

CBD Oil	\$15
Hand or Foot Paraffin Treatment	\$15
Honeyliff Face Massage	\$20
Sculp Massage (15 min.)	\$20
Steam Shower	\$20
30 Minute Massage	\$45
30 Minute Reiki	\$40

## ADD-ONS

Shio Doro Anti-Cellulite Treatment	90 min. \$145
Seasonal Body Wrap	60 min. \$110
Exfoliating Back Treatment	45 min. \$80
Cleansing Sea Mud Body Wrap	75 min. \$120
Buff & Glow (w/ FREE Lovish Ton Extender)	60 min. \$130
Body Polish	60 min. \$100

## BODY TREATMENTS

Kyo Jitsu	30 min. \$55
Wu Wei	45 min. \$75
Reiki	55 min. \$80
Reflexology Foot Massage	30 min. \$45
Bellanina Facelift Massage	75 min. \$125
Bellanina Facelift Massage Plus 30 min. Massage	105 min. \$160
Healing Aroma Glow Massage	90 min. \$135
Hot Stone Massage	75 min. \$120
Prenatal Massage	55 min. \$90
Therapeutic Massage	45 min. \$75
	60 min. \$95
	90 min. \$135

## MESSAGE + ENERGY WORK

massages are available as a single or side-by-side service.

Therapists perform a variety of specialized massages for relaxation, therapeutic, and holistic health benefits. All

## MESSAGE + BODY TREATMENTS



**RELAX • UNWIND • UNPLUG**  
**DAY SPA + GIFT BOUTIQUE**

Dermaplaning	\$50
Glycolic Spot Treatment	\$20
Hand or Foot Paraffin Treatment	\$15
High Frequency Acne Treatment	\$15
Honeyliff Face Massage	\$20
LightStim LED Light Therapy	\$20
Microneedling Spot Treatment	\$40
NuFace Microcurrent Lifting Treatment	\$20

## ADD-ONS

Amazing Epicuren (w/ microdermabrasion)	60 min. \$170
Amazing Epicuren Celebrity Facial (w/ light peel)	60 min. \$140
Epicuren Basic Facial	60 min. \$115
Glycolic or Lactic/Salicylic Peel	20 min. \$80
Jessner Peel	45 min. \$160
Microneedling	30 min. \$100

## SPECIALIZED FACIALS

Bellanina Facelift Massage	75 min. \$125
Fully Loaded Facial	120 min. \$210
Seasonal Facial	60 min. varies
Ultimate Facial	75 min. \$160
Vitamin C Facial	60 min. \$105

## ANTI-AGING FACIALS

Back Facial	30 min. \$55
Botanical Facial	60 min. \$95
Clinical Acne Reduction Facial	75 min. \$120
Express Facial	30 min. \$65
Teen Facial	30 min. \$55

## BASIC FACIALS

Our facials are designed to address a variety of concerns including acne, fine lines and wrinkles, hyperpigmentation, and Rosacea prone skin performed by our knowledgeable and highly skilled Licensed Estheticians. Complimentary skin consultations available upon request.

## SKIN CARE

Welcome to the award winning Bellanina Day Spa and Gift Boutique in Downtown Ann Arbor's beautiful and historic Kerrytown District.

Our professional staff is highly trained to offer you the finest care and true rejuvenation and relaxation at our state-of-the-art healing day spa. We await your arrival, so come spa!

Our gift boutique offers a wide variety of body, home, and spirit renewing items. We offer everything from candles to skin care, to clothing and our full wall of body care products. We have something for everyone!

Parking is conveniently located in the parking structures on the corners of East Ann & Ashley Street and East Washington & North Fourth Avenue. We will validate your parking for up to two hours in the parking structures.

Gift cards are available online for easy at-home printing or to ship to you or the recipient at bellaninadayspa.com. Give the gift of relaxation.

Our skin care lines: Bellanina Botanicals, Bellanina Botanicals+, Bellanina Cosmeceuticals, and bath & body products are available online at bellaninainstitute.com.

