The release of muscular tension will increase energy flow, bringing new awareness to areas that have felt "cut off" by chronic tension patterns.

Please let us know if you prefer a certain type of massage or pressure so that we can schedule you with the appropriate therapist. Please inform your therapist of your needs throughout the massage - too hot, too cold, too much pressure, not enough pressure, etc. Though we have some of the best trained therapists, they still need your input to make your experience truly wonderful. Our staff consists of both male and female therapists. You will be scheduled with either unless you specify a preference at time of booking.

THIRTY MINUTE	\$105
FORTY-FIVE MINUTE	\$115
SIXTY MINUTE	\$130
SEVENTY-FIVE MINUTE	\$150
NINETY MINUTE	\$175

NECK STRESS **\$105**

A neck and shoulder massage is given to release tension. This is followed by foot reflexology working neck points to further enhance your relaxation. (30 min)

DOT CALM

\$120

This is the perfect service for those of you who work on computers all day. Your therapist will massage your hands, forearms, neck and shoulders to relax your tired, overworked muscles using a mentholated CBD lotion while a warm compress is laid across the lower back. (45 min)

SPORTS MASSAGE

\$160

(Pre-events and post-events) stretching techniques are designed to benefit muscles by realigning muscle fibers, improving range of motion, helping to heal scar tissue and flushing toxins from specific muscles. (75 min)

CBD MASSAGE

\$180

Induce deep relaxation and healing with our artisan crafted aromatic CBD massage. Infused with six pain relieving herbs like arnica, ginger, and a broad spectrum organic hemp CBD, our CBD massage is designed to induce a deep relaxation and relieve pain associated with arthritis, sprains, and strains. (75 min) *150-225 mg/massage. This service is only available to guests 18 years of age or older. *Add to any thirty minute massage or longer for only \$30 more.*

SEASONAL MASSAGE

\$160

Four times a year, treat yourself to a seventy-five minute massage reaping the benefits of the current season. See our website for more information.



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

CUSTOMIZED MASSAGE ENHANCEMENTS

All enhancements are subject to your therapist's availability and skill set.

RELIEF MASSAGE

\$15

This enhancement to your massage is designed to promote total relaxation by including warm aromatherapy compresses and cold stones to your treatment. The warmth will allow your muscles to relax and soften while cold stones relieve pain points as aromatherapy allows deeper relaxation. **Add to any seventy-five minute massage or longer.*

HOT STONE MASSAGE

\$20

The deep penetrating heat of basalt stones glide over the body allowing muscles to quickly relax and enabling the therapist to work deeply. The hot stones encourage the exchange of blood with lymphatic drainage, bringing relief to areas of discomfort. **Add to any sixty minute massage or longer.*

THERAGUN PERCUSSIVE MASSAGE

\$20

Enhance your massage with a deeper muscle treatment using Theragun percussive therapy. The scientifically-calibrated device will target key trigger points to help decrease tension or soreness, increase flexibility and improve range of motion, while putting the body into a state of relaxation. **Add to any sixty minute massage or longer.*

PREGNANCY MASSAGE

Relieve tension and stress on the lower back and other areas as the body adjusts to carrying a baby. A thirty minute to seventy-five minute massage will be performed side lying by the use of a wedge and pillows. Please provide a written doctor's permission for any pregnancy massage. **No additional charge.*

AROMATHERAPY SCALP MASSAGE

Essential oils selected for their healing, moisturizing and detoxifying benefits are massaged into your scalp. Experience rejuvenating pressure point therapy coupled with gentle stroking movements on the scalp and face to relieve tension. Combine this luxurious treatment with any wrap, massage or facial.

FIFTEEN MINUTE SESSION

\$40

THIRTY MINUTE SESSION

\$55

WATERMAN SUITE

In order for you to experience Kneaded Relief with a loved one, we have created the Waterman Suite. This suite will allow two guests to receive massages services at the same time and in the same room. Overlooking the restored prairie and waterfall ponds, this will create a truly relaxing experience. You may choose any length massage. (See prices and lengths on the previous page.) There is no additional charge for couple's massages in our Waterman Suite. Our adjoining dual steam is available before or after your treatment at an additional cost.



Our Waterman Suite gets its name in honor of our late Spa Coordinator, Janelle Waterman, who passed away in 2005 at the young age of 27 from a rare kidney disease. We hope you enjoy the Waterman Suite as much as we enjoyed having Janelle in our lives.



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

Our services begin with a warm neck wrap to ease neck tension and begin the relaxation process. Our pedicures are performed in a reclining massage chair for a blissful experience. Kneaded Relief Day Spa does not perform services on individuals with fungal infections, plantar warts, athlete's foot, or other conditions that are contraindicated.

RELIEF MANICURE \$65

First your cuticles will be trimmed and nails filed to perfection. This will be followed by an exfoliation treatment and a relaxing hand and arm massage with an ecofin treatment to ease tense, tired hands.

WELLNESS MANICURE \$55

Same as a relief manicure, but no exfoliation or ecofin.

ESSENTIAL MANICURE \$45

Our version of a polish change which includes a brief shaping, buffing, and cleaning of the nails with no massage.

