

Relax ~ Rejuvenate ~ Refresh

WellSpa at Harbor Town

www.hfmhealth.org



Massage Therapy

Relaxation	30 min.	\$35
	60 min.	\$50
	90 min.	\$75
Therapeutic	30 min.	\$45
	60 min.	\$65
	90 min.	\$85

A great remedy for that constant muscle discomfort or for those that just like a deeper massage. During the service, the therapist may focus on the specific group of muscles that ache.

Head and Neck 30 min. \$35

Pregnancy 30 min. \$35
60 min. \$50

Clients must bring a written doctor's consent for pregnancy massage.

Hot Stone 60 min. \$60
Fantastic for giving you that warm feeling of comfort. The heat from the stones invites your tired muscles to relax and release tension.

Hot Stone: Neck & Shoulders
30 min. \$40

Late Arrival, Cancellation and No-Show: Service may be shortened if client arrives late for appointment. Cancellations within 24 hrs or missed appointments will be charged 1/2 the service fee at next scheduled service.

Payment Policy: Cash, Check, MasterCard/Visa, or HFM Gift Cards

Individuals 17 Years of Age and Younger: A parent or guardian is required to check-in for appointment and sign a release form acknowledging treatment.

Wellness Center Members: If you're working out prior to your spa service, as a courtesy to your spa technician, we ask that you allow time for a shower before your appointment.

WellSpa at Harbor Town

Located inside the HFM Wellness Center
1650 S. 41st Street, Manitowoc

Spa Extras

Light Therapy 15 min. \$15
Suggested for Seasonal Affective Disorder (SAD).

Hand Paraffin Treatment
15 min. \$5

A warm wax treatment great for dry or cracked hands. Helps relieve symptoms from arthritis, joint problems & tired muscles.

Ionic Foot Detoxification ~
\$10/session ~ \$120/14 sessions
Removes toxins from your body and helps restore your body to optimal health.

Public
always
welcome!

Wellness Center
members receive a
discount on most
WellSpa services!

370-4600



Holy Family Memorial

Sponsored by the Franciscan Sisters of Christian Charity