



Ultimate Prevention, Restorative Therapy and Personal Aesthetic Care

The Medical Spa at Nova understands that each individual has their own personal appearance and wellness goals. In partnership with Nova Medical Group, practitioners of internal, family and naturopathic medicine, join specialists in dermatology, acupuncture, exercise, nutrition, stress management and massage therapy to offer personalized preventative and restorative therapies to improve health, appearance and well-being of each individual. If you have questions as to which treatments and therapies are most appropriate for you, please schedule a free consultation with a spa staff member.

Pre-Service Questionnaires

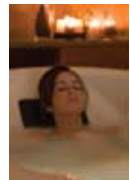
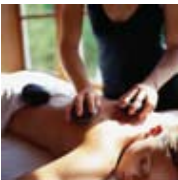
A pre-service questionnaire is required with each new service and includes a medical health history. This can be downloaded from our website, if you wish to complete the documents prior to arrival.

Gratuities

We are dedicated to providing a personalized total wellness experience at our spa. In keeping with this medical philosophy gratuities are not accepted by our medical spa staff.

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MASSAGE SERVICES

The massage services at Nova are designed to offer a wide range of therapeutic benefits including complete relaxation. Therapeutic massage can stimulate weak and inactive muscles, assist patients in recovery from exercise or injury, lower blood pressure, increase circulation and reduce muscle tension. The wellness benefits of massage therapy are enhanced with continued sessions. The optimal treatment schedule for each individual will be recommended by the therapist. For this reason we offer a series of six treatments, for the price of five.

Swedish Massage

Reduces stress, increases oxygen supply, and stimulates circulatory and lymphatic systems, while focusing on relaxation.

50 minutes	\$85	Series of 6	\$425
80 minutes	\$110	Series of 6	\$550

Deep Tissue Massage

An effective treatment for releasing chronic muscle tension through direct deep pressure.

50 minutes	\$105	Series of 6	\$525
80 minutes	\$130	Series of 6	\$650

Sports Massage

This treatment uses deep tissue massage, stretching and rhythmic tapping to rejuvenate sore, tired muscles.

50 minutes	\$100	Series of 6	\$500
80 minutes	\$125	Series of 6	\$625

Nova Stone Massage

Relieves aching muscles, improves circulation, lymphatic drainage, and stimulates energy meridians. This massage involves the application of heated and/or cooled basalt stones of varying sizes to key points on the body.

50 minutes	\$115	Series of 6	\$575
80 minutes	\$150	Series of 6	\$750

Acu-Aroma Massage

A Swedish massage incorporating gentle strokes utilizing aromatic essential oils on specific points of the body.

50 minutes	\$100	Series of 6	\$500
80 minutes	\$135	Series of 6	\$675

Myofascial Release Massage

An extremely effective technique of applying gentle, sustained pressure to reduce pain, restore flexibility and motion to the fascia (connective tissue).

50 minutes	\$95	Series of 6	\$475
80 minutes	\$125	Series of 6	\$625

Pregnancy Massage

This soothing massage is designed to focus on relief of pregnancy related discomforts. This massage can only be performed during the second and third trimester. Ask about our 4th Trimester Massage for after pregnancy.

50 minutes	\$100	Series of 6	\$500
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MASSAGE SPECIALITIES

See our Ayurvedic services on page 12.

Reflexology

The science of reflexology is based on the concept that each body organ corresponds to a reflex point on the foot. Our professionally trained therapists perform this service to ease pain, re-establish energy flow to improve circulation, release stress and blockages. This is a wonderful treatment to accompany a facial or an express massage.

25 minutes

\$60

50 minutes

\$110 includes 15 minute foot soak

Underwater Massage

This specialized treatment performed in the hydrotherapy tub has many applications. It increases lymphatic circulation and soothes sore, tight muscles. During the treatment, the massage therapist uses a water jet device to target the lymphatic system and specific areas of the body with gentle or deep pressure. Following the massage, the treatment is completed with a hydrotherapy soak, aiding circulation. Please bring a bathing suit.

50 minutes \$115

Series of 6

\$575

4th Trimester Healing Experience

Up to four months after delivery, your body still transitions from pregnancy. The 4th Trimester Healing Experience is a relaxing top to toe massage to help realign and restore your body. This is your healing hour - and you have earned it.