Voted Best Day Spa via Michigan Daily, '14, '15, '17  
 Reader's Choice for Best Day Spa, '04-'09, '12-'14, '16-'19  
 Voted Best Spa Day for Mom via Ann Arbor Family Press, '19



## Bellanina Day Spa + Gift Boutique

massage therapy | skin care | waxing | mani+pedis  
 body treatments | suite for couples + retreats  
 skin care, bath + body products | gifts + gift cards

MONDAY + TUESDAY 9:30 AM-6 PM  
 WEDNESDAY + THURSDAY 9:30 AM-8 PM  
 FRIDAY 9:30 AM-7 PM  
 SATURDAY 9:30 AM-6PM  
 SUNDAY 11 AM-6 PM

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 734-327-1000 | info@bellanina.com  
 bellaninadayspa.com

Follow Us On Instagram + Twitter @BellaninaDaySpa  
 Facebook @BellaninaSpa

Full Face (does not include brows)	\$50
Lip or Chin	\$15
Nose or Ears	\$10
Shoulders	\$35
Underarms	\$30
Half Arms/Full Arms	\$35/\$50
Chest/Back	\$60
Bikini/Brazilian/Brazilian	\$35/\$50/\$65
Half Legs/Full Legs	\$50/\$70

## WAXING

Brilliant Brows (wax, tint & fill)	\$50
Better Brows (wax & fill)	\$25
Brow Tinting	\$25
Brow Shopping	\$20

## BROWS

Lash Tinting	\$75
Lash Lift	\$25

## LASHES

## LASHES, BROWS + WAXING

Dermaplaning Mini Facial	30 min. \$70
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## DERMAPLANING

HydraFacial MD	25 min. \$150
HydraFacial Plus (includes neck + decollete)	40 min. \$225
HydraFacial Platinum	60 min. \$215
Add-On Serums:	\$50
CTGF (for fine lines + wrinkles)	
Britinol (for age spots + hyperpigmentation)	
Rozatrol (for Rosacea)	

## HYDRAFACIAL MD

## RETREAT PACKAGES

You can also create your own customized package to cultivate an experience all your own. Please note that an 18% gratuity will be added to all packages.

Caring Companions Retreat (for 2)	135 min. \$350
Couples Massage Retreat (for 2)	120 min. \$275
Mom-to-Be Retreat	180 min. \$155
Rewarding Tapas Retreat	195 min. \$200
The Royal Treatment Retreat	255 min. \$325
Ultimate Bliss Retreat	175 min. \$280

## HANDS + FEET

Express Manicure	\$25
Express Pedicure	\$39
Express Mani+Pedi	\$62
Sports Pedicure (no polish)	\$30
Bellanina Manicure	\$29
Bellanina Pedicure	\$49
Bellanina Mani+Pedi	\$74
Spa Manicure	\$44
Spa Pedicure	\$64
Spa Mani+Pedi	\$100
Gel Manicure	\$44
Gel Pedicure	\$64
Gel Removal	\$5

## SPRAY TAN + MAKEUP

Lavish Tan Organic Spray Tan	\$45
Buff & Glow (w/ FREE Lovish Ton Extender)	60 min. \$130
Event Makeup Application	\$65

CREATE YOUR OWN CUSTOM WEDDING PACKAGE FOR YOU AND YOUR WEDDING PARTY TO GET READY FOR YOUR BIG DAY. RECEIVE 10% OFF ANY 2 SERVICES, 15% OFF ANY 3 SERVICES AND 20% OFF ANY 4 SERVICES (PER PERSON).

# MASSAGE + BODY TREATMENTS

## MASSAGE + ENERGY WORK

All massages are available as a single or side-by-side service. Essential oils can be added to enhance any massage service.

### Therapeutic Massage

Prepare to feel rejuvenated and relaxed. Our massage will help ease tight muscles and relieve overall tension and stress. Our therapists will individually tailor the massage to meet your specific needs using a variety of techniques including Swedish, myofascial, and deep tissue.

### Prenatal Massage (For 2nd and 3rd trimester only)

This technique helps increase circulation, relaxes tight muscles, and induces a surge of endorphins in your body. Regular and frequent massages throughout your pregnancy can help keep you comfortable and renewed.

