

The Day Spa at Oneonta Laser Derm

"Step into Nirvana"

Spa Menu

BODY MASSAGE

Swedish

The most popular style of massage is comprised of long, sweeping strokes and circular patterns. This is the utmost in soothing comfort for relaxation, calming tension, and putting emotions to rest.

Deep Tissue

Utilizing slow, compressive strokes on major muscle groups DT massage is useful in soothing the discomfort of the muscle adhesions, improving circulation and eliminating heightened muscle tension.

Pregnancy

For the mother to be. Enter the womb of massage where pampering hands relieve your stress. Special attention is paid to the area of greatest discomfort. Take time for yourself and enjoy! (Offered after the first trimester of pregnancy)

Thirty Minute Massage \$45

Sixty Minute Massage \$70

Eighty Minute Massage \$95

Customize any massage or body treatment with an essential oil of your choice. \$5

BODY THERAPIES

Chocolate Decadence

Lavish your senses and indulge your body in Gerard's euphoric chocolate anti-aging body treatment. A special formulation of natural cocoa from Italy, and sweet almond oil will not only lift your spirits, but your skin as well.

Fulfill your chocolate desire, with zero calories. \$115

Body Firming Treatment

Designed to combat tissue relaxation and untuned muscle on any part of the body. Gerard's provides you with firming, reactivating and toning results. \$110

Scrub massage with Dead Sea Salts

Awaken your senses, stimulate your body and soften your skin, with Gerard's natural exfoliating treatment. Created from sweet almond oil, fine salts from the dead sea and gel marine, to effectively promote the circulation, draining and oxygenating of your entire body. Great for cellulite. \$99

Shea Butter

Extend your tan and prepare for the colder weather using natural shea butter to deeply moisturize your entire body. For the person with dry flaky skin. \$99

Tibets

Using Himalayan Pebbles and Dead Sea Salts, Gerard's has created the ultimate treatment. Exfoliate, purify and immerse your body in a soul journey of wellness and peace. For the stressed out person needing calming and focus in her life. \$115

Thermal Mud from the Dead Sea Body Wrap

Begin with a thorough cleansing and exfoliation before your body is coated with warm Spa Mud from the Dead Sea. Detox pores and nourish your skin with the abundance of minerals found in nature's mud. After 10 minutes of "baking", you are cleansed with warm towels and enjoy a restorative sixty minute massage. \$99

European Massage

This heavenly body treatment involves hot towel wraps and sensual scents along with an expert massage. This best kept European secret of life can be yours. Sixty minute massage \$80

Hot Stone Massage

Polished river stones steeped in a hot water bath are placed on the body. The radiant heat is absorbed into the muscle tissues causing deep relaxation. A combination massage utilizing the skilled hands of the therapist as well as the warm stones gives you the ultimate relaxation experience. Ninety minutes \$110

Rigenera DNA

Gerard's has created a formula well ahead of our time. Designed for all skin types to help provide an anti-stress, regeneration, and firming treatment. In addition a mask sheet drenched in marine DNA will supply the skin with vitamins A, C, & E in the pure form, accelerating tissue regeneration and reducing the signs of aging. \$85

Vitaminic Mask

Try our unique purifying treatment with a combination of natural extracts and oils of marigold, carrot, and chamomile to deeply cleanse acne prone skin, while removing impurities. \$75

Improve Micro-dermabrasions

We offer the newest technology in Micro-dermabrasion with the Mega Peel Platinum series. Treatments are helpful for those with acne scarring, sun-damaged skin, age spots, freckles, fine lines, and rough skin. Treatments can be performed just about anywhere on the body.

Face \$110, Chest \$150, Hands \$65, Back \$175, Abdomen \$175

FACIAL THERAPIES

European Facial

A customized classic facial that includes cleansing, a light natural exfoliation, extractions, a rejuvenating facial, scalp, and upper body massage, and a custom mask designed for your skin. For the finale, a moisturizing treatment is performed that refreshes your skin, leaving you with a radiant complexion. \$65

Teen Facial \$55

Dermo-Purifying Acne Treatment

your skin instantly with Gerard's pure vitamin mask face treatment. Best for dull or acne prone skin, and skin affected with broken capillaries. Get vibrant skin now with this facial! \$95

Anti-Ageing Treatment

Rejuvenate your skin back to the days of your youth. This cell renewal collagen treatment combines amino acids, lipids and vitamins. For an anti-wrinkle, and firming facial. Lying about your age never looked so good. \$80

BODY WAXING SERVICES

Our professional staff learned the art and science of waxing at the feet of the world's most famous wax queen. We use only the finest French soft and hard waxes for the perfect finish to your skin.