SHELLAC MANICURE \$70

Your service will begin with your cuticles being trimmed and nails filed to perfection. This will be followed by application of the Shellac polish (Shellac is a UV3 technology that gives you a chip-free, extended-wear color that lasts for weeks). Once the Shellac application is finished (no dry time necessary), you will receive a relaxing hand and arm massage to ease tense, tired hands.

PLEXIGEL MANICURE \$70

Your service will begin with your cuticles being trimmed and nails filed to perfection. This will be followed by application of bonder, shaper, and builder to create your perfect look. Once this application is finished, your polish of choice will be applied followed by the top coat. Plexigel is great for those with brittle, soft nails or for those who have a cracked nail or wants to add length. This can last up to 3 weeks.

RELIEF PEDICURE \$80

Your feet are placed in a warm, therapeutic bath to help soften and smooth your feet. Next, you will receive an exfoliation treatment to ease your feet of dry, callused skin, a brushed on moisturizing mask, and a pampering foot and lower leg massage. An ecofin treatments follows to relax sore, achy feet.

WELLNESS PEDICURE \$70

Same as relief pedicure, but no ecofin or mask.

ESSENTIAL PEDICURE \$60

A pedicure for maintenance between longer pedicures. Includes a foot soak, cuticle and nail care with your choice of polish.

SIGNATURE PEDICURE \$90

This service is the most luxurious pedicure ever created! You will begin with a soothing foot soak to soften skin and relieve stress. Next, your feet will be treated to a moisturizing foot masque and brushed with ecofin to enhance the masque's results. Hot stones are used to massage your calves and feet, rubbing out tension.

CBD PEDICURE \$95

Soak tired, achy feet in a beautifully aromatic CBD & Epsom foot bath followed by a therapeutic foot massage and a beautiful pedicure. This treatment will reduce inflammation and pain, nourish the skin, and get your feet ready for their next adventure! Benefits conditions such as arthritis, sprains, achy feet, skin irritations and nerve inflammation. *100 mg/service. This services is only available to guests 18 years of age or older.*

SEASONAL PEDICURE \$90

Four times a year, treat yourself to a pedicure reaping the benefits of the current season. See our website for more info.

***If you are wearing Shellac or Gel polish on hands or toes, please inform our staff when booking.**

SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

OTHER HAND AND FOOT TREATMENTS

FOOT STRESS RELIEF **\$50**
Soak your tired feet in our whirlpool foot bath and relax while your therapist exfoliates your feet and lower legs with an organic body polish followed by a rejuvenating massage.
**add an ecofin treatment for only \$10 more.*

ECOFIN TREATMENTS
Ecofin is a natural, petroleum-free alternative to paraffin. A rich blend of palm, soy, jojoba, and organic coconut oils, plus shea butter, vitamin E, and essential oils.

Ecofin treatments are excellent for dehydrated, mature, or overused hands and feet. The warmed ecofin increases circulation through the tissue and infuses moisture deeper into the skin, softening cuticles and dry areas.

HANDS OR FEET **\$15**
HANDS AND FEET **\$25**

YOUTH MANICURE **\$45**
Treat your 7-11 year old with a nail service at the spa! Minors must be accompanied during their spa services.

YOUTH PEDICURE **\$55**
Give your preteen the spa experience with our trimmed down pedicure service. Designed for ages 7-11. Minors must be accompanied during their spa services.

SHELLAC REMOVAL **\$0/\$20**
We offer complimentary shellac removal for shellac applied at Kneaded Relief.
If the shellac was applied at another establishment we can only remove CND Shellac. Save 50% on removal when combined with another manicure service.

CUSTOMIZED NAIL ENHANCEMENTS

All enhancements are subject to your therapist's availability and skill set.

HONEY HEEL GLAZE MOISTURE TREATMENT **\$5**
An active papaya and wildflower honey treatment glazed over the feet to revitalize dry, rough heels.

NAIL ART **STARTING AT \$5**
Amp up your manicure or pedicure with nail art on one or more fingers or toes.

TRILLIUM BODY POLISH SUBSTITUTION **\$5**
Substitute our scrub for your favorite organic Trillium body polish scent.

CALLUS TREATMENT **\$15**
Fight built up calluses with this softening treatment that leaves heels smooth to the touch.

FRENCH POLISH **\$15**
For the classic French look on hands or toes.

ADDITIONAL NAIL CARE **\$15**
Adds extra time to your service if you have special nail care needs.

CBD PEDICURE ENHANCEMENT **\$15**
Add to any Wellness Pedicure or longer for another layer of healing and relief.



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

We offer a variety of facial services to suit your individual skin care needs. Our estheticians use only the finest Bioelements and PCA Skin products based nature and science. Every facial includes a skin analysis, deep pore cleansing, gentle exfoliation, customized mask, and moisture treatment on the face and décolleté.

