

Menu of Services



*Bringing Balance to
Body, Mind, and Spirit*

204 South Main Street
Woodruff, SC 29388
Phone: 864-476-9787

Hours of Operation
Tuesday - Friday
9:00-6:00

Saturday 10:00-4:00

Web Site:
www.zengardenspa.com

Sunday and Monday
Closed

Be Our Guest...

Our atmosphere at Zen Garden Spa is relaxing and pampering. You can enjoy a cup of complimentary tea and browse our exquisite collection of imports. South Indian jewelry, unique clothing, and East Asian statues are just a few of the items you will find.

Of course if it is a massage or spa treatment you seek, we offer a variety of relaxing and rejuvenating therapies. Everything from Swedish to Sports massage, Herbal wraps, Peels, Facials, and Hot Stone massage are offered at Zen Garden.

No matter how you enjoy your time with us, we are confident you will find yourself treated to an experience

What Is "Zen"?

Zen is a state of "Being in the moment" or the "Here and Now". Finding a place of balance and harmony.... This is what we at Zen Garden Spa want for you to experience the moment you walk through our door.

Body Treatments

Swedish Delight Massage

30 min/30.00

60min/55.00

90min/75.00

An overall relaxing experience combining different massage techniques tailored to meet your individual needs. Various pressures, and tissue strokes bring relief to tired and stressed muscles.

Getting Deeper (Deep tissue/Trigger Point) Massage

30min/40.00

60min/65.00

Assisted stretching combined with deeper massage strokes and trigger point release. It helps to open hip flexors and targets high stress areas such as shoulders, lower back, and knees. Overall, this is a more aggressive tool for alleviating pain associated with stressed and tight muscles.

On the Go Sports Massage

30min/35.00

60min/60.00

Vigorous massage used as pre-sports event preparation or post event therapy. A "must" for athletes of all ages.

Simply Feet Massage

15min/20.00

30min/35.00

Focusing on the knee down, this massage gives tired and sore feet a much needed reprieve. Combining warm herbal towel wraps and foot specific massage techniques, your feet are in for a treat!

Sinus Massage

30min/40.00

60min/70.00

Combines hot towels, aromatherapy, and acupressure to ease congestion and pressure in the sinus cavities.

Pregnancy Massage

60min/65.00

90min/85.00

Massage designed to bring much needed relief to tired muscles. Special draping and techniques are used to insure the safety of the mother and child. Only done after the first trimester.

Basalt Rock Rub (Hot Stone) Massage

60min/70.00

90min/95.00

Complimenting deeper or lighter Swedish techniques, the addition of warm basalt stones soaked in natural essential oils will bring you to an even deeper state of relaxation.

Aroma Ambience Therapy and Massage

60min/70.00

90min/95.00

Stress headaches, tight muscles, and agitations seem to melt away with this wonderful massage experience. Light to medium massage combined with essential oils of your choice, and warm towel wraps take you to a new level of relaxation.

Tandem Massage

60 min/120.00

Experience the power of two. Two massage therapists working in tandem for the optimum wellness of your body.

Honey Facial Massage

30min/30.00

Organic honey is used to clean and tone the face. The face is then massaged with an all natural buttermilk/honey lotion to leave the skin feeling smooth and moisturized.

TMJ

30 min/30.00

This procedure uses hot towels combined with very specific massage to release the muscles that create the pain and "lockjaw" of TMJ.

Abdominal Massage

30 min/30.00

By massaging the abdominal area, relief can be brought to digestive issues. This massage focuses on moving the bowels in the correct direction and releasing adhesions that are creating problems.

Neck and Shoulder Recovery

30 min/40.00

60min/65.00

We start by applying warm paraffin on your neck and shoulders. After the heat has softened your muscles, the stress of your daily life will be massaged away. This is also a great way to help with the pain and tightness of whiplash.

Thai Massage

60min/65.00

90min/90.00

Treat your over tight muscles to an intensive stretching session. Thai massage uses assisted stretching in combination with massage bringing lasting balance to over tight muscles.

