



**your spa  
for life in harmony**

**designed to honor  
the holistic approach  
to life  
in an atmosphere of  
wholesome luxury**



*We invite you to  
renew and rejuvenate  
your body, relax your  
mind and refresh your spirit.  
Come and enjoy our  
personalized spa services.*

*We combine traditional  
Chinese mind-body principles,  
along with modern European  
skin care, in a particularly  
peaceful setting. Sip herbal tea  
by the fireplace or enjoy  
a natural food lunch  
on our patio under  
the trees.*

***Vallerie*  
EUROPEAN SPA  
AND HOLISTIC HEALTH CENTER**



## SPA INFORMATION

At **Vallerie's** you will find an array of tempting choices to soothe the spirit, challenge and pamper the body, and enrich the mind. Make your visit to our Spa a special occasion for renewal and rejuvenation. Enjoy the peaceful atmosphere on our 5 acre property. During your stay at **Vallerie's**, you will be provided with your choice of herbal teas, a robe and slippers. Healthy seasonal vegetarian lunch available for \$15 with 24 hours advance notice.

## hours of operation

9:00 a.m. to 5:00 p.m., Monday through Saturday, Thursdays  
 9:00 a.m. to 7:00 p.m. One day group retreats available any day of the week including Sunday, if arranged in advance.

## reservation

We suggest making all service reservations at least two weeks in advance. Please call 609.466.8886 for all appointments.

## check-in

Please check in at **Vallerie's** at least 15-minutes prior to your first scheduled appointment.

## cancellation policy

Because your spa and salon services are reserved for you, we ask that you notify us at least 24 hours in advance if you need to cancel or reschedule. You will be charged the full value of your services should you cancel with less than 24 hours notice. All no shows are charged for the full value of the scheduled services.

## service charge

A 18% service fee will be added to all spa services. Applicable state sales tax will be added to product sales.

## gift certificates

To show your appreciation to that someone special, please enquire about our ideal year-round gift certificates available for any occasion. Choose from a varied selection of **spa day packages**. 18% service fee will be added to all gift certificates. Phone and mail orders available. For information call 609.466.8886.

## directions

For directions to **Vallerie European Spa and Holistic Health Center** please consult our direction insert or call 609.466.8886.



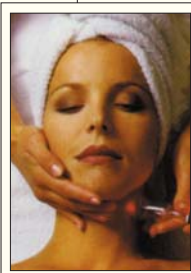
**Vallerie**  
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235 Hopewell-Pennington Road  
 Hopewell, New Jersey 08525  
**609.466.8886**

www.vallerieeuropeanspa.com

## SPA FACIALS



**Vallerie's unique holistic way to naturally beautiful skin:** all facials feature deeply cleansing, lymphatic drainage, all natural essential plant oil and trace mineral masks, and revitalizing acupoint stimulation.

**ENERGIZING QUICK-FIX FACIAL** Perfect for anyone on the go, includes massage, lymphatic drainage and a toning mask. *30 minutes*

**FIVE ELEMENT FACIAL — Our signature facial**  
Deep cleansing, lymphatic clearing and acupressure. Features **Phytobiodermie products** selected especially for your skin type (determined by your elemental biorhythm). *60 minutes*

**TONING AND LIFTING FACIAL** Lymphatic stimulation chromatherapy with lights, clay and plant oils. Vibration therapy with stimulation of acupoints that energize your face. *90 minutes*



**CHROMATIC "FACE LIFT" FACIAL**  
Adds intensive moisturizing and skin reconditioning by enhancing the flow of skin fluids. *Three sessions including five week biotonic facial kit. 90 minutes each session*

**EYE TREATMENT** Specialized treatment using acupoints and lymphatic drainage to tone and revitalize the skin around the eyes. Your eyes will be visibly refreshed and relaxed. Can be used alone or in combination with the five elements facial. *30 minutes*