50 minutes 105

NOVA EUROPEAN KUR PROGRAM

European Spas emphasize the traditions of "Taking the Kur." The Kur is a series of three treatments based on the use of natural resources such as thermal minerals, algae, mud, essential oils and herbs. Select from one of the two Kur programs offered at Nova. When performed in a series, the maximum benefit of the therapies is reached. Our series includes six Kur programs for the price of five.

110 minutes \$215 per treatment

Series of 6 \$1075



Marine Kur

Indulge and receive the rejuvenating effects of the sea. Relax and nourish the body beginning with a Marine Body Polish, followed by a Thermal Mineral Bath and end with a relaxing Swedish Massage.

Gentlemen's Kur

This energizing ritual for men begins with a brisk salt and eucalyptus oil exfoliation and is followed by an invigorating eucalyptus bath. The service is finished with a relaxing Swedish Massage that leaves the body and mind relaxed and revitalized.

Gratuities are not accepted by our medical spa staff

THERAPEUTIC BATHS

The wellness benefits of any hydrotherapy bath is enhanced with the inclusion of massage. The optimal treatment schedule to attain each individuals wellness needs will be recommended by the therapist.

Thermal Mineral Bath

Used as an effective medicinal bath in Eastern Europe for centuries, this treatment aids in detoxification, relieves sore muscles and aching joints.

25 minutes \$65

Seaweed Bath

Stimulate circulation and provide antioxidant benefits with a purifying algae bath, rich in vitamins, trace elements, minerals and proteins from the Brittany coast of France.

25 minutes \$75

Golden Fango Bath

This bath uses camphor, rosemary, pine, eucalyptus, thyme, juniper oils and salicyl aspirin powder. It help alleviate signs of chronic sciatica, lumbago, chronic soft tissue, joint inflammation, arthritis and neuritis.

25 minutes \$70

Aromadrainage Bath

Choose from a selection of botanical baths with your practitioner: Eucalyptus, for an immune system boost; Pine, to ease sore muscles; or Chamomile, to hydrate dry skin.

25 minutes \$60

Fango Mud Salicyl Powder Bath

A favorite European spa treatment for toning the skin and smoothing the body. Fango, derived from pure volcanic ash, removes impurities, replaces minerals and gently exfoliates. Skin is left smoother and softer, ready to absorb moisture and nutrients. Heat from the fango promotes healing and relaxation, while pine needle extract stimulates circulation. Salicyl aspirin powder relieves aches and pains making this the ultimate mud bath.

25 minutes \$65

Balneo Therapy with Essential Oils

Designed to detoxify and re-mineralize the skin while increasing lymphatic circulation and metabolism. Nutrients from the ocean are combined with Aromatherapy bath oils to address individual needs. Selections include; Relaxation, Slender, Vitality and Detox.

50 minutes \$85

NOVA BODY SCRUBS

In many cultures throughout the world, salt and granulated pumice stone have been used for centuries to cleanse the body. We have followed this tradition with three body scrubs to suit individual skin types. We offer these services for purchase in a series of six treatments, for the price of five.

Sweet and Savory Brown Sugar Body Scrub

This scrub takes you to the Mediterranean with Mediterranean Lemon, Mandarin, Grapefruit and Lemon Petitgrain essential oils mixed with Brown Sugar and Salt. The scent of the citrus fruits fills your senses and the massaging gently exfoliates your skin.

45 minutes

\$80

Series of 6

\$400

Hot Shea Butter Salt Scrub

A warm treatment that is perfect as a winter relaxer and delight for the body. Mineral salts are infused in a blend of shea and mango butters to refine and moisturize the skin at the same time. Your body is left feeling ultra soft and glowing.

45 minutes \$70

Series of 6

\$350

Marine Body Polish

This invigorating treatment of fine salts from the Himalayan Mountains, used by Ayurvedic practitioners as an exfoliating agent, polishes the skin and stimulates circulation. Treatment includes body scrub and marine spray lotion, followed by body a hydration cream.

45 minutes \$80

Series of 6

\$350

Salt Scrub with Eucalyptus

This deep cleansing exfoliation is based on a unique salt crystal derived from a renowned Hungarian thermal mineral source. The invigorating effects of eucalyptus leave you feeling completely refreshed.

45 minutes \$70

Series of 6

\$350

NOVA BODY WRAPS

The body wraps at Nova are based upon a two step process – absorption and detoxification. Depending on desired results such as detoxification, reduction of water retention, or weight loss, specific wraps provide different benefits. Your practitioner will help select your optimal wrap.

