# **Skincare Rituals**

### **TKC Signature Facial**

Inspired by our organic garden, experience a customized botanical-enriched facial designed to promote deep relaxation while delivering visible results for all skin types. Naturopathica's performance-based skincare solutions combine the healing properties of plants, vitamins and enzymes to nourish, hydrate and revitalize skin. 60 or 90 Minutes (Included in the 90 minute facial is our relaxing Hand and Foot Treatment.)

### Ultra Hydrating Facial

Nature's cure for thirsty, depleted skin. This facial utilizes a layering process of Naturopathica's deeply hydrating botanical blends to replenish skin. Enzymes smooth and hydrate to improve texture. A nourishing facial massage promotes circulation followed by a Manuka Honey firming mask to restore skin radiance and protect it from environmental elements.

# Rejuvenation Enzyme Facial

Experience the power of enzymes to deeply exfoliate and penetrate the skin to revive radiance through a targeted treatment. This ritual uses the iS-Clinical system to assist with skin congestion and texture. A cooling gel mask will leave your skin supple and feeling rejuvenated. Not recommended during pregnancy.

60 or 90 Minutes (Included in the 90 minute facial is our relaxing Hand and Foot Treatment.)

# Radiant Express Facial

A clinically active treatment from iS Clinical also known as the legendary, 'Fire & Ice' facial, is designed to rapidly and safely resurface the skin. This treatment involves the combination of warming and cooling sensations that will help your skin feel refreshed and invigorated while aid in reducing fine lines and wrinkles, smoothe, soften and encourage cell turnover.

30 Minutes

Add a Brow or Lash Tint to any Facial FACIAL AND BODY WAXING AVAILABLE UPON REQUEST

# **Enhancements**

# Dermaplaning

A simple and safe resurfacing treatment involving gentlescraping to remove vellus hairs (peach fuzz) and dead skin, resulting in a smoother and brighter complexion. *Incorporated into time of service* 

# Revitalizing Scalp Massage

Relax and unwind with an aromatic scalp massage using Naturopathica's wild lime scalp and hair oil to relieve tension, improve circulation, and promote overall well being. Add on to any 60 or 90 minute skin care, massage or body treatment.

15 Minutes

#### **CBD Infused Foot Treatment**

Infused with restorative botanical blends to soothe, nourish and revitalize your feet. This treatment begins with an exfoliation followed by a mud mask, nourishing cream application and heated wrap. Add into any 60 or 90 minute skin care, massage or body treatment.

Incorporated into time of service

### CBD Infused Body Oil

This nurturing body oil infused with CBD and moisturizing oils such as shea, avocado and aloe are ideal for pain and stress relief. May be added into any massage ritual. *Incorporated into time of service* 

### Express Back Massage

A stress-relieving therapeutic massage targeting the shoulders to low back area using light to moderate pressure. May be added on to any 60 or 90 minute body treatment only.

30 Minutes

# Packages

### Reset & Renew

TKC Signature Massage
TKC Signature Body Scrub

#### Restore & Balance

Duration \_ \_ \_ 2 Hour TKC Signature Massage TKC Signature Facial

### Celebration for Two

Duration \_ \_ \_ \_ 3 Hours
Couples Massage
Body Scrub w/ Lavender Mimosas

# **Body Treatments**

# TKC Signature Body Scrub

This treatment begins with your choice of a handcrafted blend from our farm using our signature Lavender and Mint or Bourbon Honey scrub. An aroma blended experience utilizing essential oils to create a full body polish to revitalize skin while calming the body and mind.

60 Minutes

# **Purification Body Mud Wrap**

This detoxifying ritual begins with a vigorous body brush exfoliation to open the skin and prepare the body for the warm layer of red mineral mud. While cocooned within organic muslin sheets, you will enjoy an oat facial polish cleanse and a hydrating aloe replenishing mask. Followed by a relaxing warm oil scalp massage. You will finish your revitalizing treatment with a nourishing application of Pure Shea Butter to hydrate and nourish your skin.

### CBD Transformational Body Mud Wrap

Restore balance from head to toe with a CBD infused journey that nourishes the body and the mind. The silky, antioxidantrich formulas are exceptionally curated to calm inflammation, visibly brighten and heal the skin for a full body glow. Begin with a CBD infused body scrub, followed by a blended CBD body mask, ending with a skin quenching application of CBD infused body oil that also relieves aches and pains.

### Back Facial

Similar to a facial, this customized treatment will refresh that hard-to-reach skin. Your session will be complete with a cleanse, exfoliation, extractions (if needed), a personalized mask and hydration. Leaving your back to feel renewed. 45 Minutes



# Massage Rituals

### TKC Signature Massage

This light-to-medium rhythmic massage will lull you into a deep state of relaxation and delight with a soothing scalp massage. Depart refreshed, reawakened and ready to re-enter the world. 60, 90 or 120 Minutes

## Alpine Arnica Deep Tissue Massage

This full body deep tissue massage uses a targeted application of arnica-rich gel and deeper pressure to help reduce inflammation and speed soft tissue repair. This treatment is designed to relax sore muscles, stiff joints and restore mobility in the body to improve overall well being. 60 or 90 Minutes

### Aromatherapy Massage

Personalize your treatment with a unique aromatherapy blend to relax your body and ease your mind. Your service begins with a 15-minute consultation in which your massage therapist will assist you in setting an intention and discovering your perfect blend of aromas. Then, they will utilize your creation for your full body Swedish massage.

### Warm Bourbon & Honey Body Drench

Slip away into relaxation with our Warm Bourbon & Honey Drench. A full body Swedish massage that uses warm oil infused with bourbon and honey to restore your mind and body.

90 Minutes

### Warm Himalayan Salt Stone Massage

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to soothe sore muscles and naturally replenish the body with vital minerals, restoring 60.90 or 120 Minutes

### Prenatal Massage

Specifically designed to soothe and comfort the mother-to-be, this massage improves circulation and calms the body and mind. For expectant mothers in second and third trimester.

60 or 90 Minutes

### Couples Massage

Enjoy a massage side-by-side in our couple's massage room. You and yours must choose the same massage duration but may select your choice of massage from: TKC Signature Journey Massage, Alpine Arnica Deep Tissue Massage or Warm Himalayan Salt Stone Massage.