## DAY PACKAGES AND RETREATS



*All packages include a 18% gratuity. Spa day packages feature an array of tempting choices. Choose a package that offers the right combination of adventure and pampering for you.*

**ULTIMATE RENEWAL** Scalp treatment, spa pedicure, spa manicure, five element facial, customized body treatment, balneotherapy bath, hairstyle, makeup, spa lunch. *7 hours*

**HOLISTIC HARMONY** Scalp treatment, five element facial, customized body treatment, balneotherapy bath, hairstyle, spa lunch. *5 hours*

**HEAD TO TOE** Toning and lifting facial, massage, spa pedicure, spa manicure. *4 hours*

**RELAX & REFRESH** Toning and lifting facial, spa pedicure, spa manicure, one hour reflexology. *4 hours*

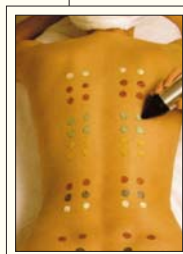
**BODY DELIGHTS** Body scrub, balneotherapy bath, one hour massage. *2 1/2 hours*

**BODY & SOUL** Yoga class, balneotherapy bath, one hour massage. *2 hours*

**JOY FOR FACE, HANDS AND FEET** Five element facial, spa manicure, spa pedicure. *3 hours*

**OR WE CAN DESIGN A PACKAGE TO SUIT YOUR NEEDS!**

## SPECIALITY TREATMENTS



**CUSTOMIZED BODY SCULPTING** Our unique East-West spa therapies focused to meet your specific esthetic goals. Tone and revitalize any body area. Includes balneotherapy bath. *2 hours*

**SUPER NATURAL SLIMMING PROGRAM**  
A truly holistic approach to body toning and weight reduction. *Designed specifically for your body and skin type* according to the traditional

Chinese Five Elements system. Your program includes: an 18 day practical nutritional plan and a series of five or ten sessions, each combining chromatherapy, lymphatic cleansing, and acupressure to provide the essential foundation, of weight reduction. Benefits include: improved circulation, lymphatic clearing, nervous system balancing, more efficient digestion and metabolism, elimination of fluid retention, renewed and balanced energy. *2 hours each session. 10 or 5 sessions.*

**SEASONAL BODY TREATMENTS** Address the stresses that seasonal changes bring to your skin, as well as the rest of your body and mind. Season specific holistic treatments are as follows: for Spring, focus on nervous and immune systems, and smooth energy flow; for Summer, focus on circulatory system and emotional balance; for Autumn focus on immune and respiratory systems, and detoxification; and for Winter focus on fluid elimination and vital energy. *2 hours*

## BODY TREATMENTS



**HONEY ALMOND & OATMEAL BODY SCRUB** Exfoliating treatment using invigorating massage to leave your skin soft and smooth. *60 minutes*

**BALNEOTHERAPY BATH** Revitalizes and detoxifies your skin. Enjoy our ultimate Jacuzzi with any facial, body treatment or massage. *20 minutes*

**SMOOTHER STOMACH** Stretch marks treatment in *5 sessions* including balneotherapy bath, firming gel, chromatherapy and vibration stimulation. *90 minutes*

**BEAUTIFUL BREASTS AND DECOLTE**  
Twice a year treatments to prevent atony. Recommended to be done in Spring and end of Summer. Includes balneotherapy bath and *7 day program breast kit. 90 minutes each session.*

## MASSAGE THERAPY



Relax and revitalize with professional bodywork sessions provided by National Board Certified massage therapists. We can help you choose the style that's just right for you.

**SWEDISH** Classical European style, gently soothing strokes with oils and lotions. Improves circulation, eases

aches and tensions, strengthens the immune system. Can include deep muscle therapy. 60 or 90 minutes.

**SHIATSU** Traditional Japanese style, combines acupressure, stretching, and range of motion to relieve internal stress as well as muscle tension. Stimulates and balances energy flow through the meridians connecting the vital organs to the body's surface. 60 or 90 minutes.

