



SPA



*Touch To Heal*



## WELCOME TO TOUCH TO HEAL SPA

Our desire is to create an ambiance of serenity for our guests to experience the gift of tranquility and restoration through the healing power of touch.

Touch to Heal Spa is here to create a space for you to remember the importance of making time for yourself, disconnecting from the world, and finding your moment of bliss.



## SPA PACKAGES

Renew your relaxation with one of our comprehensive spa packages that will revive your body and rejuvenate your mind.

### REVIVE

60-min Swedish massage  
aromatherapy, CBD oil or hot stones enhancement  
30-min deep detox infrared sauna or dry brush  
55-min classic organic facial  
\$25 retail credit for any products in our retail lounge  
allow 3 hours, \$345 (value: \$390)

### REJUVENATE

60-min Swedish massage  
aromatherapy, CBD oil or hot stones enhancement  
30-min deep detox infrared sauna or dry brush  
55-min classic organic facial  
hand or foot treatment  
peel exfoliation, lip or eye treatment  
light lunch/snack in our private relaxation room  
\$50 retail credit for any products in our retail lounge  
allow 4 hours, \$455 (value: \$510)

### GENTLEMEN'S REINVIGORATE

60-min deep tissue massage  
aromatherapy, CBD oil or hot stones enhancement  
55-min gentlemen's organic facial  
30-min deep detox infrared sauna or dry brush  
\$25 retail gift of your choice  
allow 3 hours, \$360 (value: \$405)

### MOMMY-TO-BE

60-min prenatal massage  
classic organic facial + lip treatment  
\$25 retail gift of your choice  
allow 2.5 hours, \$305 (value: \$340)

Spa packages are discounted. They cannot be combined with any other discounts or promotions.



## COUPLES EXPERIENCES

Celebrate yourself and those you cherish by reconnecting and relaxing on a shared spa journey that will deepen your connection and leave the both of you feeling renewed.

### COUPLES MASSAGE

Enjoy an atmosphere of love and peace with a Swedish massage that will deepen your connection as you find relaxation with each other & yourself.  
60 min., \$298 | 90 min., \$432 per couple

### ENHANCE

Deep tissue or Prenatal  
Aromatherapy, CBD oil, or hot stones

### COUPLES INFRARED SAUNA

Enjoy the company of your loved ones as you detox in our private infrared sauna which will leave you feeling balanced and restored.  
30 min., 45 min., 60 min.

## COUPLES SPA PACKAGES

### RECONNECT

90-minute couple's massage  
aromatherapy, CBD oil or hot stones for two  
30-min couples Infrared sauna  
\$25 retail gift of your choice  
allow 2.5 hours, \$547 per couple (value: \$610)

### RENEW

60-minute couple's massage  
aromatherapy, CBD oil or hot stones for two  
15-minute foot wrap for two  
30-min deep detox Infrared Sauna for two  
classic organic facials for two  
30-min relaxation with light lunch and beverages  
\$50 retail gift of your choice  
allow 4 hours, \$795 per couple (value: \$910)

Spa packages are discounted and cannot be combined with any other discounts.



## PRENATAL PAMPERING

Pregnancy is one of the most amazing abilities women carry within them. Touch to Heal Spa's prenatal spa treatments – available during 2nd & 3rd trimesters – provide soothing care to a mother's body and all the changes that may occur during pregnancy.

### PRENATAL MASSAGE

This massage is designed to honor this incredible period of life between you and your child. Our massage therapists focus on comfort and relief while maintaining an acute sense of safety for your body. This treatment, recommended for the second and third trimester, will help alleviate swelling, joint and back pain, enema, and stress. 60 min, \$153 | 90 min, \$220

### COUPLES MASSAGE

The best gift is the gift of time. Enjoy time relaxing side by side with your loved one with a customized massage, and experience the wonders of a massage tailored to each of your needs. 60 min, \$298 | 90 min, \$432 per couple  
Prenatal 60 min, \$15 extra | 90 min, \$20 extra per guest

### MOMMY-TO-BE SPA PACKAGE

60-min prenatal massage  
classic organic facial + lip treatment  
\$25 retail gift of your choice  
allow 2.5 hours, \$305 (value: \$340)

Spa packages are discounted. They cannot be combined with any other discounts or promotions.