### Hot Stone Massage

Intensify the depth of your massage with our hot stone treatment. Polished heated river stones are laid at various points along your body and are used by the therapist to massage and add healing warmth to troubled muscles.

### Healing Aroma Glow Massage

This rejuvenating treatment is designed to stimulate circulation and deep muscle relaxation. First, we exfoliate by dry-brushing the skin to remove dead skin cells, improving blood flow and the reception of aroma therapeutic oils. We then follow up with a relaxing massage paired with your choice of essential oils.

### Bellanina Facelift Massage

See description under Anti-Aging Facials.

### Bellanina Facelift Massage Plus

The best of both worlds. Our signature Bellanina Facelift Massage combined with a thirty minute body massage to add a further dimension of relaxation to this luxurious treatment.

### Reflexology Foot Massage

Our therapists apply pressure to the feet using thumb and finger techniques on points that correspond to specific areas in the body. This pressure point foot massage relieves tension, improves circulation, and promotes physical and emotional well being.

### Reiki

Energy work on aura and chakras to clear away stressful, heavy energy and leave you feeling peaceful and relaxed. Includes gentle massage on head/scalp and hands or feet.

### Wu Wei

A traditional Taoist massage working along the meridians used in Chinese medicine to connect with the body's subtle energies to restore balance and promote integrative health. It includes stretching, compression and gently massage. Selected aromatherapy oils are used, if desired.

### Kyo Jitsu

The treatment uses a combination of Shiatsu and Reiki techniques to open, stimulate and balance energy flow. This is done while the client is fully clothed on the massage table.

## BODY TREATMENTS

### Body Polish

Your body is rejuvenated from head to toe with a dry-brush exfoliation whisking away dead skin cells with warm steamed towels, followed by our scrumptious Sugar Butter Body Scrub. We finish this restoring treatment with a warm shower and moisturizer.

### Buff & Glow

We start with a dry-brush exfoliation followed by your choice of body scrub. Then, after a shower, you'll receive an organic airbrush tan. You'll go home glowing, refreshed and with a FREE product – the Lavish tan extender.

### Cleansing Sea Mud Body Wrap

This detoxifying body mud wrap starts with an exfoliation and then harnesses the power of the sea to draw out impurities and add vital minerals back into the skin. A light scalp massage, shower, and moisturizer will complete your sense of well-being.

### Exfoliating Back Treatment

This treatment begins with a dry-brush exfoliation followed by a polishing scrub and warm steamed towels to cleanse your skin of cellular impurities that daily washing can't reach. We then perform a back and neck massage, ending with a honeylift massage treatment and a soothing lotion.

### Seasonal Body Wrap

Attuned to the changing seasons, this treatment uses a varying selection of exfoliants, body masques, and moisturizers to restore and revitalize your skin.

### Shio Doro Anti-Cellulite Treatment

Our Shio Doro mud wrap contains Umikarano Yuki Sea Salt, White Arctic Peat, and Wasabi Extract that enhances circulation, eliminates toxins, and improves tone and firmness. This treatment starts with a stimulating dry exfoliation and detoxifying steam and finishes with a massage of Cellufirm Contouring Serum to affected areas and application of Cellufirm Creme to the full body.

## HYDRAFACIAL MD

### HydraFacial MD at Bellanina

This facial is a noninvasive, multi-step treatment that combines the benefits of next-level hydradermabrasion, a chemical peel, automated extractions and a special delivery of antioxidants, hyaluronic acid, and peptides. Perfect for all skin types, it can be used to treat fine lines and wrinkles, oily and congested skin, hyperpigmentation and rosacea.

### HydraFacial Platinum

A combination of the clinical benefits of the HydraFacial and the relaxing spa experience of the Botanical facial. This hour long treatment includes all of the results-oriented steps of the HydraFacial, along with the relaxing facial massage, hydrating masque and revitalizing moisturizer included in the Botanical facial.

## SKIN CARE

### BASIC FACIALS

#### Back Facial

This treatment includes cleansing, exfoliation, extractions, a soothing back masque, as well as toning and hydrating of the skin. This treatment also includes a soothing scalp massage.