AromaCéane Body Wrap

Incorporating natural marine mud and Aromatherapy essences, this Holistic remineralizing body wrap begins with exfoliation. Next, the aromatic Dead Sea Mud is applied to your body, helping to de-stress the mind and body, while relieving joint and muscle pain. While snuggled in the warm mud wrap, enjoy a mini reflexology session. Complete the service with a relaxing shower and a marine gel application to further nourish your skin.

50 minutes \$140

Moor Mud Wrap

Moor Mud is legendary for its powerful therapeutic properties. This deeply relaxing and detoxifying European wrap is not only soothing and sedating, it helps ease pain and muscle tension and increases blood circulation.

50 minutes \$140

Marine Algae Body Wrap

Seaweed contains the minerals, trace elements and vitamins essential to life. Our Marine Algae Body Wrap nourishes the body through an external application. Combined with essential oils, the treatment helps to stimulate the lymphatic system, support detoxification and reduce bloating. Please inform your practitioner if you have seafood allergies.

50 minutes \$140

Warm Shea Butter Body Wrap

This delightful treatment begins with a dry brush exfoliation, followed by a luxurious wrap in pure warm Shea Butter. Our skilled massage therapist massages additional Shea Butter into the skin after the wrap is removed, leaving your skin hydrated, moisturized and feeling stress free.

50 minutes \$140

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CELLULITE & BODY SCULPTING TREATMENTS

Cellulite Reduction Water Therapy

The therapist uses underwater massage to target specific cellulite and lymphatic areas of the body. This noninvasive treatment aids in breaking down the fatty deposits that collect between the skin and the muscle, while increasing the blood flow and reducing the appearance of cellulite. For optimal results, a series of treatments is recommended. We offer a series of six treatments, for the price of five. Please bring a bathing suit.

50 minutes \$115

Series of 6 \$575



Balancer Treatment

The massaging action of the chest and leg wraps stimulate lymphatic drainage, aiding in detoxification, reducing swelling and increasing circulation. The Balancer is an excellent treatment for patients with Fibromyalgia, or add this treatment on to your facial for a total body lymphatic drainage.

20 minutes, leg or chest wrap \$60

Add on Leg Wrap \$25

Nova Slim and Sculpt

Nova's "Slim & Sculpt" is a personalized solution to combat fatty deposits, cellulite and skin slackening. Combining special wraps with the scents of cocoa and ginger with massage movements from the Russian school of massage, assists and stimulates your metabolism and senses. This "tailor-made" treatment results in a slimmer, firmer silhouette and a relaxed mind and body. Results can be seen after the very first session. Progressively over a course of multiple treatments, the body is re-sculpted, changing in shape and appearance. A package of six treatments is available for the price of five.

80 minutes \$140

Series of 6 \$700

Nova Body Contouring Wrap for the "Mother to Be"

Perfected to prevent help stretch marks by enriching the skin with Marine extracts and Vitamin E. The wrap improves the skin's elasticity while firming and toning the body's silhouette.

50 minutes \$120

Frigi Body Slimming Wrap

A cold wrap slimming treatment that fights the hard fatty deposit areas on the abdomen and hips, this treatment is also used to firm the buttocks and inner thighs. Particularly effective in cases of fluid retention, energizing heavy legs and reducing edema due to its vaso-constricting effect. The treatment begins with a full body scrub before pure cotton wraps are applied to the body. The session is concluded with a application of Thalgomince Cream LC 24, which will continue working on the treated areas throughout the day to enhance the desired effect.

50 minutes \$125

Additional areas priced upon consultation

BODY FIRING TREATMENT

Use our laser to tighten the skin of the abdomen, thighs or other areas of the body. This noninvasive treatment tightens the skin by transferring heat to the deepest layers of the skin. Activating collagen reduces wrinkles and sagging skin within weeks of a treatment. A series of treatments is recommended. A pre-service consultation is required to optimize results.

15 minutes \$500

Series of 6 \$2500

LASER VEIN THERAPY

Laser Therapy is used in conjunction with or as an alternative to sclerotherapy for the treatment of spider veins on the legs and other areas of the body. A single laser treatment session can treat multiple veins. In some cases, multiple sessions are needed to achieve the desired results, and a series of six is available for the price of five. We offer a free consultation prior to the service.