**EAST-WEST MASSAGE** Integrates Oriental energy balancing and European muscle therapy. Enjoy the benefits of the best of both styles. Can include neuromuscular and cranial-sacral work for balance and deep relaxation. 90 minutes.

**AMMA** Ancient Chinese holistic bodywork combines acupressure and soft-tissue massage. Improves circulation and strengthens the immune system while balancing energy flow. 60 minutes.

**SPORTS MASSAGE** Swedish and deep muscle work geared to your specific needs. Helps conditioning and performance. Schedule well in advance for pre- or post-event sessions. 60 or 90 minutes.

**MEDICAL MASSAGE** A series of 30 minute sessions to focus on specific problem areas, coordinated with chiropractic or medical care. By special arrangement only. 30 minutes.

**REFLEXOLOGY** Acupressure style treat for the feet (and also hands). Deeply relaxing work with reflex zones to restore energy flow throughout the body. 60 minutes.

## ALTERNATIVE MEDICINE

Our Holistic Health Center provides referrals to licensed, experienced professionals in:

**HOMEOPATHY**

**KINESIOLOGY**

**CHIROPRACTIC CARE**

**NUTRITIONAL COUNSELING**

Please call 609.466.8886 for more information, prices, and schedules.

## SALON SERVICES

### hair treatments

**PRECISION HAIR CUT & STYLE**

**WASH AND STYLE**

**MEN'S HAIR CUT**

**DEEP CONDITIONING TREATMENT**

**SCALP TREATMENT** includes descaling of the scalp, invigorating tea tree shampoo deep heat conditioning treatment and scalp massage. Recommended for maintaining healthy hair and scalp.

**HAIR COLORING SINGLE PROCESS**

**HAIR COLORING DOUBLE PROCESS**

**HAIR COLORING SEMIPERMANENT**

**HAIR GLOSS**

**FOIL WRAPPING (HIGHLIGHTING)**

**HAIR TEXTURIZING (PERM)**

**HAIR STRAIGHTENING**

### nail treatments

**HAPPY FEET PEDICURE**

**HAPPY HANDS MANICURE**

**SPA PEDICURE** Includes exfoliation, mask, and refreshing wintergreen paraffin treatment

**SPA MANICURE** Includes exfoliation and Vitamin E peach paraffin treatment mask



### depilatory treatments

Removal of unwanted hair from face, arms, legs, or body using organic wax.

**FULL LEG AND BIKINI**

**BROW**

**HALF LEG**

**LIP**

**BIKINI**

**CHIN**

**ARM**

**FACE SIDES**

**UNDERARM**

**FULL FACE**

### other

**EYEBROW TINTING** using vegetable dyes.

**EYELASH TINTING** using vegetable dyes.

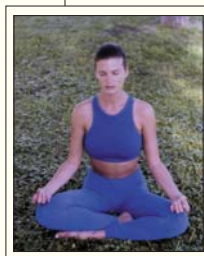
**MAKEUP APPLICATION**

**MAKEUP LESSON** using natural mineral makeup made in Italy.

**BRIDAL MAKEUP** and offsite application available by appointment.



## YOGA CLASSES



Ongoing yoga and meditation classes and health awareness workshops. Please call 609.466.8886 for more information about events dates and schedules.

# Vallerie

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## SPA SERVICES

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### FACIALS

*Vallerie's unique holistic way to naturally beautiful skin: all facials feature deeply cleansing, lymphatic drainage, all natural essential plant oil and trace mineral masks, and revitalizing acupoint stimulation.*

<b>ENERGIZING QUICK-FIX FACIAL</b> 30 minutes	\$75
<b>FIVE ELEMENT FACIAL</b> 60 minutes	\$90
<b>TONING AND LIFTING FACIAL</b> 90 minutes	\$135
<b>CHROMATIC "FACE LIFT" FACIAL</b> including five week biotonic facial kit 90 minutes each session for 3 sessions	\$530
<b>EYE TREATMENT</b> 30 minutes	\$50