#### Botanical Facial

Bringing it back to the basics, this customizable facial is a great way to get started with skin care. This facial includes a gentle cleansing, hydrating steam treatment with extractions, a relaxing facial massage, purifying masque, balancing toner, and nourishing moisturizer.

#### Clinical Acne Reduction Facial

Designed to fight acne and keep your skin looking fresh, this facial includes cleansing, extractions, a lactic/salicylic acid peel or microdermabrasion, clarifying mask, high frequency and moisturizer.

#### Express Facial

This shortened version of our Botanical Facial for people on the go! (Does not include steam or extractions)

#### Teen Facial

A treatment tailored to benefit the specific needs of young adult skin.

## ANTI-AGING FACIALS

### Bellanina Facelift Massage

Our signature facial massage for rejuvenating maturing skin. This treatment lifts, tones, and firms facial muscles through a series of specialized facial massage strokes, leaving a glowing look for days. We also include a massage to the hands, feet, shoulders, neck and scalp in this luxurious treatment.

### Fully Loaded Facial

This two hour facial incorporates cleansing, steam and extractions, microdermabrasion, a light enzyme peel, and facial massage. After the skin has been thoroughly exfoliated and circulation simulated, we will use the latest technology of our collagen boosting LightStim therapy and an age defying lifting NuFace microcurrent treatment. We finish this renewing treatment with our Age Repair Stem Cell Serum, Intensive DNA Repair Creme and the use of our cooling Cyro Globes. This facial also includes a foot, hand, arm and scalp massage.

### Seasonal Facial

This facial changes monthly. Call us or go to our website [bellaninadayspa.com](http://bellaninadayspa.com) or check out our instagram [@bellaninadayspa](https://www.instagram.com/bellaninadayspa) to find out this month's special.

### Ultimate Facial

This is a facial featuring the best of our Botanical Facial as well as tightening and toning massage manipulations from our Bellanina Facelift Massage treatment.

### Vitamin C Facial

Applied topically in a masque, vitamin C helps to protect your skin against free radical damage while encouraging collagen production. This facial focuses on simultaneously repairing and strengthening sun damaged skin, your fine lines and wrinkles will diminish, revealing your skin's glowing good health.

## SPECIALIZED FACIALS

### Amazing Epicuren Celebrity Facial & Light Peel

Designed to make you look and feel renewed, this treatment uses the Epicuren skin care line to correct problems such as uneven skin tone and the effects of premature aging. The entire session includes a deep pore cleanse, extractions, a light peel, two enzyme masks, and concludes with Epicuren's advanced enzyme anti-aging products.

### Epicuren Basic Facial

Cleanse, hydrate, and infuse your skin with Epicuren complex protein products. Includes a gentle cleansing, hydrating steam treatment with extractions, facial massage, purifying masque, balancing toner, and nourishing moisturizer.

### Glycolic Peel

Glycolic acid is a fruit-based acid that is used on the skin to remove dead skin cells and to balance the pH of your skin. Our peel uses a 30% concentration to effectively refresh dull and tired skin as well as generating an energized glow.

### Lactic/Salicylic Peel

Your esthetician will help you choose between a 30% Lactic Acid/10% Salicylic Acid or a 40% Lactic Acid/15% Salicylic Acid combination. The acids penetrate and clean out clogged pores, resulting in visible improvement to acne-prone skin and pore minimization.

### Jessner Peel (Chemical)

This treatment improves hyperpigmentation, acne scars, acne breakouts, fine lines, and uneven skin tone. This leaves skin smooth, soft, and clear of blemishes. This peel can take up to ten days to completely peel away all topical layers of unwanted skin.

### Microdermabrasion

A clinical exfoliating treatment resulting in reduced hyperpigmentation, melasma, acne and acne related scarring, enlarged pores, fine lines, superficial scars, and wrinkles.

## DERMAPLANING

### Dermaplaning Mini Facial

Dermaplaning uses a specialty surgical instrument to remove dead skin cells and peach fuzz (or vellus hair) from the face and neck, leaving your skin instantly smooth, soft and glowing. Reduce the appearance of shallow acne scars, fine lines and superficial hyperpigmentation with this quick and painless treatment. Includes an enzyme peel and hand and arm massage.

