



*Only the best for you at
the Merage JCC*

MASSAGE THERAPY



Joy Bella Heilig is a California State and Nationally Certified Massage and Body Work Therapist with more than 20 years experience and an Esthetician with a passion for skin care. She has worked in the most exclusive spas and fitness facilities in Southern California with an elite and celebrity clientele.

Contact Joy directly at 949-280-8621 to schedule your appointments.

ESTHETICIAN / SKINCARE



Judy Small is a native Californian and was born and raised in the Los Angeles area. She has enjoyed nearly 20 years as a licensed esthetician. She offers a variety of services including custom facial treatments, microdermabrasion, full body waxing, eyelash & brow tinting. She has

worked with both Dermatologists and Cosmetic surgeons throughout her career.

Contact Judy at (949) 421-9353 to schedule your appointment.

JCC Spa Etiquette

Please arrive at the JCC 30 minutes prior to your appointment in order to check in at the Fitness Desk, enjoy a warm shower and begin your service at the reserved time.

First Time Guests: Please allow 10 minutes to fill out your intake form.

Late Arrivals will receive only the remaining time of their scheduled appointment to be courteous to the next guest.

Cancellations must be received 24 hours in advance or your account will be charged for the full service scheduled.

Gift Certificates for all JCC Spa Services are available at the JCC Fitness Desk.

Non-members are welcomed and encouraged (with a JCC Guest Pass for the day. Limit: 3 per year.)



One Federation Way, Irvine, CA 92603
949.435.3400 • www.jccoc.org

Merage Spa Menu



Merage Jewish Community
Center of Orange County
www.jccoc.org



MASSAGE



Enjoy a massage customized just for you with a personalized blend of the following modalities:

RELAXATION MASSAGES

Swedish Massage uses long fluid strokes to help soothe your muscles, reduce tension, increase circulation and induce a deep state of relaxation.

Reiki Energy Healing can be combined with massage to help manage pain and increase harmony in the body. Your therapist holds her hands still over the seven *chakras* (energy centers) as she sends healing energy through her hands into your body.

Hot Stone Therapy (90 minutes) uses gently heated, smooth basalt stones to deeply relax and warm muscles and prepare them for the skilled touch of your therapist.

THERAPEUTIC MASSAGES

Deep Tissue Muscle Sculpting uses many of the same movements as Swedish massage with deeper pressure as the therapist focuses on specific areas of chronic muscle tension.

Reflexology uses applied pressure to the feet and hands with specific thumb, finger and hand techniques to encourage a beneficial effect on the entire body and improve general health.

Pre-Natal Massage is specifically designed to address the needs of pregnant women, to comfort, soothe and relax the "Mother to Be." (Recommended for women in their second and third trimesters)

Contact Massage Therapist Joy Bella to schedule your appointment (949) 280-8621.

SKIN CARE

SIGNATURE FACIALS

Our signature facials are custom tailored for all skin types and are designed to promote total skin health. Your facial will consist of deep pore cleaning, extractions, specialty masques, serums and moisturizers. In addition, you will have the choice of a hand or foot treatment during your facial. This facial will give you a long lasting look and feel of totally rejuvenated skin.



Each signature facial includes microdermabrasion, one of the most popular skincare treatments on the market. Able to solve many different types of skin concerns, this procedure is easy, painless and extremely effective. Microdermabrasion provides fast improvement for skin concerns such as fine lines, blemishes, scarring, stretch marks, age spots and sun damage.

CHEMICAL PEELS

Chemical peels use several types of acid solutions to smooth and improve the texture of your skin. The acids work by removing damaged outer layers and are sometimes used on the neck and hands. Chemical peels have been proven to be among the most popular non-surgical cosmetic procedures chosen by clients. The type of peel varies by skin type. These peels are highly recommended in a series of three or six.



To schedule an appointment, contact Esthetician Judy Small at (949) 421-9353.

SERVICES

Relaxation or Therapeutic Massage

30 minutes.....	\$50
60 minutes.....	\$80
90 minutes.....	\$120
Hot Stone	\$130

Signature Facials, includes microdermabrasion

40 minute back treatment.....	\$55
40 minute facial	\$65
60 minute facial	\$80
90 minute facial	\$120

Chemical Peels..... ask for pricing

Specialty Add-Ons

Brow Tint	\$20
Eye Lash Tint.....	\$30
Lash & Brow Tint	\$40

Silky Smooth Body Waxing

Lip	\$10
Chin	\$10
Cheeks	\$12
Eyebrow	\$25
Neck (nape).....	\$15
Underarms.....	\$20
Half Arm	\$25
Bikini Line	\$35 & up
Lower Leg only	\$40
Full Arm	\$40 & up
Upper Leg	\$45
Back	\$45 & up
1/2 Leg/Bikini.....	\$55 & up
Full Leg	\$70 & up
Full Leg/Bikini	\$85 & up

We accept Cash, Checks, Visa, MC, AmEx.

A 15-20% gratuity is customary and appreciated by your therapist/ esthetician. (Cash or check only.)