



Physician Foundation  
at California Pacific  
Medical Center

INSTITUTE FOR HEALTH & HEALING

A Sutter Health Affiliate

## Relax & Renew – Skincare Summer Specials

May 13 – July 18, 2009



### Hot Stone/Detox Wrap - \$105 for 80 min (regular price is \$150)

This luxurious new treatment offers much more than a regular hot stone massage. It is a true experience for the senses, combining rhythmic massage, warm stones and oils to balance the body, mind, and spirit. The treatment also includes a detoxification body mask and wrap - a unique finishing touch which removes toxins and deeply relaxes the body. It is beneficial for rejuvenation, detoxification, and simply for your well-being.



### Lactic Peel - \$126 for 80 min (regular price is \$180)

The Lactic Peel deeply exfoliates, and is combined with intensive vitamin therapy to maximize skin health and vibrancy. The peel is enhanced with the use of galvanic current, which penetrates and infuses the skin with vitamins to promote collagen and elastin regeneration. The benefits include an improved complexion, and a reduction of sun damage and fine lines.



### Vedic Facial - \$126 for 80 min or \$168 for 110 min

(regular price is \$180 and \$240)

This divine new Ayurvedic facial aligns *prana* or “life force energy” with concentrated blends of botanical oils for your dosha type. The treatment deeply cleanses the skin with nourishing masks, essences, and organic oils to uplift and balance your complexion and energy. Marma points on the scalp, feet and back are massaged to relieve any signs of tension. The 110 minute treatment also includes *shiro dhara*, a flowing oil treatment for deeper relaxation and tranquility.



**Laurence McKee, Est., CMT**, is a specialist in skin and body care with more than twenty years of professional experience in spas and treatment centers in Europe and the United States. Her specialties include anti-aging and rejuvenating facial treatments, and Ayurvedic treatments. Laurence is also skilled at assessing skin conditions and recommending proper care.

Call (415) 600-3503 to schedule. Saturday appointments are now available.

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