Duct Massage

60 min/140.00 per couple

Friends...mothers & daughters..sisters and couples can enjoy an unforgettable experience. Imagine lying on cozy massage tables side by side while your therapist works on your individual needs. All while enjoying the company of your companion.

Massage Cupping Bodywork

60min/70.00

90min/95.00

Added to a Swedish massage, this style creates suction and negative pressure to drain excess fluids and toxins, loose adhesions, and bring blood flow to stagnant muscles and skin.

Facial Massage Cupping

1 session 40.00

8 sessions 280.00 (Get one free)

Why Botox? Why have a facelift? Try having a light cupping done to remove excessive fluid from the face and bring circulation to the skin. Notice an improvement in just one session and package the sessions for maximum results.

Body Masks and Wraps

Detoxifying Body Wrap

90min/95.00

With the application of detoxifying essential oils of Grapefruit and Cypress followed by mineral rich seaweed, skin is detoxified and nourished. A relaxing massage completes this body treatment.

Herbal Wrap or Poultice Body Rub

90min/95.00

Choose between a warm herbal wrap or poultice rub of essential oil infused delight! This treatment helps to detoxify the body and rejuvenate the senses. A combination of light massage, exfoliation, and skin nourishing herbs will transport you to a state of ultimate rest and relaxation.

Sweet and Salty Body Scrub

15min/20.00

30min/35.00

Choose between a sugar or salt scrub to exfoliate and renew dull skin. These scrubs not only feel great, they increase circulation and encourage collagen production. Give yourself the gift of healthy glowing skin.

Tea Tree Foot Mask

\$30.00

Contains marine silt and Tea Tree Oil. Both are well known for their anti-bacterial and purifying properties. Silt contains zinc, a trace element involved in the healthy regulation of sweat production.

Moisturizing Body Mask

\$40.00

Sweet almond oil and calendula extract soothe skin while rice powder and alginate work together to create a soft, moisturizing film that builds the skin's strength

Neck and Chest Mask+Aosa

\$40.00

The protienic fibers of Aosa which contain two amino acids present in human elastin (praline and lysine) help firm and tighten skin around the neck, chest, and breasts.

Leg Calming Vein Relief Mask

\$40.00

Contains a complete blend of natural compounds including witch hazel, horse chestnut, and cypress which are well known for their veinotonic activity—cooling and refreshing to weary legs.

Deep Hydration Mask

\$40.00

Ideal for very sensitive and dry skin. Contains arganine, an amino acid naturally contained in the epidermis. Leaves a smooth, nourishing layer on the skin to provide lasting hydration.

Sensitive Skin Mask

\$40.00

Contains Azulene, a calming ingredient extracted from Camomile. Bilbery stimulates capillary blood vessel structure while Vitamin C combats free radicals and stimulates collagen synthesis.

Esthetic Services

Eyelash tinting: \$15

Waxing

Brows: \$10

Lip: \$10

Cheeks: \$10

Full legs: \$50

½ Legs: \$30

Full leg w/bikini: \$60

Bikini: \$25

Brazilian \$60

Underarms: \$20

Nail enhancements

Clear acrylic: \$35 Full set

\$25 Fill in

Repairs: \$5 each

Polish change: \$6 (hands only)

French polish: \$5 extra added to service (this includes any color on the tip)

Paraffin Treatment: \$10

Enhancement removal: \$20 (includes removal and mini manicure)

Nail Art \$2 each or \$12 for set.

Spa Manicure

\$30.00

Hands are soaked, and massaged with an exfoliating sugar scrub and then wrapped in warm moist towels. This is followed by a relaxing hand & arm massage and finished off by nail strengthener and polish.

Spa Pedicure

\$45.00

Feet are immersed in aromatic soak followed by a scrub that is massaged onto feet and legs. A masque is then applied and legs are enveloped with warm moist towels. This service is finished off by a massage and application of polish.