COMPLIMENTARY SKIN CONSULTATION

\$0

Not sure where to start? Book a complimentary skin consultation with one of our expert estheticians. There, your skin will be analyzed, skincare goals discussed, and you will receive product and service recommendations before starting a skincare regimen with Kneaded Relief. (30 min)

DERMAPLANE EXFOLIATION TREATMENT

\$60

Dermaplaning is a facial treatment that exfoliates dead skin cells and removes vellus hairs (peach fuzz). This treatment includes a cleanse, tone, dermaplaning, and moisturizer. (30 min)
**Avoid during sunburn, active breakouts, when taking Accutane or tretinoin, or during cancer treatments.*

LACTIC FACIAL

\$90

In 30 minutes, receive a cleanse, tone, lactic treatment and moisture treatment designed to smooth, soften and retexturize the skin. Good for in between longer appointments. (30 min)

BACK FACIAL

\$100

This service is aimed at restoring the healthy function of the skin on the back. It is beneficial for those who suffer from breakouts due to stress or hormonal fluctuations. The back will receive a thorough cleansing and exfoliation followed by extractions and a customized treatment mask. (45 min)

ESSENTIAL FACIAL

\$115

This facial is perfect for the person with a busy schedule! This essential treatment includes cleansing, toning, exfoliation, and extractions followed by a personalized mask and moisture treatment to increase the circulation of your skin for that beautiful glow! (60 min)

YOUTH FACIAL

\$115

This facial is specially designed with the teenage skin in mind! This specialized facial will aim at deeply cleansing the skin while moisturizing the dry areas. A series of treatments should help clear the skin and return it to the radiance of youth. Specialized instruction on cleansing techniques is included. Most effective when done in a series. (60 min)

SIGNATURE DERMAPLANE TREATMENT

\$120

This signature dermaplane service exfoliates the skin of any dead skin cells and removes vellus hairs on the face (peach fuzz) allowing for deeper product penetration. After dermaplaning is performed, a custom mask will be applied followed by custom correctives and a moisture treatment leaving baby soft skin. (60 min)
*After a discussion with your esthetician, a peel may be added to this treatment for \$30.
Add a peel and light therapy for \$45, requires extra time.
Avoid during sunburn, active breakouts, when taking Accutane or tretinoin, or during cancer treatments.

OXYGENATING TRIO TREATMENT

\$130

This antioxidant rich treatment supports the skins metabolism. Using lactic, glycolic, and salicylic acids to detoxify the skin combined with strong antioxidants and B vitamins that promote a clear complexion this treatment will leave the skin purified, glowing, and radiant for weeks! (60 min)
**Good for acne prone, asphyxiated, and dull /sluggish looking skin.*

SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

WELLNESS FACIAL

\$135

This deluxe seventy-five minute facial includes a skin analysis, deep pore cleansing, enzyme exfoliation, steam, and extractions. Soothing face, neck and shoulder massage followed by a customized mask and moisture treatment. (75 min)

GENTLEMAN'S FACIAL

\$135

Wellness facial designed to meet the special needs of male skin. The skin will be cleansed, exfoliated, steamed and extractions performed. A soothing face, neck and shoulder massage top off this relaxing treatment. This treatment leaves your skin clean and healthy and softens facial hair. (75 min)

LIGHT THERAPY FACIAL

\$145

Perfect for those who want to experience the benefits of LED Light Therapy within their facial experience! Includes cleanse, tone, enzyme exfoliation, and personalized mask treatment. A full 30 minutes of light therapy follows, customized for your skin's specific needs. Finish with a custom moisture treatment and sun protection. (90 min)

RELIEF FACIAL

\$165

This facial is a treat from head to feet. You will receive a relaxing facial treatment including a cleanse, tone, enzyme exfoliation and extractions if needed. You will then experience a face, neck and shoulder aromatherapy massage. A steamed neck roll will be applied during your customized mask while your feet receive a relaxing massage with warm, aromatherapy compresses. Your session will end with a customized moisture treatment. A must for total relaxation! (90 min)

SEASONAL FACIAL

\$175

Four times a year, treat yourself to a ninety minute facial reaping the benefits of the current season. See our website for more information.

CALMING CBD FACIAL

\$185

The ultimate CBD service for relaxation! This service includes a cleanse, tone, exfoliation and extractions if needed as well as a customized mask treatment. Your face, neck, shoulders and feet are massaged using a rich CBD cream formulated with organic hemp oil and six healing herbs for immediate relief. Finally, a lightweight hydrating CBD oil will be massaged into the face with warm stones. (90 min) 75-100 mg/massage. *This service is only available to guests 18 years of age or older.*

CUSTOMIZED FACIAL ENHANCEMENTS

All enhancements are subject to your therapist's availability and skill set.

HERBOLOGY RETEXTURIZING ARM & HAND TREATMENT

\$15

Gently exfoliate and hydrate your arms during your service with a mixture of Chinese herbs.

EYE & LIP TREATMENT

\$15

Pamper your under eyes and lips with an advanced moisture treatment locked in by Patchology gel masks.

DECOLLETE MASK ENHANCEMENT

\$15

This add on service brings the facial all the way down to the decollete. Great before events to give your chest a glowing appearance.

HIGH FREQUENCY ENHANCEMENT

\$15

Used to break down the bacteria associated with blemishes and for its anti-germicidal benefits.