## SPA TREATMENTS

Spa Treatments are designed to relax, cleanse, beautify and rejuvenate using the curative properties of nature to encourage the body and skin to restore its own vitality and beauty.

**TROPICAL ESCAPE** Enjoy a 90 minute staycation to the tropics that will leave you feeling relaxed, rejuvenated and glowing. Our signature treatment starts with coconut sugar scrub leaving your skin feeling smooth. Your hands and feet are wrapped in warm towels, hydrated with luxurious guava body butter. Then enjoy a relaxing full body massage with the scent of exotic guava oil reminding you of a tropical paradise. We conclude your journey with a facial massage featuring our Eminence organic products, the Monoi Exfoliating Cleanser, Pineapple Tonique and Bamboo Age Corrective Masque. 90 min, \$225

**AUTUMN SPICE** Fall in love with this revitalizing Autumn Spice Treatment that will put you in the mood for the season (or anytime of the year!). This head-to-toe treatment includes Dry Brush treatment, hands and feet treatment with Pumpkin Spice scrub and steamed towels, a Swedish Massage with Autumn Spice aromatherapy, and then a Marma Point facial massage with Eminence Organics Pumpkin Latte Hydration mask. 90 min, \$225

**AYURVEDA DOSHA BALANCING MASSAGE** The dosha balancing massage is a classic Ayurvedic treatment using warm Herbal-Infused Ayurvedic oils that aid in detoxifying, lymph circulation and soothing the central nervous system. The specific massage oil used in the treatment is carefully selected based on the guest's constitutional needs (vata, pitta and kapha) and prepared in traditional Ayurvedic methods. 90 min., \$225

**COCONUT MANGO MASSAGE & BACK SCRUB** Begins with antioxidant healing power of Eminence Organic blueberry sugar scrub to exfoliate dry and rough skin and the active enzymes and vitamins of Eminence Organic mango enzyme body wrap to infuse your skin with hydration and to bring a rosy glow back to dull, fatigued back. In addition the full body is massaged with Eminence blueberry massage soufflé as you drift into profound relaxation and inner bliss. 75 min., \$175 (deep tissue upgrade: +\$15)

**FULL BODY DETOX & DE-STRESS** From soothing detoxification to exquisite relaxation, this treatment will start with a lymph flow-stimulating dry brushing, then Swedish massage with CBD oil, scalp massage and ends with our foot wrap in hot towels and lavender foot balm massage. 90 min., \$225 (deep tissue upgrade: +\$15)

**MASSAGE & FACIAL DUO** Enjoy yourself with the ultimate gift of a Swedish back massage that will relieve the tension in your upper-back, followed by a Classic Organic Facial that will address your skin's specific needs and gets your skin glowing again! 85 min., \$200

- \* Please note that spa treatments are not available for pregnant guests.
- \*Some of our spa treatments do not include deep tissue massage. If you are looking for therapeutic or deep tissue massage, please schedule one of those treatments.
- \*If you have allergies or are sensitive to certain fragrances please consider ingredients before scheduling.
- \*Couples Room add-on: \$17 per guest

## MASSAGE TREATMENTS

True to our name, we believe massage is a path to restoration. The healing touch of our trained therapists will help you release tension and invite calm. All treatments begin with a consultation to meet your individual needs.

**CBD MASSAGE** Applies CBD (cannabinoid) hemp oil to your skin for pain relief, soothing the nervous system, and aiding sleep. For \$28 extra, relax and feel nature's remedy while unwinding with a massage.