***Complementary hot tea served during your treatment.

Microdermabrasion

\$75 single / \$ 400 series of 6

Service begins with cleansing of the face w/appropriate cleanser. Followed by a diamond microderm abrasion procedure. After completion the client relaxes with a calming hydrating masque and the shoulders & décolleté are massaged. Service is completed with moisturizer and application of sunscreen.

Chemical Peel

\$65 single / \$ 350 for series of 6.

This is a rapid exfoliation that helps to loosen impactions, clarify the complexion, and reduce fine lines, wrinkles, scars and hyper pigmentation.

This service begins with facial cleansing, followed by the application of the Peel product. Also included in this service is a hydrating/calming masque and a massage of the shoulders and décolleté

Glycolic Peel: recommended for all skin types.

Lactic Peel: recommended for sensitive/aging skin.

Facials

\$ 55.00

Deep pore enzyme facial with or without extractions (your choice). Followed by application of moisturizer and a relaxing facial, shoulder & décolleté massage. You may also choose one of the following masks based on your preference.

* **Vit C Mask** Recommended for anti-aging., stimulates cell renewal, hydrates and soothes the skin. Vitamin C is known to combat free radical damage and stimulate synthesis of collagen.

* **Hydrating/Calming Bergamot Mask**

Ideal for very dry maturing skin. Leaves a smooth nourishing layer on the skin to provide lasting hydration while calming the skin.

* **Sedona & French Red Clay Mud**

Detoxifying, hydrating, & healing. Rich in magnesium, Vit A, B, B12, E, iron and amino acids. Great for acne and oily skin.

Other Services

Lymphatic Drainage/Massage

60 min/60.00

90 min/80.00

This is a gentle massage and specific technique for draining stagnant lymph fluids from the body. It removes toxins and helps the body heal from various ailments and is recommended for post operative recovery.

Facial Lymph Drainage

1 session/40.00

Combined with cupping this time honored technique helps eliminate fluid retention in the face and neck. It rejuvenates the skin while flushing stagnant lymph fluid from the area.

Reiki Energy Work

30 min/30.00

Reiki is a gentle method of healing that taps into the Universal life energy. It addresses all conditions by gently promoting balance in all body systems.

Clear Ear Candling

2 candle session/30.00

4 candle session/60.00

A gentle method of removing allergens and wax build up from the ear canals. Light foot and hand massage, and a soothing atmosphere make this an enjoyable experience.

There is a \$10.00 upcharge for requested energy work, hot basalt stones, or aromatherapy during a massage or bodywork session.

Spa Packages

A Day of Zen ~ 4 Hours **\$210.00**

90 min. integrative massage

60 min. spa facial

Spa Pedicure

Spa Manicure

Light lunch included

Rejuvenating and Detoxifying Package ~3 Hours

\$200.00

Detoxifying body wrap

Lymphatic massage

Deep cleansing & toning facial w/ French clay mud

Detox Yogi tea included

(hot towels and aromatherapy included)

Gentlemen's Escape ~ 3 Hours **\$185.00**

90 massage (with hot towels and aromatherapy)

60 min. men's exfoliating facial

Manicure or Pedicure (your choice)

Express Sampler ~ 2 Hours **\$125.00**

30 minute Swedish massage

Exfoliating body polish

Express manicure and pedicure

Policies

To enjoy your spa experience to the fullest, we ask the following:

~ Please silence cell phones in all treatment areas.

~ If it is your first visit to Zen Garden, we ask that you arrive 15 minutes prior to your scheduled appointment.

~ Children are not allowed in the service areas unless receiving a service, and must be accompanied by an adult.

~ For their safety, children should not be left in the retail area unattended.

~ Cancellations should be made 24 hours prior to the appointment time. Any cancellations made less than 24 hours to the appointment will be charged 50% of the service fee. No shows will be charged 100% of the service fee.

~ There will be a \$30.00 fee charged for returned checks.

*Don't forget to ask about our Gift
Certificates and Spa packages!*