PCA EXFOLIATION ENHANCEMENT

\$15

Add a pass or Sensi or No Peel Peel to your PCA Facial for extra chemical exfoliation.

LACTIC PLUS PEEL ENHANCEMENT

\$25

A chemical exfoliation using lactic acid which brightens, exfoliates, and hydrates the skin.
**Not suitable for those with milk allergies.*



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

[Spa Packages](#)

[Massage](#)

[Hand & Foot Care](#)

[Facials](#)

[Spa Peels](#)

[Brows & Lashes](#)

[Body Treatments](#)

[Waxing](#)

[Light Therapy](#)

[Hydrotherapy](#)

[Wellness Center](#)

[How To Relax](#)

[Contact The Spa](#)

CHEMICAL EXFOLIATION TREATMENTS

Have you been interested in a Peel but did not want to go to a Medical Office? Now you can see your favorite Certified PCA Esthetician at Kneaded Relief! Our Spa Peel Packages focus on your specific skin care needs. See a change in just a few months!

WHO ARE PEELS FOR?

Peels are for everyone. Whether your skin is dry, oily, combination or even sensitive, there is a treatment for you. We recommend starting with an Express Peel if this is your first peel visit with Kneaded Relief as a precaution. It's important for your esthetician to gauge your skin's sensitivity before moving on to more layers of peel.

WHAT SKIN CONDITIONS DO PEELS IMPROVE?

Peels are safe and effective in improving and preventing most skin conditions including:

- Aging, reducing fine lines and wrinkles
- Acne, control oil production for fewer breakouts
- Discoloration, provides a more even skin tone
- Sensitive skin/rosacea

HOW OFTEN SHOULD PEELS BE PERFORMED?

The skin's natural cycle is 28 days, so most people can get peels monthly. For acne and hyperpigmentation, peels can be performed more frequently at the discretion of the esthetician.

Because peels make a visible difference in the skin, they should be scheduled at least a week before a major event, and two weeks before any prolonged sun exposure.

FAQ

For answers to other frequently asked questions, please visit the Facial Peels section of our website. A consent form is required for each peel performed.

SPA PEEL

\$160

If you want to see major results quickly, this service is for you! It includes cleanse, tone, peel*, light massage, detoxifier, corrective serums, advanced treatment booster, eye and lip treatment, moisturizer and sunscreen. (60 min)

**Depending on the peel, your esthetician may perform 2-6 layers on the face, ears, and neck. Adding the peel to the décolleté is an extra \$30. No extractions will be included in this treatment.*

PREMIUM PEEL PROGRAM

\$450

We recommend purchasing the Spa Peels in a series of 3, called the Premium Peel Program. When purchasing the Premium Peel Program, you will receive a Daily Care Kit specific to your skin care needs and a Post Procedure Kit after each peel. Guests who purchase the Premium Peel Program will receive 10% off PCA products purchased while the program is active.

EXPRESS PEEL

\$100

For a quick peel up to 2 layers between your Spa Peels, this service includes a cleanse, tone, peel, correctives, moisturizer, and sunscreen applications. (30 min)

The Express Peels can be purchased at a discount of 5% off for 3 or 10% off for 6 or more.

ADVANCED SPA PEEL ENHANCEMENT

\$55

Once you've tried our spa peels, your esthetician may recommend our advanced spa peel which includes a 4% pure retinol treatment. This peel will require prior at home care and a professional recommendation.

SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

BROW TINT* \$30

Your brows are tinted with a semi-permanent dye to fill in patchy spots and give an overall more pleasing appearance. Results typically last 4-6 weeks.

HYBRID BROW TINT ENHANCEMENT \$10

Brows are tinted with a dye that will last on the skin for about two weeks for a fuller look.

BROW LIFT* \$95

Also known as lamination, brow lifts are a semi-permanent way to style your brows for a more lifted look. All brow lifts include a tint. Results will last for approximately 6-8 weeks.

LASH TINT \$30

Your lashes are tinted with a semi-permanent dye to visually lengthen your natural lashes. Results typically last 4-6 weeks.

LASH LIFT \$95

Lash lifts are a semi-permanent way to style your lashes for a more lifted look. All lash lifts include a tint. Results will last approximately 6-8 weeks.

LASH & BROW LIFT COMBO* \$180

Get both lashes and brows lifted at the same appointment.

**Add a brow wax to any brow tint or lift service for \$25.*



ABOUT BROW & LASH SERVICES:

Eyebrow tinting is the process of applying a semi-permanent dye to enhance, shape, and define your brows. Brow tinting gives the appearance of thicker, more accentuated brows with the goal being to match your natural brow color whenever possible.

Eyebrow lifts keep your eyebrows looking stunning and healthy. Unlike permanent brow tattooing, eyebrow lifts are absolutely pain free. Product is applied to the eyebrow hairs creating a chemical reaction on the hairs lifting them up. The brow is shaped and then tinted. The treatment lasts approximately 6-8 weeks.