Fees based on the amount of hair and last waxing treatment. Please allow at least 2 week of hair growth.

<i>Brows</i>	<i>\$15-25</i>
<i>Upper Lip</i>	<i>\$10-20</i>
<i>Chin</i>	<i>\$10-20</i>
<i>Sideburn</i>	<i>\$12-20</i>
<i>Full Face</i>	<i>\$35-55</i>
<i>Underarms</i>	<i>\$15-35</i>
<i>Full Arms</i>	<i>\$40-65</i>
<i>Half Arms (above or below elbow)</i>	<i>\$25-50</i>
<i>Hands or Feet</i>	<i>\$10-20</i>
<i>Chest</i>	<i>\$20-50</i>
<i>Abdomen</i>	<i>\$20-40</i>
<i>Bikini</i>	<i>\$20-50</i>
<i>Brazilian</i>	<i>\$50-80</i>
<i>Full Legs</i>	<i>\$45-80</i>
<i>Half Legs (above or below knee)</i>	<i>\$30-60</i>
<i>Back</i>	<i>\$25-75</i>

HAIR AND MAKEUP

Allow our expert staff to assist you with your hair and makeup before your Wedding, Prom, or special night out on the town. Our private salon is available by appointment only to give you the individualized attention you desire.

<i>Wash and style</i>	<i>\$15-30</i>
<i>Updo</i>	<i>\$35 and up</i>
<i>Bridal up-do with trial</i>	<i>\$75 and up</i>
<i>Makeover consult and application</i>	<i>\$60</i>
<i>Makeup application</i>	<i>\$35</i>
<i>Airbrush Makeup application</i>	<i>\$75</i>
<i>Bridal air brush makeup application with trial</i>	<i>\$125</i>
<i>Lashes</i>	<i>\$5</i>

Want the Professionals to come to you? Call today for traveling prices!

Host a Spa Party here at The Day Spa ask for details

FINGERS & TOES

Classic Manicure

File, cuticle care, hand massage and polish \$20

Spa Manicure

Treat yourself to the ultimate manicure with file, cuticle care, exfoliant removed by hot towels, hand massage and polish. \$30

Classic Pedicure

Unwind with a Soak, file, cuticle care, sugar scrub, massage and polish. \$40

Spa Pedicure

Indulge yourself with a Soak, file, cuticle care, sugar scrub, foot mask removed by hot towels, massage and polish. \$55

ADD ON

French Manicure or Pedicure \$5

Paraffin for hands or feet \$15

PACKAGES

The Classic Package

A true delight that includes a half hour massage, classic Manicure and classic Pedicure. 2 ½ hrs \$90

The Pampering Package

This package features a half hour massage, classic manicure, classic pedicure and a European facial. 3 ½ hrs \$155

The Elite Package

This divine package features a one hour massage, European facial, classic manicure, and our seasonal pedicure.

4 ½ hrs \$220

Blushing Bride

Pamper yourself before the big day. This package includes a European facial, one hour massage, spa manicure, spa pedicure and lunch by Athens. 4 ½ hrs \$225

Mommy-To-Be

This important part of your life calls for an important package. It includes spa manicure and spa pedicure with paraffin and a 1 hour prenatal massage. 3 ½ hrs \$150

The Day Spa at The Oneonta Laser Derm was established in 2001 by Eric Dohner M.D.. Combining revitalizing treatments and wellness in a tranquil atmosphere.

We exclusively feature Gerard's products as well as PCA (Physicians Choice of America) and Jane Iredale make-up. Gerard's was established in 1969 to create a cosmetic alternative to the unnatural products that existed on the market. The founder's love and respect for nature made them decide to use natural vegetable ingredients in their cosmetic products. Although Gerard's is growing fast, it has remained a family-owned company. Research and development have helped Gerard's become a leader in the product development over the last 30 years.

Lunch by Athen's Famous Gyros may be added to any service or package for an additional \$25.

- *All Facial Treatments take approximately 75 minutes.*
- *All Body Treatments take approximately 90 minutes.*
- *Please arrive 10 minutes prior to your appointment.*
- *Gerard's recommend a period of rest after your Body Treatment.*
- *All appointments may be reserved with any major credit card.*
- *We require 24 hour notice for all cancellations. Failure to do so may result in 50% of the service being charged to your credit card. This also applies to no shows and late arrivals.*
- *Please be courteous and turn off cell phones upon entering.*
- *Please note: Gratuities are not included in your service price.*

Enjoy!

The Day Spa at Oneonta Laser Derm
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Oneonta NY
888-DOHNERMD
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Oneontalaserderm.com

Hours of Operation
Tuesday, Wednesday 10-6
Thursday, Friday 10-7
Saturday 9-5

Most major credit cards accepted