15 minutes \$300

Series of 6

\$1800

HAIR REMOVAL SERVICES

GentleLASE® and GentleYAG® Laser Hair Removal

Laser treatment is a noninvasive, FDA-approved method to permanently reduce undesired hair from all parts of the body. The number of recommended sessions depends upon individual factors including area of the body, hair color, skin color and the hair growth cycle, which can be affected by diet, stress and hormone imbalances. An average of six to eight treatments is required. Proper timing of treatments is essential for best results and a free consultation is available. All packages include six sessions for the price of five and one additional 15 minute touch up session.



Additional areas priced upon consultation

	Package of 6	Individual Session
Full Body	\$6000	\$1200
Upper Lip or Chin	\$550	\$110
Upper Lip and Chin	\$800	\$160
Face	\$1350	\$270
Half Leg	\$2875	\$575
Full Leg	\$3600	\$720
Half Arm	\$900	\$180
Full Arm	\$1800	\$360
Back	\$2700	\$540
Back/Chest	\$3150	\$630
Bikini	\$1200	\$240
Brazilian	\$1350	\$270
Bikini Full Removal	\$1550	\$310
Underarm	\$900	\$180

Waxing Services

Waxing services can be performed on all areas of the body. It is not recommended while using prescription drugs such as Retin-A or Accutane.

Eyebrow	\$20	Half Arm	\$30	Underarm	\$25
Lip	\$15	Full Arm	\$75	Bikini	\$40
Chin	\$15	Half Leg	\$50	Brazilian	\$65
Back/Chest	\$75	Full Leg	\$75	Full Bikini	\$85

Eyebrow Shaping

Our certified aestheticians will groom and shape your brows to perfectly frame your eyes.

25 minute \$30

Gratuities are not accepted by our medical spa staff

FACIAL TREATMENTS

A single facial treatment improves the skin's health, texture and appearance. For optimal results we recommend a program of services, or the participation in one of our Customized Skin Care Programs. Programs are designed for treating acne, sun damage and to combat the signs of aging. Each program includes an in depth consultation, VISIA Skin Analysis, before & after photos and condition specific treatments. A series of services is priced at six for the price of five. The custom programs are designed to optimize the results for each guest and offer cost savings over purchasing the services à la carte. For more information on the programs offered please contact the spa.



VISIA™ Skin Analysis

Using technologically advanced imaging digital photography, this analysis documents and evaluates skin texture, wrinkles, pores and pigmentation. Quantitative analysis includes comparison of individual skin characteristics for the same sex, age, and ethnicity. This personalized evaluation provides an objective basis for recommending skin care treatment options and measurement of future progress.

25 minutes \$80.00

Nova Signature Anti-Aging Facial

Our signature facial is the ultimate defense from oxidative damage by contaminants and the depletion of our body's internal supply of antioxidants. Our custom-blended treatment contains prescription strength antioxidants and anti-aging products, formulated to penetrate deeply for maximal effect while providing contouring, hydration, rejuvenation and protection to the skin.

50 minutes \$135

Series of 6 \$675

Deep Pore Cleansing Facial

For clients challenged with acne and over-active oil glands, this treatment draws out impurities, reduces oil production and provides balanced hydration.

50 minutes \$100

Series of 6 \$500

Vitamin C Firming Facial

This effective procedure tightens the skin, replenishes hydration, minimizes redness, and promotes cell renewal. When combined with microdermabrasion treatments, clients experience a marked improvement in wrinkles, tone and increased collagen production.

50 minutes \$125

Series of 6 \$625

Gentlemen's Facial

This specialized facial addresses a man's specific skin care needs including the prevention of ingrown hairs, soothes razor burns and helps correct damage from shaving and sun exposure.

50 minutes \$100

Series of 6 \$500

Teen Facial

Effective deep pore cleansing treatment designed to treat blemished, oily and sensitive teenage skin. Deep pore cleansing with steam, extractions and mask help control acne breakouts and enhance healing.

50 minutes \$90

Series of 6 \$450

Beyond Botox Facial

Utilizing the latest technology in skin care, this sophisticated anti-aging treatment is the perfect choice for those wishing to see significant changes in their skin, without a visit to the plastic surgeon. This facial helps to repair the skin and markedly reduce the appearance of fine lines and wrinkles, as well as age spots. The result is radiant skin that looks firmer and healthier. This treatment addresses skin aging, beyond the effects of Botox, which makes it ideal for Botox users and non-users.