### SPECIALITY TREATMENTS

<b>CUSTOMIZED BODY SCULPTING</b> 2 hours	\$190
<b>SUPER NATURAL SLIMMING PROGRAM</b> 2 hours for 10 sessions 2 hours for 5 sessions	\$1,900 \$950
<b>SEASONAL BODY TREATMENTS</b> 2 hours	\$190

### BODY TREATMENTS

<b>HONEY ALMOND &amp; OATMEAL BODY SCRUB</b> 60 minutes	\$75
<b>BALNEOTHERAPY BATH</b> 20 minutes	\$45
<b>SMOOTHER STOMACH</b> 90 minutes each session for 5 sessions	\$780
<b>BEAUTIFUL BREASTS AND DECOLTE</b> includes 7 day program breast kit 90 minutes each session	\$225

### MASSAGE THERAPY

*Relax and revitalize with professional bodywork sessions provided by National Board Certified massage therapists. We can help you choose the style that's just right for you.*

<b>SWEDISH</b> 60 minutes 90 minutes	\$90 \$135
<b>SHIATSU</b> 60 minutes 90 minutes	\$90 \$135
<b>EAST-WEST MASSAGE</b> 90 minutes	\$135
<b>AMMA</b> 60 minutes	\$90
<b>SPORTS MASSAGE</b> 60 minutes 90 minutes	\$90 \$135
<b>MEDICAL MASSAGE</b> 30 minutes	\$50
<b>REFLEXOLOGY</b> 60 minutes	\$75

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Please call 609.466.8886 for more information, prices, and schedules.

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## DAY PACKAGES AND RETREATS

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All packages include a 18% gratuity. Spa day packages feature an array of tempting choices. Choose a package that offers the right combination of adventure and pampering for you.

### ULTIMATE RENEWAL

7 hours \$620

### HOLISTIC HARMONY

5 hours \$455

### HEAD TO TOE

4 hours \$378

### RELAX & REFRESH

4 hours \$307

### BODY DELIGHTS

2 1/2 hours \$248

### BODY & SOUL

2 hours \$212

### JOY FOR FACE, HANDS AND FEET

3 hours \$218

**OR WE CAN DESIGN A PACKAGE TO SUIT YOUR NEEDS!**

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## SALON SERVICES

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### hair treatments

PRECISION HAIR CUT & STYLE from \$65

WASH AND STYLE from \$30

MEN'S HAIR CUT from \$30

DEEP CONDITIONING TREATMENT from \$25

SCALP TREATMENT from \$60

HAIR COLORING SINGLE PROCESS from \$60

HAIR COLORING DOUBLE PROCESS from \$80

HAIR COLORING SEMIPERMANENT from \$45

HAIR GLOSS from \$45

FOIL WRAPPING (HIGHLIGHTING) \$90, full \$120

HAIR TEXTURIZING (PERM) from \$90

HAIR STRAIGHTENING from \$80

### nail treatments

HAPPY FEET PEDICURE \$45

HAPPY HANDS MANICURE \$20

SPA PEDICURE \$60

SPA MANICURE \$35

### depilatory treatments

FULL LEG AND BIKINI \$85

HALF LEG \$35

BIKINI starting at \$30

ARM \$35

UNDERARM \$20

BROW \$20

LIP \$15

CHIN \$15

FACE SIDES \$30

FULL FACE \$70

### other

EYEBROW TINTING *using vegetable dyes.* \$25

EYELASH TINTING *using vegetable dyes.* \$30

MAKEUP APPLICATION \$45

MAKEUP LESSON \$90

BRIDAL MAKEUP *and offsite application available by appointment.*

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## YOGA CLASSES

Ongoing yoga and meditation classes and health awareness workshops. Please call 609.466.8886 for more information about events dates and schedules.

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