**DEEP TISSUE MASSAGE** Designed to target and alleviate chronic tension, this deeply therapeutic massage will use deeper pressure massage strokes as well as friction, stretching and many other techniques to leave you feeling loose and free. 60 min., \$153 | 90 min., \$220

**SPORTS MASSAGE** This invigorating massage for active sports enthusiasts incorporates stretching and joint mobilization to enhance range of motion and avoid future injuries. 60 min., \$153 | 90 min., \$220

**SWEDISH MASSAGE** This classic treatment utilizes a blending of light and medium strokes to bring you into a blissful state of relaxation: reducing tension, alleviating muscle soreness, improving circulation and increasing energy. 60 min., \$138 | 90 min., \$200

**PRENATAL MASSAGE** This customized treatment, recommended for the second and third trimester, relieves pain and stress, stimulates circulation and hormone regulation, and supports sleep to honor this period of life for the soon-to-be mother and child. Special inclining massage tables and support pillows ensure comfort. Recommended for postnatal mothers and soon-to-be-mothers. 60 min., \$153 | 90 min., \$220

**WARM BAMBOO MASSAGE** Gently heated bamboo sticks, lightly coated with massage oil, roll, knead, and glide across your muscles to release tension and improve circulation. Pressure can be tailored from relaxing to deep tissue, leaving the body feeling restored and renewed. 60 min., \$150 | 90 min., \$215 (deep tissue upgrade: +\$15)

## ENHANCE

No Additional Time Enhancements:

**AROMATHERAPY** Allow the fragrances of the earth to deepen your relaxation by infusing your treatment with a selection of our essential oils to receive the balance, uplift, and calming experience you need. \$25

**CBD OIL** This high-quality, non-psychoactive hemp oil contains 500 mg of CBD and 100 mg of CBG per ounce. Adding this enhancement helps relieve tension, pain,, supports joint health, and promotes better sleep! \$28

**CBD MUSHROOM BLEND** This powerful massage oil combines CBD, CBG, and hydrating mushrooms—Lion's Mane, Shiitake, and Reishi—for maximum relief. With 1,000 mg of CBD and 100 mg of CBG per ounce, it's our strongest add-on. The blend relaxes muscles, reduces tension, and speeds recovery. Non-psychoactive and THC-free. \$35.

**HOT STONES** Basalt river rocks loosen muscles with heat that soaks deep into tissue, leaving you feeling the blissful benefits of nature. \$25

Additional Time Enhancements:

**DETOX DRY BRUSH** This pre-treatment enhancement gently scrubs away the dead skin and stimulates blood circulation to speed the relaxation and detoxifying effects of the treatment. 30 min., \$60

**DETOX INFRARED SAUNA** Infrared light technology promotes a deeper detox at lower heat, eliminating up to 20% toxins compared to just 3% in a traditional sauna. This treatment enhances your relaxation with a full-body detox that will leave you feeling rejuvenated. 30, 45, and 60 min.

**FOOT WRAP** Ahh your feet! Relax as we wrap your feet in hot towels and gently stretch and compress your feet. You will then receive lavender foot balm applied with a full deep foot massage. 15 min., \$35

**TMJ Therapy** Your jaw holds more stress than you think. Our targeted TMJ massage eases tightness in the jaw, neck, and shoulders, improving mobility and reducing pain from clenching or grinding. 15 min, \$35



## OXYGEN FACIAL TREATMENTS

### **INTRACEUTICALS OXYGEN FACIAL**

Treat yourself to the ultimate in intense hydration that celebrities swear by with this natural alternative to a surgical procedure: oxygen and Intraceuticals® 7 specially formulated serums deliver unparalleled hydration and age defying results instantly that will leave your face feeling bright and tight and young again.

This ultimate hydration treatment is ideal for a special event, jet lag recovery or whenever you need a vibrant glow to create perfectly camera-ready skin without pain. 60 min., \$210

**SERIES OF OXYGEN TREATMENTS:** The results of Oxygen Facial are accumulative and continue to improve with repeated application. A course of six applications is recommended to achieve optimum results. 6 treatments

**PEPTIDE LIFT ADVANCED OXYGEN FACIAL** Intraceuticals® complete oxygen facial - collagen peptides and Atoxelene Infusions® work together to target and significantly reduce the appearance of expression lines around the eyes, lips and forehead while enhancing overall volume and vitality with your esthetician's choice of a Vitamin A, C+3, Collagen or Antioxidant Booster that will clear and rehydrate your skin so you feel radiant. 90 min., \$300

### **ENHANCE**

**ATOXELENE® LINE SMOOTHING ADD-ON** For even more remarkable results, combine with the Atoxelene® treatment to target expression lines and increase skin firmness. The natural amino peptides in the Atoxelene® Serum are designed specifically to target expression lines and increase skin firmness, instantly looking smoother and tighter without invasive injections. 15 min., \$55

**INTRACEUTICALS ANTI-AGING LIP MASK** Moisturize your lips with this age-defying Intraceuticals Hyaluronic lip mask.



## EMINENCE ORGANIC FACIALS

Treat yourself to one of our many personalized Eminence Organic facials to rejuvenate and restore your skin. All facials begin with a consultation and skin analysis with one of our estheticians to create a facial experience that will cater specifically to your unique face. Using Eminence Organic products selected for the results as well as the popular Hungarian facial massage technique, your skin will be brighter, tighter, and glowing.