Lash tints and lifts are amazing for when you just want to wake up and be ready for the day! The lash lift takes the natural eyelashes and perms them with a curl that makes the eyelashes look amazing. At Kneaded Relief tint is also included in the lash lift to elongate the appearance of lashes. The lash lift lasts for 6-8 weeks.

SERVICE RECOMMENDATIONS:

It is recommended to avoid the sun for at least one week prior to your brow and lash services as well as discontinue the use of any retinoids, AHAs or BHAs at least two weeks prior to your service. Brow and Lash tints and lifts are not recommended for guests who are pregnant or nursing, guests with psoriasis or eczema, those with super sensitive skin or guests who have had recent eye surgeries.

We recommend avoiding trimming your eyebrows for 4-6 weeks before a brow lift so that the brows can be placed into shape at your lift appointment.

Due to the nature of the ingredients, there should be at least 6-8 weeks between any Henna service and our services.

Kneaded Relief will not perform lash or brow services on guests with eye infections or injuries.



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

TOTAL BODY EXFOLIATION

\$105

The skin is gently exfoliated using a dry brush to remove even the most stubborn dead skin cells. Hot steam towels are then applied to the body to open the pores and allow for deeper penetration of an exfoliating serum from Farmhouse Fresh. A shea butter moisturizer is delicately applied to soften the skin and top off this relaxing experience. (45 min)

BODY POLISH

\$135

Choose one of our nine organic polish scents made from pacific sea salts and essential oils. Steam towels will be applied, followed by a full body exfoliation. You will then be led to a warm bath where the salts will be whisked away by the bubbling water. You will be left with skin that is incredibly soft and smooth from the emollient oils. (75 min)

HERBOLOGY BODY WRAP

\$140

An excellent way to soften the skin and relax the body all at once. Oils are first applied, then a mixture of herbs are sprinkled on the body and rubbed in to remove dead skin cells. You are then wrapped in a thermal blanket allowing your body heat to melt and absorb the herbs. After 15 minutes, you are unwrapped and rich moisture is applied to the body to dissolve the remaining herb. (75 min)

SIDDHA BODY DETOXIFICATION

\$150

Experience this ancient treatment from India that detoxifies and destresses your entire body. It starts with a dry-brushing that invigorates circulation and sloughs away dead cells. An herb-filled pouch saturated with warm East Indian Sandalwood Oil is stroked over your body. You are then enveloped in warm thermal blankets. Once unwrapped, the oils will be gently massaged in, leaving your skin softer and smoother than ever. (90 min)



NOURISHING CBD BODY WRAP

\$170

A nourishing treat from head to feet. A clay mask infused with CBD is brushed onto the body first, pulling out impurities and gently exfoliating the skin. A mixture of Cactus Toning Gel and CBD Body oil is then massaged into the body, stimulating blood flow and deeply hydrating for glowy, vibrant skin. While you are wrapped, a gentle scalp and facial massage is performed, leaving you utterly relaxed. (90 min) 150-175 mg/service. *This services is only available to guests 18 years of age or older.*

SEASONAL BODY TREATMENT

Four times a year, treat yourself to a body treatment reaping the benefits of the current season. See our website for more information.

SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

UPPER LIP	\$20
CHIN	\$20
NAPE OF NECK	\$20
SIDEBURNS	\$20
HAIRLINE	\$25
MEN'S BROW	\$25
WOMEN'S BROW	\$30
DESIGNER BROW (SHAPE & COLOR FILL-IN)	\$35
FULL FACE (NO BROWS)	\$80
BROW/LIP/CHIN COMBO	\$65
UNDERARM	\$30
HALF ARM	\$50
FULL ARM	\$65
BASIC BIKINI	\$45
HI-CUT BIKINI	\$65
WOMAN'S BRAZILIAN BIKINI	\$75
BACKSIDE - INNER	\$25
BACKSIDE - FULL	\$35
ABDOMEN	\$25
HALF LEG	\$60
FULL LEG	\$85
FULL LEG & BASIC BIKINI	\$120
CHEST	\$40
HALF BACK	\$40
FULL BACK	\$65
BACK & SHOULDERS	\$85

WAXING RECOMMENDATIONS:

A 10-14 day or 1/4 to 1/2 inch hair growth is recommended. For easiest removal, it is best not to apply any lotion or deodorant prior to waxing. showering with a mild scrub is best to do on a regular basis stopping 72 hours prior to the treatment.

Clients taking Accutane cannot receive waxing. Those using Retin-A, Renova, other AHA's, or prescription retinols should discontinue use for 10 days prior to receiving any waxing treatments. Those using PCA retinols should discontinue use 5 days prior to any waxing.

If you tend to experience ingrown hairs, Kneaded Relief highly recommends using Finipil between waxing services.

Since your hair grows in several stages, you may notice stubble within a few days after your first wax. Please remember that this is a process and may take several treatments for the cycles to regulate. Hair removal generally lasts 4-6 weeks depending on your individual hair regrowth rate. You will notice that the time between waxing treatments will increase with continued waxing, hair growth will become sparse and eventually cease.

BIKINI WAX TERMINOLOGY:

*Basic bikini refers to removal of hair outside the panty line.