50 minutes \$150

Series of 6

\$750

Oxygen Enriched Facial

Nourish your skin with an oxygen enriched facial. After cleansing and exfoliation, oxygen rich products are used in conjunction with a skin specific mask for an age defying boost for all skin types.

80 minutes \$160

Series of 6

\$800

Diamond Radiance Facial

The ultimate facial experience for a youthful, glowing appearance without invasive procedures. This facial combines the “BLING” of diamonds with the science of top anti-aging skin care to create this luxurious rejuvenation treatment. Together, they lift, plump and tighten deep wrinkles to provide firmness, elasticity and fullness to the skin. The diamond particles reflect light, making imperfections invisible while the skin appears instantly softer.

80 minutes \$160

ADVANCED SKIN THERAPIES

Nova Back Revitalization Therapy

Dare to bare your back after this special treatment. This facial for your back cleanses, exfoliates and detoxifies, finishing with a light massage.

50 minutes \$100

Series of 6

\$500

Microdermabrasion

This special exfoliation treatment polishes the skin and accelerates the cell renewal process, improving skin texture, reducing pore size, smoothing fine lines and controlling acne. The best results are achieved through a series of treatments, followed with a recommended maintenance program. For additional results add on an Invisilift Non-Surgical Facelift treatment.

45 minutes \$150

Series of 6

\$750

Micro-Facial

Combine a cleansing facial with a light microdermabrasion treatment.

50 minutes \$185

Series of 6

\$925

Micro-Peel

Combine a chemical peel and microdermabrasion to enhance the results.

50 minutes \$230

Series of 6

\$1150

I²PL Photo Rejuvenation

An alternative to aggressive therapies, IPL treats a wide range of skin conditions, including; rosacea, benign brown and irregular pigmentation, environmental damage, sun-induced freckles and redness with no downtime. Three sessions are recommended to attain optimal results.

25 minutes \$400

Series of 3

\$1000

Gratuities are not accepted by our medical spa staff

BOTOX® AND COSMETIC DERMAL FILLERS

Botox, Restylane and other dermal fillers are available. These services are performed by Board Certified Dermatologists and Board Certified Nurse Practitioners. During the consultation, the necessary quantity, location and optimal product is discussed along, with the benefits to optimize results.

Botox Cosmetic	\$15 per unit
Facial Fillers	\$600 for the first syringe
	\$400 for the second in same visit
	\$300 for the third in same visit

FACIAL PEELS

Chemical peels use a chemical solution to remove the top layers of damaged skin. The new cells form tighter, younger looking skin. This peel can be used to help restore wrinkled, sun damaged or blemished skin. Due to the range of chemicals used, a free consultation with our aesthetician is suggested for selecting the optimal peel. For optimal results, a series of six is recommended, at the price of five services, when purchased as a series. Additional areas of the body are priced upon consultation.

SkinCeuticals® Gel Peel

Designed to minimize the appearance of surface lines, smooth out rough skin texture, aid in clearing acne and help fade hyperpigmentation. The acids used, remove dead cells from the surface without irritating the skin. This peel can be used in conjunction with other facial treatments and offers minimal redness or peeling.

25 minutes	\$120	Series of 6	\$600
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Physicians Choice® Sensi Peel/PCA Peel

Only available at facilities overseen by medical professionals, this peel is designed for the special needs of ethnic and sun-damaged skin, age spots, acne scars, fine lines, freckles and superficial hyperpigmentation.

25 minutes	\$85	Series of 6	\$425
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SkinMedica® Vitalize Chemical Peel

Formulated from salicylic and retinoic acid, this peel provides a safe treatment with minimum "down time" and dramatic improvement one week later. Benefits include reduction of age spots, freckles, hyperpigmentation and appearance of large pores. Due to active ingredients, clients are advised that redness and peeling may occur 2-5 days after treatment.

25 minutes	\$165	Series of 6	\$825
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FACIAL TIGHTENING

Invisilift® Non-Surgical Facelift

Enjoy the benefits of a non-surgical, sound wave based procedure that effectively tightens and tones the skin, reduces rosacea, stimulates collagen production and kills acne-causing bacteria. Add on to a microdermabrasion treatment for enhanced results.

50 minutes	\$245	Series of 6	\$1225
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Facial Skin Tightening

An alternative to invasive procedures, this laser tightening procedure improves facial skin laxity and increases collagen formation, resulting in tighter and smoother looking skin. A series of treatments is recommended to optimize results.