**ILLUMINATING PEPTIDE ORGANIC FACIAL** Lift and brighten your skin with our most restorative facial that showcases a selection of luxurious and potent anti aging products. Harnessing the natural cleansing powers of hibiscus and the brightening powers of fruit extracts, this facial, alongside our popular Hungarian facial massage will firm, cleanse and lift your skin which will give you and your face a sense of glowing radiance. 60 min., \$175

**CRYO-THERMAL GUA SHA LIFTING FACIAL** Combining ancient healing and modern innovation with Cryo-Thermal sculpting and Gua Sha massage, this treatment sculpts and tones the skin, boosts lymphatic drainage, enhances product absorption, and calms inflammation. Infused with healing gemstones of malachite, pink tourmaline, and citrine, it promotes relaxation, self-love, and a radiant, and lifted complexion. 60 min., \$155

**ACNE ORGANIC FACIAL** The acne facial provides a deeper level of cleansing for the skin, extraction and a higher grade peel that works to unclog pores and rejuvenate the look of the skin with encapsulated salicylic acid 15% peel. The facial includes a relaxing massage of the hands, neck and shoulders. 60 min., \$155

**CLASSIC ORGANIC FACIAL** Our Classic Organic Facial includes double cleanse, deep steam, exfoliation, some general extraction around the nose and chin, our speciality facial massage, custom mask and serum with the aim of cleansing and revitalizing the skin and also offering a moment to de-stress and relax. 55 min., \$138

**CUSTOM ORGANIC FACIAL - 75 MIN.** Experience our Custom Organic Facial for a more personalized and longer treatment, which depending on the skin needs might include one or more of our unique skin treatments such as Cryo-Thermal sculpting, peel exfoliation, full face pore extraction, double masks, additional serums or longer massage to accentuate the natural bounce and shine in your skin. 75 min., \$180

**DERMAPLANING** Ultimate Exfoliation for the Glowing Skin! A non-invasive treatment that removes dead skin cells and peach fuzz with a gentle blade. This painless procedure smooths and brightens the skin, reducing fine lines, wrinkles, and acne scars. It enhances product absorption for radiant, soft skin and a flawless makeup canvas. Perfect for prepping before events or achieving a healthy glow! 60-min., \$175

**BACK FACIAL** Give your back with the same care as your face with this treatment that will exfoliate and purify those hard-to-reach areas for a smoother, even tone skin, involving detox dry brushing, a deep-pore cleansing, pore extraction, exfoliation, hydration and mask designed specifically for the thicker skin of the back so you can radiate from all sides. 45 min., \$120

**EXPRESS FACIAL** For the person on-the-go, our Express Facial will have you in and out in under an hour with a hydrating and nourishing facial with an added exfoliating peel that will send you off on your day looking and feeling even brighter than before. 40 min., \$98

**GENTLEMEN'S ORGANIC FACIAL** Designed for men, this facial will treat your skin specifically addressing sensitivity, razor burn, ingrown hairs, environmental stressors, dryness and aging, alongside a relaxing head, neck, and shoulder massage to give you a healthy and glowing gentlemanly face. 55 min., \$138

**TEEN ORGANIC FACIAL** Puberty can often wreak havoc on a teen's face, and this treatment is designed to specifically alleviate and help correct acne, oily skin, and clogged pores. Your esthetician will also create with you a custom at-home skin-care regimen to maintain great-looking skin and because it's never too early to give a little love to your skin. 45 min., \$100

**MASSAGE & FACIAL DUO** Enjoy yourself with the ultimate gift of a Swedish back massage that will relieve the tension in your upper-back, followed by a Classic Organic Facial that will address your skin's specific needs and gets your skin glowing again! 85 min., \$200

**SEASONAL FACIAL** The seasons change and our skin often changes with them, check in with your skin and give it the revitalization it may need with our all-natural, fruity and scent-sational seasonal facials that includes a custom peel!