### Dermaplaning Add-On

Just dermaplaning, which can be added to almost any facial.

## RETREAT PACKAGES

### Caring Companions Retreat

Everything is more fun with a companion. You and a companion will be escorted to our Crystal Suite for a dual spa experience including:

- Side-by-Side Full Body Massages
- Side-by-Side Bellanina Facelift Massages
- Delicious refreshments and relaxation time together

### Couples Massage Retreat

Pamper yourself and your partner in our special Crystal Suite. You'll surrender to:

- Side-by-Side Full Body Massages
- Side-by-Side Relaxing Foot Treatments
- Delicious refreshments and relaxation time together

### Mom-to-Be Retreat

Our Mom-to-Be retreat is designed to pamper and soothe those who are expecting.

This treatment includes:

- Pre-Natal Massage
- Bellanina Manicure and Pedicure
- Delicious Refreshments

### Rewarding Tapas Retreat

Our Tapas retreat gives you a complete spa experience.

This treatment includes:

- 45-minute Massage
- 50-minute Facelift Massage
- Express Manicure and Pedicure
- Delicious Refreshments

### The Royal Treatment Retreat

This half-day of pampering and total indulgence will leave you feeling like royalty!

This treatment includes:

- Steam Shower
- Cleansing Sea Mud Body Wrap
- Relaxing Foot Treatment
- Paraffin Hand Softening Treatment
- Bellanina Facelift Massage
- Delicious refreshments
- A Bellanina spa gift valued at \$50

### Ultimate Bliss Retreat

Check out of busy and fall in to Bliss with this restorative retreat.

This treatment includes:

- Steam Shower
- Body Polish
- Full Body Massage
- Relaxing Foot Treatment
- Paraffin Hand Softening Treatment
- Delicious refreshments
- A Bellanina spa gift valued at \$35

### Custom Packages for a Special Day or a Special Someone

Create your own customized Day Spa Package by combining three or more services. We will add a refreshment for your enjoyment at no additional charge.

## HANDS + FEET

### Express Manicure + Pedicure

A basic manicure and pedicure for people on the go.

### Sports Pedicure

A classic pedicure with a twist. Using a cooling peppermint and eucalyptus scrub and relaxing massage we will soothe sore and tired muscles. It's a perfect treatment for athletes whose feet are in need of a retreat. (does not include polish)

### Bellanina Manicure + Pedicure

Our natural nail manicure and pedicure, this treatment nourishes dry cuticles, brittle nails and callused feet. Our oils revitalize your hands and cuticles and our lotions elevate your relaxing foot and leg massage.

### Spa Manicure + Pedicure w/ Paraffin

Your hands and feet are treated to an exfoliating scrub which removes dead skin and maximizes moisture retention. Then, we apply a hydrating hand and foot masque. After a relaxing massage we dip your hands and feet in a warm paraffin wax. This treatment is excellent for dry chapped hands and feet, dehydrated cuticles and especially beneficial for arthritic hands and feet.

### Gel Manicure + Pedicure

The popular long-lasting overlay of high quality gel polish is cured via UV light giving your nails strength and shine without an artificial look.

## SPRAY TAN

### Lavish Tan Organic Spray Tan

Used and loved by celebrities, Lavish Tan is rated the #1 airbrush tan by Allure Magazine. The Organic Airbrush Lavish Tan uses a brown sugar based solution derived from apples. The brown sugar base ensures a golden brown color eliminating all possibilities of an orange tone.

Prices are subject to change without prior notice. Please be aware that treatment times include intake and home care recommendations by therapists. A credit card number or gift card (good for 5 years from the date of purchase) is required for all reservations. If you need to cancel or reschedule your appointment, please call us 24 hours in advance for single services, and 48 hours in advance for multiple services. Failure to honor our policy will result in a charge to the credit card or forfeit of the gift card for all clients as follows: First time, 50% of service fee; thereafter, 100% of service fee.