15 minutes	\$500	Series of 6	\$2500
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EXPRESS SERVICES

These services may be added on to others services, enjoyed alone and make a great pick me up when paired together.

Rejuvenation Express Facial

When short on time, this treatment is perfect to refresh your skin. This facial includes a gentle cleansing, a hydrating mask and is completed with a rejuvenating facial massage.

25 minutes \$60



Express Massage

This targeted massage focuses on the area of your body that you feel needs the most attention. A great option when time does not allow for a full treatment, but you need stress release and relaxation. Pair up with an Express Facial at lunch and be back to work feeling refreshed and revived with glowing skin.

25 minute \$60

Emergency Acne Session

A zit-zapping session for those little emergencies that pop up. Using high frequency, the aesthetician targets individual pimples, killing the bacteria and stimulating cellular turnover. Extractions are performed as needed.

15 minutes \$25

OTHER SERVICES

Nova Signature Anti-Aging Eye Therapy

Designed to lessen the appearance of dark circles, reduce puffiness and diminish fine lines. Focusing on the fragile skin around the eyes, this therapy may be a single service or enjoyed as an add on to any facial treatment.

25 minute \$60

Tinting

Lashes and brows are picture frames for the eyes. Enhance them with a semi-permanent tinting.

Eyelash Tint \$30

Eyebrow Tint \$20

Ear Candling

This technique has roots in China, India and Egypt. Ear candling removes common ear wax build-up to improve hearing and helps to relieve tension or pressure in the ear and other related symptoms.

50 minutes \$65

Infrared Sauna

An Infrared Sauna is available in the locker rooms to our clients. Sauna treatments may also be purchased in packages as part of a detoxification program recommended by the naturopathic physician. Using the sauna has many health benefits including relaxation and stress reduction, pain relief, improving the skins condition and burning calories.

20 minutes \$10 Series of 6 \$50

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NOVA AYURVEDA PROGRAM



Originating in India more than 5,000 years ago, Ayurveda, is a Sanskrit word that means “The Science Of Life”. It is often called the “Mother of All Healing”. The Nova program promotes healing through bringing balance to the entire being.

An Ayurvedic service starts with a constitutional analysis to identify each individual's Dosha. This will allow your therapist to classify your individual constitution as Vata, Pitta or Kapha. With this information, the spa technician “personalizes” the treatment experience. The Ayurveda Rituals require a 48 hour cancellation policy.

Abhyanga Massage

This massage originated over 5,000 years ago in India to balance the mind while stimulating the circulatory and lymphatic systems. It is known for enlivening and revitalizing the body by moving the life force to both the physical and energetic bodies through subtle-energy channels. The subtle-body system and physical body begin to function as one, resulting in physical, mental and spiritual health. An Indian Head Massage and Facial Marma Point Massage is included.

50 minute **\$130**

80 minute with a foot soak **\$160**

Foot Soak & Indian Head Massage

Relieve stress and fatigue with an herbal cleansing and revitalizing treatment for your feet using specific warmed oils and native grains. Dry cracked feet are moisturized and hydrated, and dead skin is removed. Choose a foot soak to alleviate the one of the following concerns: inflammation, tissue injury, swelling, achy or tired feet. While your feet are soaking enjoy an Indian Head Massage to release energy blockages in the scalp.

25 minutes **\$50**

Dry Brush Massage

Boost your immune system by eliminating toxic wastes. Dry brush massage stimulates the elimination capabilities of the skin. In conjunction with our hydrotherapy bath and steam shower, you will achieve a greater level of wellness.

50 minutes **\$60**

with a hydrotherapy treatment **\$110**

Thaiyurveda Herbal Foot Compress

Soothe away tension with this traditional Thai Herbal Compress – called Lukprakob. This “specially steamed” foot compress is infused with Lemongrass essential oil and ginger extract. Both are well known for their detoxifying and warming properties. Foot Reflexology is performed while you are in a relaxed state of mind.

30 minutes **\$45**

SPA RITUALS

Each Nova Ritual is two to three hours in length and starts with your individual constitutional analysis. A lunch (selected from page 15) is included for an additional \$20. We ask anyone selecting a hydrotherapy service as part of their ritual, to bring a bathing suit.

\$250 per ritual

Abhyanga Ritual

A ritual to nourish and balance both the body and mind. Start with an Indian Head massage while your feet soak in a bath of Dosha oils and Native grains. The therapist then provides a dry brush massage of the body and applies a Thaiyurveda Herbal Compress Foot Treatment. The next step of the ritual is the Abhyanga Massage with Marma Point Face Massage. Then indulging in your selection of steam bath or shower with Dosha oils.

