



# THE STUDIO

AT MIZNER COUNTRY CLUB





The Studio, Spa & Salon offers an unparalleled spa experience that harmonizes care for your face, body, and spirit. Our treatments blend healing arts with pure ingredients and expert esthetic techniques. Conveniently located just minutes from your doorstep, The Studio provides the comfort of home with the luxury of a spa.

Allow our skilled therapists to indulge you with rejuvenating treatments that will leave you feeling refreshed and renewed. Discover a sanctuary where relaxation meets sophistication.



# MASSAGES









# Massage Services

## {TRADITIONAL THERAPIES}

### SWEDISH MASSAGE



This full-body massage technique uses soft, long kneading strokes, along with light, rhythmic tapping, and gentle joint movements to provide a deeply relaxing experience. It is the most commonly practiced form of massage in the Western world and is ideal for those seeking to relax tired muscles and improve overall well-being.

**50 min | 80 min**

### DEEP TISSUE MASSAGE



Firm, localized full-body massage technique that targets the deeper layers of muscles and connective tissues. This type of massage is particularly effective in addressing and alleviating chronic muscle tension and tight areas, often caused by stress, repetitive strain, or physical injuries. The primary goal is to break down adhesions, which are rigid bands of painful, tight tissue that can disrupt circulation and cause inflammation.

**50 min | 80 min**

### SWE-THAI MASSAGE



Swe-Thai massage is a unique and holistic therapy that blends the soothing, flowing strokes of Swedish massage with the dynamic stretching techniques of Thai massage. This integrative approach combines the best elements of both traditions, offering a comprehensive treatment that addresses both muscle relaxation and flexibility.

**50 min | 80 min**



## MEDICAL STYLE MASSAGE



Medical-style massage is a therapeutic approach designed to address specific health issues, promote healing, and aid in recovery. This type of massage integrates various specialized modalities tailored to individual needs, often based on a thorough posture and pain analysis. The goal is to provide targeted treatment for conditions such as chronic pain, injury recovery, and postural imbalances.

**50 min | 80 min**

## CUPPING MASSAGE



Deep tissue massage using special cups for increasing blood circulation to the area the cups are placed. This helps relieve muscle tension, which can improve overall blood flow and promote cell repair.

**50 min | 80 min**

## CRANIO- SACRAL THERAPY



A light touch approach to relieving tension focused on the head encouraging the release of restrictions deep in the body by targeting the central nervous system.

**50 min | 80 min**

## REFLEX- OLOGY



Therapeutic practice focusing on applying pressure to specific points on the hands and feet, which correspond to various parts of the body. These pressure points, or reflex zones, are believed to be connected to different organs, glands, and systems through the body's energy pathways.

**50 min**





## FACIALS & SKINCARE





## PUMPKIN FACIAL

Naturally occurring salicylic acid and enzymes simultaneously exfoliate and draw impurities out of the skin while introducing vital enzymes, vitamins, and nutrients into the skin with no expected downtime.

**60 min | 90 min**



## PUMPKIN PEEL

Accelerate the exfoliation process with this enzyme peel that removes dead skin cells, reduces the appearance of fine lines, pigmentation, and sun damage.

**60 min**



## VITAMIN C FACIAL

An anti-oxidant and anti-aging rich treatment designed to rejuvenate the skin by stimulating collagen syntheses, replicating elastin and protecting against free radicals. Vitamin C reduces the appearance of lines and wrinkles restoring the skin's youthful look.

**60 min | 90 min**



## CHOCOLATE COLLAGEN

This calorie free antioxidant treatment made with rich chocolate and vitamin E nourishes and hydrates the skin, eliminates free radicals and improves elasticity and skin texture. Followed by a soothing collagen mask, blended with milk and vitamins A, C & D, amino and hyaluronic acid.

**60 min | 90 min**





## OXY TRIO

Oxy Trio detoxification therapy, deep pore extraction, microdermabrasion skin polishing, LED light therapy stimulating collagen production while promoting increased blood circulation and cellular healing.

**60 min | 90 min**



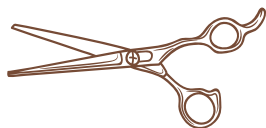
## MICRO-NEEDLING

Also known as collagen induction therapy, this minimally invasive treatment dramatically rejuvenates the skin. A device with fine needles creates tiny punctures in the top layer of the skin which helps stimulate new collagen and elastin. Results include improved texture, firmness, as well as a reduction in pore size, scars and stretch marks.

**60 min**







# Hair Salon Services

FOR HIM AND HER



## Classic Cut

*Barber*

Shampoo/ Condition  
and cut without the frills

## Executive Cut

*Barber*

Shampoo/Condition, Cut,  
Steam towel, Neck and  
Shoulder massage and Neck  
and Eye brow trim.

## Basic Blowout

*Salon*

Shampoo & Blow-out for  
short hair.

## Long Hair Blowout

*Salon*

Shampoo & Blow-out  
for long hair.

## {ADD-ONS}

For Him

Neck Trim

For Her

Split-end Trim



# Hair Salon Services



Tape-in Extensions

Beaded Sew-in  
Extensions

Keratin

Micro Beaded  
Sew-in

Partial Highlights

Full Highlights

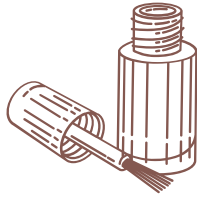
Roots

Full Hair Basic

Full Hair Long

Updo & Style





# Nail Salon Services

## Signature Pedicure

60 Minutes

*A nourishing soak, exfoliation to smooth calluses and rough spots, a warm wrap and a decadent massage to relieve stress and reduce swelling. End with the beautifully applied polish of your choice.*

## Classic Pedicure

60 Minutes

## Signature Manicure

45 Minutes

*Includes nourishing soak, hand massage, cuticle care, exfoliation and polish.*

## Classic Manicure

50 Minutes

## Dip Powder Full Set

60 Minutes

## Acrylic Full Set

60 Minutes

## Gel Full Set

60 Minutes

## Fill

50 Minutes

## {ADD-ONS}

Polish Change

Gel Polish Change

Repairs - per nail

French Dip

Toe Clip

Soak off Removal

# WAXING





---

UPPER LIP

EYE BROWS

BIKINI

BRAZILIAN BIKINI

BACK OR FULL ARMS

DYE EYEBROWS

---





# THE STUDIO

We feature a unique selection of high-quality brands and products.  
Members receive 20% off retail prices.

**PCA** skin®

MOROCCANOIL®

OBAGI™  
MEDICAL