*Hi-cut bikini refers to removal of hair up to an inch inside the panty line, does not include labial area.

*Brazilian bikini refers to complete removal of all hair.

*Backside - inner refers to the strip between the butt cheeks.

* Backside - full refers to both buttocks and the strip between the butt cheeks



KNEADED RELIEF DAY SPA & WELLNESS
 5500 E. Cheryl Pkwy Ste 126 | Fitchburg
 608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

ABOUT LIGHT THERAPY SERVICES:

Celluma LED Light Therapy is a revolutionary treatment that harnesses the power of light to improve both your skin and your overall well-being. Our treatment is FDA-cleared to effectively treat a variety of conditions, from acne and wrinkles to pain and inflammation. The non-invasive, relaxing therapy uses a unique combination of blue, red, and near-infrared LED lights to stimulate cellular activity and promote healing from within. Our treatment is safe, painless, and has no downtime, making it a popular choice for those seeking effective skin rejuvenation and pain relief. Whether you're looking to achieve clearer, healthier skin or reduce pain and inflammation, Celluma LED Light Therapy can help you look and feel your best.

SERVICE RECOMMENDATIONS:

Stop retinol use 3-4 days before treatments
Arrive with clean dry skin. If you are unable to arrive with clean dry skin, our guest locker rooms will provide micellar water and/or a facial cleanser to remove all makeup and topical skin care ingredients.

Contacts should be removed prior to your appointment. Kneaded Relief's guest locker rooms provide contact lens solution, but we do not have any extra contact cases, so please remember to bring a case for your contacts if you need to remove them before your service.

Please be aware of the contraindications of Light Therapy found on our website. If any of the conditions apply to you, a doctor's note will be required before getting the service.

LIGHT THERAPY SINGLE SESSION

\$35

Experience the rejuvenating power of light with our Light Therapy treatment. Using advanced LED technology, this non-invasive and painless treatment delivers specific wavelengths of light to target skin concerns such as acne, fine lines and wrinkles, and inflammation. The blue light helps to kill acne-causing bacteria, while the red light stimulates collagen production, reducing the appearance of fine lines and wrinkles as well as reducing redness. Near-infrared light helps manage pain and inflammation associated with conditions such as arthritis and muscle soreness. (30 min)

LIGHT THERAPY SERVICE ENHANCEMENT

\$25

Add 15 minutes of light therapy to your treatment for skin-health benefits or to alleviate pain and inflammation.

PACKAGE 1

\$175

Buy 5 Sessions, Get 1 Session Free

PACKAGE 2

\$210

Buy 6 Sessions, Get 2 Sessions Free

PACKAGE 3

\$280

Buy 8 Sessions, Get 4 Sessions Free



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa



AROMATHERAPY STEAM SHOWER \$30

Steam helps purge the skin, opening and cleansing pores. The penetrating heat softens muscle tissue and is an excellent treatment after a massage to begin the body's detoxification process. Choose from Eucalyptus, Lavender, Peppermint, Sweet Orange or seasonal essential oils.

DUAL STEAM SHOWER \$50

A larger steam shower that can accommodate up to two people adjacent to our Waterman Suite.

CLEANSING MUD STEAM SHOWER \$60

While enjoying an Aura Cacia infused essential oil steam, you will partake in a self-guided mud application. You will be given Sedona Clay infused with Vitamin E, Grape seed, Bladderwrack, Irish Moss, and Sage essential oils. Begin your treatment by applying this magnesium and vitamin-rich mud blend to your body, then relax in the wet heat of the steam, and lastly remove the mud with the available shower. When completed, your skin will be left glowing and your mind will feel encouraged to be creative.

AROMATHERAPY BATH \$50

The bath uses a gentle blend of Dead Sea salts and your choice of essential oil blends. Great before any service to relax the muscles. you will feel the refreshing embrace of over 120 air jets as your tension melts away.

Salts only, no aromatherapy \$45.

CBD BATH RITUAL \$55

The aromatherapy bath taken to another level. Gently exfoliate with cbd bath salts rich with lavender, bergamot, and broad-spectrum cbd. Then soak in the epsom salt bath before or after another service to deeply calm the nervous system and soothe tired, achy muscles. Finish with an ultra rich cbd cream for all day relief. *75mg/service*

MUSCLE SOAK BATH \$55

An upgrade to our Aromatherapy Bath, this bath uses our Muscle Soak Dead Sea Salts to soothe and revive tired, achy muscles and bring your stiff, overworked body back to life. Great before/after a massage service or any time you need relief.



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

At Kneaded Relief, we would like to assist you in unifying your mind, body, and spirit. We have developed a center that addresses total wellness for our guests. Optimal wellness can be reached by taking advantage of one or more of the services listed below.

PERSONAL TRAINING

In conjunction with our vision of comfort and serenity, we have created an intimate training environment. We offer one on one personal training and nutritional recommendations to help our guests achieve peak performance. Priced per session.

WELLNESS POLICIES

A minimum of one personal training session per week is required to complete your fitness program. We ask for a 48 hour cancellation for all wellness center appointments. Late cancellation or no-shows will result in forfeiting a session. All prepaid sessions are non-refundable.