If you select the steam bath please bring a bathing suit.

Indoce'ane Vital Relaxation Ritual

This Ritual will take you through a journey of experiencing four different cultures via sensorial pleasure. Each step guides you further across the seas and oceans of the world on a journey of serenity and relaxation.

Step 1:

Begin near the Mediterranean Sea with our Sweet and Savory Body Scrub. This scrub brings the Mediterranean to you with Mediterranean Lemon, Mandarin, Grapefruit and Lemon Petigrain essential oils mixed with Brown Sugar and Salt. A gentle massage and exfoliation occurs in the essence of citrus fruits.

Step 2:

Travel across the sea to "The Land of Eternity", Egypt. Here the Goddess of Egypt, Cleopatra, soaked her body in milk, and so will you, in our creamy, sensual milk bath. Your tensions will slip away while your skin is covered with a subtle, shimmering veil, leaving your body smooth and silky.

Step 3:

Continue your journey to the Indian Ocean and India, the land of Ayurveda. Lay back and let your body unwind and release its spirit as our therapists, trained in the Oriental and Chinese massage provide a unique Vital Relaxation Sculpting Massage. Stress is released while our therapists deliver this deep, relaxing and revitalizing massage.

Step 4:

Head inland to China, where beautiful skin will take center stage. Take in the pleasures of this final step of the ritual as we replenish and regenerate your body with an all over application of Sublime Cream. The addition of Rice & Bran Oil nourishes the body. The delicate, powdery scent enhances relaxation. When you are done with your trip, you will awaken relaxed, regenerated with soft skin and a calm mind.

Green Tea Body Ritual

Attending to the whole body, this ritual starts with your choice of a Kaffir Lime Sea Salt Foot Soak or a Green Tea & Mint Hydrotherapy Bath. Then your therapist will perform a Lemon Grass, Green Tea and Herb Salt Scrub before applying a Garden Mint Algae Body Mask. After the mask is removed, you are massaged with a creamy mint lotion and a Green Tea Body Spritz finishes the ritual.

If you select the hydrotherapy bath please bring a bathing suit.



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SPA PACKAGES

Ultimate Spa Sanctuary for Him

Nova strives to be a sanctuary for the male client. No rose petals or feminine robes! Treat yourself to a salt scrub body treatment, and deep tissue massage to relieve stress related muscle spasms, Gentlemen's Facial and eat a healthy and delicious gourmet spa lunch before returning to the office

\$250

Capitol Hill De-Stressor

Designed with the busy politician in mind, this calming and de-stressing sojourn begins with an aromatherapy massage, followed by the Nova anti-aging facial, golden fango bath and wrapping up the visit with a gourmet spa lunch of your choice. Absolutely Presidential!

\$250

Grace's Oasis

Named after our Medical Director, Dr. Grace Keenan, this collection of indulgence gets high ratings from this seasoned spa go-er. Begin with a VISIA skin analysis to optimize the skin care therapy. Relieve tension with the Nova hot stone massage. Experience the ultimate of facials with our Oxygen Enriched Facial and treat your entire body to a salt body scrub with eucalyptus. Before being re-introduced to the real world, enjoy a gourmet spa lunch.

\$350

Ask about our Seasonal Spa Packages or have our staff assist you to customize a package for the perfect day at the spa.

Groups & Parties

We are happy to offer special event accommodations for groups and parties of all sizes. If you are interested in planning a day at the spa for a group, our spa coach will work with you to include the services you desire. We require a 50% deposit at the time of booking and a 48 hour cancellation policy is required for groups.



Corporate gifts

The appropriate corporate gift for any occasion. Reward exceptional performance of a star employee. There is no better way to show your appreciation.

Corporate Lectures & Seminars

Priced upon consultation, our spa and medical staff are available for lectures, seminars and events to provide services or information. Please call the marketing department for details at 703.554.1100 ext. 323.

Executive Wellness Program

The Nova Executive Wellness Program provides a comprehensive health assessment that combines the services of the medical spa and the medical group to allow individuals to optimize their health. Each program is created for the individual and their specific health needs, which can include lab and radiological testing and personal nutritional consulting. Please speak with the spa manager for more information.