### **Chocolate & Berry Antioxidant Organic Facial**

Revitalize your dry winter skin with this powerful antioxidant facial which includes strawberry rhubarb exfoliant, mix of two hydration masques: organic chocolate mousse and strawberry rhubarb and a custom peel. This facial is rich in antioxidant and hyaluronic acid excellent for reducing wrinkles, hydrating and plumping the skin. 60 min., \$155

**Tropical Organic Facial** Escape to the tropics with this repairing facial treatment that provides exceptional exfoliation and hydration. The summer months can cause sunburn, premature aging, while also depriving us of the glow and the softness. Our Tropical Facial includes a gentle yet effective tropical peel that's formulated with mangosteen super fruits and lactic acid complex for a complete surface and pore-refining treatment as well as cell renewal for a more luminous and youthful looking complexion. 60 min., \$155

**Yam & Pumpkin Peel Organic Facial** Pumpkin Enzyme Peel is an exfoliation accelerator that provides a very effective facial, as it naturally will reverse summer sun damage and protect the skin during the transformation into the upcoming colder and drier months. This scent-sational purée of yam and pumpkin stimulates collagen production and leaves skin looking firm and radiant. 60 min., \$155

Best results are seen with a series of treatments every 2 weeks for a minimum of 4-6 treatments.

## ENHANCE

No Additional Time Enhancements:

**FINE LINE EYE TREATMENT** Combat your crow's feet, puffiness, uneven tone, and dark circles with this hydration-focused eye enhancement.

**LIP TREATMENT** Moisturize your lips with this three-step enhancement that will hydrate, plump, and balm your lips with all natural products.

**INTRACEUTICALS ANTI-AGING LIP MASK** Moisturize your lips with this age-defying Intraceuticals Hyaluronic lip mask.

**PEEL EXFOLIATION** Our most highly requested enhancement! Peels allow for a deeper absorption of facial products and better results with your at-home regimen. Your esthetician will help you determine which peel exfoliant is suited to your skin.

## ENHANCE

Additional Time Enhancements:

**ATOXELENE® LINE SMOOTHING ADD-ON** For even more remarkable results, combine with the Atoxylene® Treatment to target expression lines and increase skin firmness. The natural amino peptides in the Atoxylene® serum are designed specifically to target expression lines and increase skin firmness, instantly looking smoother and tighter without invasive injections. 15 min., \$55

**BACK FACIAL ADD-ON** Give your back a little love with this enhancement that will cleanse, exfoliate, and rehydrate your shoulders and back. 30 min., \$65

**DETOX DRY BRUSHING** This pre-treatment enhancement will ready your skin by gently scrubbing away the dead skin and stimulating blood circulation to speed the relaxation and detoxifying effects of the treatment. 30 min., \$55

**FACIAL WAXING** Clear away any unwanted facial hair from your chin, upper lip, eyebrow or full face depending on your facial needs.

**FULL FACE PORE EXTRACTION** Blackhead extraction of the entire face to remove clogged pores for a clean and fresh face.. 5 min., \$25

**HAND REVITALIZER** This enhancement focuses on exfoliating and hydrating your hands and arms to give them the softness and suppleness you've been looking for. 15 min. \$35

**LAVENDER FOOT TREATMENT** The ultimate foot pampering for those tired feet. It includes a refreshing lavender salt scrub, a warm Stone Crop wrap and a luxurious lavender foot balm with an accompanying scalp massage. 15 min., \$35



## INFRARED SAUNA

Unlike traditional Swedish saunas that use high heat to eventually encourage the body to perspire, the Infrared heat technology used in our wooden booth uses infrared heaters and only reaches temperatures of 110-140F. The heat is gentle which makes it manageable to stay up to 60 minutes. It also penetrates deeper into body tissues at a cellular level causing a more intense detox. This means more fat is burned while less beneficial electrolytes are lost.