WELLNESS ASSESSMENT

\$52

All guests must go through a sixty minute wellness assessment prior to any personal training sessions. This will allow us to tailor your sessions based on your goals and fitness level. (Complimentary with the purchase of Initialized 9.)

*All new guest are required to complete the Initialized 9 Sessions prior to purchasing a series of sessions.

WELLNESS CLASSROOM

Our Wellness Classroom is also available for rentable meeting space or can be used for your next group or spa party (i.e. baby shower, bridal party, girl's night out, etc.). See website for pricing.

	Individual 1/2 hour Sessions	Individual Hour Sessions	Partner Sessions
*Initialized 9 & Pay Per Session	\$47	\$77	\$57 per person
Series of 3 Sessions (5% discount)	\$44.65	\$73.15	\$54.15 per person
Series of 6 Sessions (10% discount)	\$42.30	\$69.30	\$51.30 per person
Series of 9 Sessions (12% discount)	\$41.36	\$67.76	\$50.16 per person



SPA MENU

[Spa Packages](#)

[Massage](#)

[Hand & Foot Care](#)

[Facials](#)

[Spa Peels](#)

[Brows & Lashes](#)

[Body Treatments](#)

[Waxing](#)

[Light Therapy](#)

[Hydrotherapy](#)

[Wellness Center](#)

[How To Relax](#)

[Contact The Spa](#)

At Kneaded Relief, our focus is on helping you feel the best you can through therapeutic and wellness treatments. We believe that reducing the stress associated with day- to-day life will create a stronger mind, body, and spirit. Our goal is to help you achieve this mind, body, and spirit.

Our staff consists of Nationally Certified and State Licensed Massage Therapists, State Licensed Estheticians, Nail Technicians and Personal Trainers who are dedicated to serving you. We have a deep respect for your privacy and are committed to providing you with a comfortable and relaxing experience.

Join us at Kneaded Relief in fighting off the hustle and hurry of your everyday life. You will enjoy gentle aromas and soothing sounds as you escape into our tranquil world. Wrap yourself in a plush robe, take your shoes off and stay awhile!

We are very pleased to welcome you to Kneaded Relief and look forward to bringing you our very best!

Sincerely,
Duke and Nichol, Kneaded Relief
owners

SPA POLICIES

At Kneaded Relief, we've created an environment where you can completely relax and forget the outside world. In order to maintain this atmosphere through the entire spa, we ask that all voices be kept low and all communication devices silent. With your cooperation, we are all able to enjoy a peaceful space.

RESERVING AN APPOINTMENT

To ensure that you are able to get the appointment time you desire, we suggest that you schedule your next service prior to leaving the spa. It is recommended for new guests to have a few different future dates and times in mind when calling to schedule an appointment, however please feel free to call for last minute openings. A credit card, gift card, or prepayment is required to hold any reservation. Our staff consists of both male and female therapists. You will be scheduled with either unless you specify a preference at time of booking.

MINORS

Minors are not allowed in our front area or relaxation retreat while the parent/guardian receives a service(s). Children are not allowed in the treatment room with you during your service. If you are 17 years or younger and receiving a service, a parent/guardian must sign a minor consent form before we are able to perform the service.

CBD

We are very proud to offer world-class CBD services and products in our spa. These are only available to guests 18 years of age and older due to state law. Any medical claims have not been evaluated by the FDA and are not intended to treat, cure or prevent any disease.



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

[Spa Packages](#)

[Massage](#)

[Hand & Foot Care](#)

[Facials](#)

[Spa Peels](#)

[Brows & Lashes](#)

[Body Treatments](#)

[Waxing](#)

[Light Therapy](#)

[Hydrotherapy](#)

[Wellness Center](#)

[How To Relax](#)

[Contact The Spa](#)

SERIES/GROUPS

A series of any of our treatments is highly recommended to achieve the most noticeable and lasting results. A discount of 5% is given for series of three and a 10% discount on a series of six or more. All series must be paid in advance. Groups of four or more will receive a 5% discount on a la cart services and a 20% gratuity will be automatically added to all services.

COVID-19

For our current COVID-19 spa policies, please visit kneadedreliefdayspa.com/covid19precautions.

SPECIALS

Join our text club for V.I.P. specials. Text "SPA" to 608 360 5737 (KRDS). Ask about our Relief Points and My T.R.E.A.T. program.

SPA CANCELLATION POLICY

A forty-eight hour notice is required for all cancellations. We keep a cancellation waiting list for those of you with last minute needs. In the event that you need to cancel, please call in advance so others can take advantage of the available time. Unless we receive a cancellation call within policy hours, we will charge a 50% cancellation fee. If you no show an appointment, please call us to reschedule so that we know you're okay. If you miss your appointment, we assume something bad has happened. We know no one ever wants to miss a spa reservation, but we do have a long cancellation list for filling last minute cancellations. No-shows will be charged a 100% no-show fee. If you have cold/flu symptoms, we ask that you kindly reschedule your appointment(s).