SPA LUNCHES

All of our lunch selections have been designed by our Registered Dietitian, Jennifer Haas for optimal health and wellness. Lunches included with many of our packages may be purchased as an add-on to any spa service. Please notify the staff when booking your appointment if you are interested in including a spa lunch.

\$25.00 per lunch

***Substitutions may be made due to seasonal availability. Please inform us when booking of any specific dietary restrictions.**

Anti-Inflammatory

An Omega-3 fatty acid-rich meal has anti-inflammatory properties that make it the perfect selection after a massage. The meal includes Organic Flaxseed Bread with Almond Butter, Turkey Breast, Grilled Vegetables, a Garden Salad and Coconut Water.

Anti-Oxidant Rich

Assist the repair and renewal process with this vitamin-packed lunch. Great for after a facial, this meal consists of Summer Rolls, Hijiki Salad, Thai Green Bean and Mango Salad, Dark Chocolate with Ginger and Coconut Water.

Multivitamin Rich

Designed for overall health, this lunch includes a Grilled Lemon Garlic Chicken Breast with Arugula salad, Lemon Poppy Seed Muffin and Coconut Water.

Allergen Free

Specifically designed for individuals with food allergies, our guests will feast on Organic Tofu, Vegetables and Brown Rice in a Teriyaki sauce, Shortbread and Coconut Water.

Ayurveda Lunch Selections

Select a lunch based on your Dosha to assist in balancing the body from the inside.

Vata Dosha

Created to balance dryness, this hydrating lunch includes Grilled Chicken, Sprouted Bread, and a Spinach Salad with Fresh Berries, Feta Cheese, Almonds and Organic Raspberry Vinaigrette. Complement the meal with Vanilla Hempmilk.

Pitta Dosha

Designed to balance the fire quality, this cooling lunch includes Coconut Water, Brown Rice with Salmon and Asian Steamed Vegetables in a Lemon Tahini Sauce. The meal is completed with a fresh orange.

Kapha Dosha

Balance congestion with an energizing lunch. The selection designed to stimulate includes Brown Rice with Grilled Chicken and steamed vegetables in a mild curry sauce. The meal is complemented by a yogurt drink and fresh pear.

Bindi Dosha

The perfect option any Dosha, this indulgent selection consists of: POM Juice, Broccoli Cheddar Soup, a Whole Grain roll with Cinnamon Honey Butter, Chickpea and Couscous side, and Chocolate-dipped Strawberries conclude the meal.

Spa Policy

Appointments

To make an appointment, please call our spa during business hours at 703.554.1130. A major credit card is required to hold your reservation. To ensure availability, we suggest you reserve appointments in advance. We make every effort to accommodate last minute appointments.

Cancellations

Due to the individualized nature of services we offer, our spa specialists prepare treatment rooms and services in advance for each client. If you are unable to keep an appointment, please let us know at least 24 hours prior to your scheduled appointment and 48 hours for multiple services and packages. We reserve the right to charge for appointments not cancelled within this period.

Check-In

We encourage all clients to arrive at least 20 minutes ahead of their scheduled reservation to allow time to check in, change clothes and relax in our Tranquility Room. To ensure a relaxed environment for all of our guests, we ask that you turn off cellular phones upon arrival.

Children

To preserve the relaxing atmosphere of the spa, we require spa guests to be at least 12 years of age. Parents consent is required for children under the age of 18. We offer specialized teen skin care education workshops for groups of three or more. Please call 703.554.1130 for more information.

Payment

We accept Visa, MasterCard, American Express, debit cards, personal checks and cash in addition to Spa Finder, WaySpa and The Medical Spa at Nova Gift Cards.

Insurance

Most cosmetic procedures, including laser surgery, are not considered to be medically necessary by insurance carriers and charges must be paid at the time of each visit. Some procedures may be approved by your insurance carrier or flexible spending account. The Medical Spa at Nova will provide you with the necessary receipts and forms to include with your claim submission. Your insurance carrier will reimburse you directly for any covered services.

Gift Certificate Policy

Gift Certificates are available in any amount and can be purchased by phone, in-spa or online. Certificates can be redeemed towards service and merchandise. We are not responsible for lost, stolen, damaged or misplaced certificates. Cash value of purchased gift certificates for treatments or packages are subject to change after one year of issue.

Refunds, Gift Certificates, Package Series, and Products

Except for replacing damaged products, we do not offer refunds, exchanges, or credits on spa services, gift certificates, package series or retail products. All sales are final.