



Cincinnati Sports Club

## *Body Treatments*

### *Salt Glow*

A unique full-body exfoliation using all natural sea salts to leave your skin soft and renewed. (45 min)

### *Buff n' Bronze*

A Bronzing treatment including exfoliation and preconditioning to allow for maximum penetration. Your hydrated skin will glow with shimmering mineral highlights lasting for days. (60 min)

### *Muds of the World*

A luxurious and indulgent body mask. The combination of Dead Sea mud, clay, and anti-inflammatory essential oils, will exfoliate your skin as it absorbs the mud's unique minerals and nutrients while you are wrapped in a warm cocoon. This treatment leaves you detoxified from head to toe with a rejuvenated spirit.

## *Body Waxing*

Eyelash & Brow Tinting

Facial Waxing

Bikini

Full-Leg

Half-Leg

Brazilian

Back

Arm

Full Leg and Bikini

½ Leg and Bikini

*All Sports Club members receive a discount on all spa and salon services.*



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## *Skin Treatments*

### *Luxury Facial*

A luxurious facial designed to soothe and soften your complexion while it deeply de-stresses your entire body. You'll enjoy gentle yet thorough cleansing, a soothing Aromatherapy Oil massage of the face, neck and shoulders, relaxing steam inhalation therapy, and a customized mask laced with calming plant extract. (90 min)

### *Express Facial*

In just 45 minutes, you can exfoliate and moisturize your skin to keep it looking smooth and supple.

### *Universal Spa Facial*

Healthy well-balanced skin begins with a traditional European Facial to purify and rejuvenate any skin type. Restore your skin's clarity and vitality. Treatment includes aromatherapy massage, and warm hand and foot massage. (75 min)

### *Back Facial*

Achieve blemish-free, radiant skin on the back and shoulders. Combines deep pore cleansing, steam and alpha hydroxyl peel incorporated with a relaxing massage to the back, neck and shoulders. (50 min)

### *In & Be - Teen Facial*

Developed specifically for the needs of teen skin, this facial is a unique combination of natural antiseptics and anti-inflammatories to help maintain clearer, healthier skin. (50 min)

### *Eye Zone Treatment*

Bring sparkle back to your eyes with this soothing and revitalizing treatment. Specifically designed for the delicate eye area to firm, hydrate, and lift the eye area. (20 min)

*Choose from one of the following treatments*

*Deep Pore Cleansing \* Sensitive Skin*

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### *Hair Style and Design*

#### *Ladies' Haircut*

Relax and let one of our stylists assist you and your needs. Whether a trim or a new style, there's a stylist waiting for you. Includes wash, cut and style.

#### *Men's Haircut*

For men on the go, let Tonic be your stop for style. Stop in, no appointment necessary.

#### *Children's Cut*

Let us take the worry out of getting your child's haircut. We are very kid friendly and will create a great experience for you and your child.

#### *Additional Services*

*Blow Dry and Style*  
*UpDo/Special Occasion*  
*Deep Conditioner*  
*Permanent Color*  
*Semi Permanent Color*  
*Partial Highlight*  
*Full Highlight*  
*Perm*

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### *Nail Care*

#### *Signature Manicure*

Keep your hands and nails looking their very best with our signature hand treatment. Sign up for our “weekly maintenance series” and we will reserve your standing appointment for the same time every week. (A sure way to stay on top of problem hands and nails! 30-minutes)

#### *Signature Pedicure*

Your feet are one of the most abused and stressed parts of your body. Give them the attention they deserve with our signature pedicure. They will feel refreshed and revived. (45-minutes)

#### *Paraffin Treatment*

A rich, moisturizing treatment to open your pores and relieve dry, Chapped skin. Available for your hands and feet.

#### *Additional Services*

*Deluxe Spa Manicure (45 min)*  
*Manicure (30 min)*  
*French Manicure*  
*Deluxe Spa Pedicure (60 min)*  
*Pedicure (45 min)*  
*Manicure (30min)*  
*French Manicure*  
*Child Manicure*  
*Polish Change*  
*Paraffin Dip*

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## *Men's Specialty Menu*

At Tonic's, we address men's special skin care needs. Our members are invited to use the Club's private entrance. The lounge area is available for each client's comfort and privacy.

### *Sports Massage*

A deep tissue massage to relieve aches and pains in muscles and joints. Combined with our intense muscle-relief gel, this massage will leave you balanced and energized.

### *Men's Fitness Facial*

Learn how to minimize the common problems caused by shaving; for example, red bumps and irritated skin patches. Clear and simple results will have you feeling confident and invigorated in just 45 minutes.

### *Men's Executive Facial*

Clean, correct and protect your skin, and leave feeling relaxed yet energized. We will introduce you to our skincare line so you can have clear and simple results on your own. Complimented by a facial massage, this calming experience will have you refreshed.

### *Waxing*

A full array of waxing services will leave your skin smooth without irritation.

### *Sports Pedicure*

Our sports-style nail services feature an extended massage for relief from muscular aches and pains, a callous scrub and a cooling relief gel to diminish fluid retention.

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## *Body Massage*

*(10 Minute changing time is included in all massage times)*

### *Swedish Massage*

A light to medium pressure massage utilizing long strokes for a full body relaxation massage. Heat will be applied to melt away tension leaving you wonderfully revitalized. This massage not only relaxes the body, but also improves muscle tone and stimulates circulation.

### *Mini-Massage*

A calming massage focusing on your specific areas of need to gently melt away tension. You'll emerge from this half hour retreat revived and ready to move on with your day.

### *Hot Stone Massage*

Hot Stone Therapy melts away tension, eases muscle stiffness, and increases circulation and metabolism. Each 90-minute hot stone session features the placement of smooth, water-heated stones at key points on the body to allow for deeper relaxation of the muscles.

### *Expectant Mother's Massage*

A relaxing treatment tailored specifically to alleviate the physical discomfort and fatigue related to the changing bodies of pregnant women. Trained therapists adjust their techniques to help improve circulation, diminish back and hip pain, relieve headaches, reduce leg cramps and swollen ankles and promotes overall relaxation.

### *Drift To Sleep*

A journey designed to help you let go. This tranquil spa ritual begins with an aromatherapy footbath while enjoying a cup of herbal tea followed by a relaxation sleep massage and customized energy work. Afterward, you will enjoy a 20-minute power nap under a warm cozy blanket.

### *Thai Massage*

Thai Massage incorporates gentle stretching and pressure techniques. The practitioner uses hands, feet, arms and legs to guide the recipient through a series of yoga postures involving fluid movements, gentle stretching and breath work. Our treatment has been adapted for the spa environment and is performed on the massage table as opposed to the traditional mat. We ask that you come in loose-fitting, comfortable clothes

### *Cranio-Sacral Therapy*

A non-invasive, holistic approach to facilitate and enhance the body's ability to heal and regulate itself. The therapist uses very light touch to evaluate and balance the craniosacral system in the body, which include the cranium, spine and sacrum that are connected by a continuous membrane of connective tissue that also encompasses the brain and central nervous system.

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