ARRIVAL

If this is your first time at Kneaded Relief, please arrive 15-30 minutes prior to your appointment start time in order to ensure all forms are complete and become acquainted with the spa before your treatment. After your first visit to the spa, please allow 10-20 minutes before each appointment to get settled and relaxed before your service begins. Your promptness is greatly appreciated to ensure that the next guests does not have to wait. Guests arriving late to their appointment forfeit a portion of their scheduled service, yet they will be charged for the entire appointment. Please note that a short consultation with your therapist is included in your treatment time. We thank you in advance for your understanding. Please refrain from wearing perfume and/or cologne to the spa because others may have allergies.

PRIVACY

Your privacy will be respected at all times. A robe will be provided for you as well as sandals in your size and a locker for your belongings. You will be properly draped at all times and confidentiality between spa personnel and yourself will be strictly upheld. Our relaxation retreat will be available for you before and after your appointment(s). Please remember this is a shared space and to respect others' relaxation by keeping voices low, topics neutral, and to not talk on your phone.



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

WATER

It is beneficial to increase your water intake before and after any spa treatment to help hydrate your skin and tissues and jump start your body's natural detoxification process. Also, because Kneaded Relief is working to help the environment, guests can purchase a Kneaded Relief BPA free water bottle and receive \$1 off their service when they bring it in with them.

REFERRALS

If you refer a guest to Kneaded Relief, and they mention your name on their intake form, you will receive a credit good towards \$10 off your next visit.



AT-HOME CARE AND GIFTS

Kneaded Relief has a retail area filled with professional Bioelements and PCA skin care, bath and body products including Farmhouse Fresh, essential oils, candles, and at-home care massage products.

GIFT CARDS

Kneaded Relief strongly encourages you to share the gift of relief with others. Gift cards are available and can be prepared ahead of time to be ready for pick up. You can also order by phone or on our website with a credit card and we will mail you or the recipient our distinctive gold gift certificate box. There is a \$5 charge for mailing gift cards. You are also able to print or email instant gift cards from our website. Service gift cards are valid for one year, at which point they will change to a dollar amount value. Dollar amount gift cards are valid for 5 years from purchase. Gift cards are not redeemable for cash and are nonrefundable.

GRATUITIES

Gratuities are not included in the price of the service and are left up to your discretion. They are preferred in cash form.

PAYMENT

We accept Mastercard, VISA, Discover, American Express, Apple Pay, Google Pay, cash and of course Kneaded Relief Gift Cards. A credit card will be required when scheduling to hold the appointment time.

SUGGESTIONS/COMMENTS

We always appreciate them! Please let us know how we can better serve you, and especially let us know if there is a problem of any kind. We have a highly regarded customer service reputation and want to keep it that way - your honesty means a lot to us.

Prices subject to change. Prices effective 6/1/2023.



KNEADED RELIEF DAY SPA & WELLNESS
5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070



SPA MENU

Spa Packages

Massage

Hand & Foot Care

Facials

Spa Peels

Brows & Lashes

Body Treatments

Waxing

Light Therapy

Hydrotherapy

Wellness Center

How To Relax

Contact The Spa

HOURS

Monday*, Tuesday & Friday: 9 am to 8 pm

Wednesday & Thursday: 9 am to 9 pm

Saturday & Sunday: 9 am to 4:30 pm

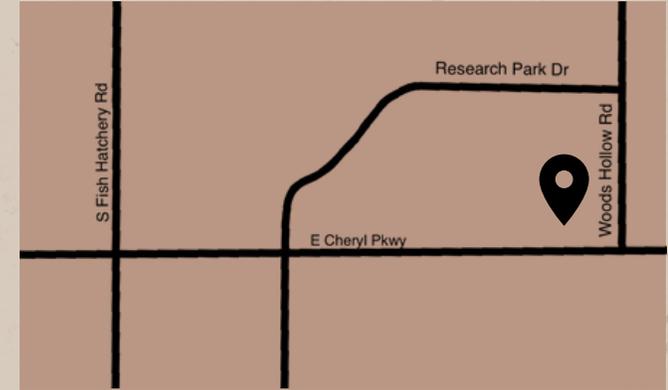
*Closed second Monday of every month
at 5:30



CONTACTING US

We have several ways to communicate. For the quickest service, call us at 608-255-0070. Guest services will be happy to assist you with any questions, scheduling appointments, purchasing gift cards or products, or anything else you may need.

If you are unable to call the spa, you can also email us at info@kneadedreliefdayspa.com or text us at 608-255-0070 and we will get back to you in a timely fashion.



GETTING TO THE SPA

Follow Fish Hatchery Road south past HWY PD/McKee Road. Turn left on East Cheryl Parkway. End at 5500 East Cheryl Parkway. We are located in the Agora East Building next to Ecco Salon. For parking, take a left on Woods Hollow Road and enter the parking garage at the east end of the building. Follow signs to Kneaded Relief. If you need the elevator, please let guest services know when you make your reservation. Street parking is available, but may be busier during the work week.



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5500 E. Cheryl Pkwy Ste 126 | Fitchburg
608 255 0070