The sweat from an Infrared Sauna session is proven to be comprised of around 20% toxins as opposed to the typical 3% toxins from a regular sauna session. Infrared light has the ability to penetrate human tissue which in turn produces a host of anti-aging health benefits making infrared saunas one of the “hottest” therapies for overall healthier living.

Round out any spa treatment with a quick detox in our Infrared Sauna and emerge feeling balanced and restored.

Our Infrared sauna is completely private and has a capacity of 2 guests at one time.

Individual: 30-min., \$50 | 45-min., \$70 | 60-min., \$85

Couples: 30-min., \$95 | 45-min., \$130 | 60-min., \$155



**GIFT CARDS** Surprise your loved ones, friends and colleagues with the gift of self-care. Give them a relaxing massage or facial to alleviate their stress or a spa package for the ultimate journey to bliss.

To give the perfect gift of relaxation, Touch to Heal Spa offers two kinds of gift cards: classic gift cards and instant gift cards.

For the classic gift card, you can select the gift card of your choice and either pick it up from the spa or have it mailed to your loved one in an elegant gold box. For the instant gift cards, you can select the card from an array of templates on our website and have it emailed to your loved one either immediately or at an appointed day/time.

Gifts cards are not refundable or redeemable for cash.

**SPA PARTIES** Celebrate your life events at Touch to Heal Spa for a memorable day full of relaxation, laughter and bliss. We can help you with catering and decor to make the facility fit your special day.

**CORPORATE EVENTS** Treat your team to a day dedicated to mindfulness and rejuvenation--whether it be a group spa day or meditation and yoga classes--we can help you plan events for 40 or 50 people, respective to the nature of the event, with assistance finding catering for a unique and unforgettable party.

## SPA POLICIES & ETIQUETTE

**ETIQUETTE** Our environment is one of tranquility and relaxation. In consideration of other guests, we ask that you speak in a quiet voice and turn off your phones. The spa is a non-smoking area.

**ARRIVAL** Treatments are carefully planned to accommodate each guest. Please arrive 10-15 minutes prior to your scheduled appointment time to allow for a leisurely check-in and consultation. We will do our best to accommodate late arrivals. However, a late arrival may require a reduced appointment time, at scheduled price, with respect to the guests that are scheduled for you.

**CANCELLATION** Must be received at least 24 hours (4 days for groups and parties) prior to the appointment to avoid a 50% service charge. We have reserved your appointment especially for you and we would appreciate your understanding of our therapists time.

**HEALTH CONCERNS** Guests with medical conditions are advised to consult their doctors prior to booking any spa services. Kindly inform your spa technician of any existing medical conditions by completing an intake form prior to receiving your treatments. Touch to Heal Spa reserves the right to discontinue a service for any reason to ensure the safety of all parties.

**PERSONAL BELONGINGS** We regret that we cannot be responsible for any loss or damage to personal items and valuables during your visit. Please refrain from wearing jewelry or valuable to the spa.

**MINIMUM AGE REQUIREMENTS** Guests ages 13 - 17 can enjoy facials, waxing (not bikini area) and massages with a signed Minor Consent Form from a parent or guardian. Guest ages 13 - 15 must have a parent or guardian in the treatment room during the entire service. Guests ages 16 - 17 must have a parent or guardian on premises during the entire service, and must have therapists of the same gender.

**GROUPS AND EVENTS** For groups, parties or corporate events, please contact the spa manager directly to craft your unique experience.

## STAY IN TOUCH

[www.touchtohealspa.com](http://www.touchtohealspa.com)

Book your appointments online.

Sign up for our newsletters and receive information about great deals, new services, and upcoming events.

Follow us on Instagram: @ touchtoheal\_spa

Email: [info@touchtohealspa.com](mailto:info@touchtohealspa.com)

Tel: (408) 379-1577

Address: 2105 S. Winchester Blvd, Suite 110, Campbell, CA 95008



Touch to Heal Spa has been a place of restoration and celebration, and today we are proud to say that we are here because we believe in the work we do and what we offer our community:

*A place of relaxation,*

*A place of celebration and,*

*A place of healing*



[www.touchtohealspa.com](http://www.touchtohealspa.com)