

Massage

Give it a try...Starting at \$39

Enjoy this introductory offer on your first 50 minute massage with us. There are absolutely no commitments. Simply give us a try and see how this massage is right for you. We're sure you're going to love it, but we want you to see for yourself.

Swedish Relaxation Massage - \$39

Hot Stone Massage - \$49

Deep Tissue Massage - \$49

Massage Memberships

\$49/ month

Enjoy the great benefits of receiving repetitive massages while enrolling in a membership with NO CONTRACT OR COMMITMENT. Simply have your monthly membership drafted automatically from your checking account or credit card. You receive a 50 minute Swedish Relaxation Massage session each month included with your monthly fee.

If you are looking to receive any additional massages during that month you receive a discounted rate.

Each Additional Massage.....Only \$39

Upgrade to Hot Stone or Deep Tissue.....Only \$10

Can't get in to get your monthly massage?

No worries, it rolls over to the next month

In the event that you would like to place your massage membership on hold, you can place it into "The Layover." We will only charge you account \$5 per month. When you come back in to reactivate your membership, we will place the money that you spent on layover fees back to your in store account to use toward anything in the salon.

Massage Sessions

Are you looking for a one time massage? A single 50 minute massage may be the right thing for you. Also be sure to check out our unbelievable massage membership options so you can experience all the benefits of a regular massage regimen.

Swedish Relaxation Massage - \$65

Hot Stone Massage - \$75

Deep Tissue Massage - \$75

A Note About Tips.....Our staff works extremely diligently to insure you receive the absolute best. It is customary to tip your massage therapist. A tip in the amount of 15%-20% of the amount of your service is customary and is greatly appreciated.

Swedish Relaxation Massage

A Massage technique intended to relax muscles and improve circulation with the use of massage oils and gentle manipulations such as long strokes, kneading and tapping. Swedish Massage is used to relieve pain and discomfort associated with muscle tension, fractures, sprains, and stiff joints. Guests will also receive a shorter recovery time from muscular strain. This massage technique is a great way to reduce emotional and physical stress.

Hot Stone Massage

Specially selected heated stones are used to massage the body, providing a nurturing and enhanced therapeutic effect. The application of heat not only increases the feeling of well-being but also enables the therapist to work more deeply and more effectively with chronic pain conditions. The smooth basalt stones have a high iron content, enabling them to retain heat. The stones are applied at varying degrees of heat, wet, onto an oiled body and the effect is similar to a combination of sauna and massage, without having to breathe in steam. The practitioner will massage with some stones and lay others on the body at particular points.

Deep Tissue Massage

A modality that incorporates direct pressure to assess the muscles and work slowly into the deeper layers. Strokes may involve the heel of the hand, fingertips and thumbs, and may move in the direction of the muscle fiber or across the muscle fiber (crossfibering). Deep tissue massage is used for relieving pain in areas of muscle congestion and tightness that are not necessarily trigger points. This type of massage is performed to eliminate knots, locked up areas, and free up congestion of the muscle attachments.

Airbrush Tanning

Experience first hand the benefits of having a professionally applied airbrush spray tan. You will work personally with an airbrush technician to achieve that perfect glow. Choose from having only certain body parts sprayed to having an entire body application. With a great selection of bronzers, you can't go wrong.

Facial Spray - \$8

Arm Spray - \$10

Leg Spray - \$10

Full Body - \$35

5 Full Body Sprays - \$155

Having a special event and want us to come to you?

We have mobile airbrushing capabilities. We can create a custom package for our airbrush technician to travel to you.

Hours of Operation

Monday-Friday 8am-10pm Saturday & Sunday 9am-8pm

Hours may vary by location. Spa hours may be slightly shorter. We also extend our hours in the busier time of year.

For our current hours, check with any Guest Service Specialist.

We are proud to carry



fine tanning products



aruba sun & spa

membership and services guide



abingdon

constant friendship

410.569.3899

bel air

greenbrier shpg. ctr.

410.838.5505

cockeysville

yorktowne plaza

410.666.2523

www.arubasunandspa.com

Tanning Information

Unlimited Memberships

Often times our guests prefer to pay up front to tan for a pre-determined amount of time. Simply determine the length of time you would like your membership and which level beds you would like to have included in your membership.

One Week - \$19

7 Consecutive Days in Level 1 Beds

30 Days - Student

Level 1 Beds	Level 2 Beds	Level 3 Beds	Level 4 Beds	Level 5 Beds
\$39	\$49	\$59	\$79	\$99

Membership is 30 consecutive days in the level bed purchased and all levels below. Higher Level Beds can be used by paying the appropriate upgrade fee.

30 Day Membership

Level 1 Beds	Level 2 Beds	Level 3 Beds	Level 4 Beds	Level 5 Beds
\$49	\$59	\$69	\$89	\$109

Membership is 30 consecutive days in the level bed purchased and all levels below. Higher Level Beds can be used by paying the appropriate upgrade fee.

6 Month Membership

Buy 3 Months Get 3 Free

Level 1 Beds	Level 2 Beds	Level 3 Beds	Level 4 Beds	Level 5 Beds
\$147	\$177	\$207	\$267	\$327

Membership is 30 consecutive days in the level bed purchased and all levels below. Higher Level Beds can be used by paying the appropriate upgrade fee.

1 Year Membership

Buy 4 Months Get 8 Free

Level 1 Beds	Level 2 Beds	Level 3 Beds	Level 4 Beds	Level 5 Beds
\$196	\$236	\$276	\$356	\$436

Membership is 30 consecutive days in the level bed purchased and all levels below. Higher Level Beds can be used by paying the appropriate upgrade fee.

Want to use a higher level bed that isn't included in your membership?

Upgrade Fees

up 1 level	up 2 levels	up 3 levels	up 4 levels
\$5	\$6	\$9	\$15

For example, if you are in a 30 Day level 3 membership and want to use the level 4 bed it is only \$5, the level 5 only \$6



The Frequent Flyer Membership

Many of our guests prefer the convenience of automatic billing, while also enjoying our lowest monthly rates. All of these great benefits with no contracts or commitments.

oh, and how do discounted upgrades and discounted products sound?

That's right, enjoy a \$2 discount on each upgrade session and 20% discounts on all product purchases, the entire time you are enrolled in the Frequent Flyer.

	Level 1	Level 2	Level 3	Level 4	Level 5
Enrollment	\$27	\$27	\$27	\$27	\$27
Monthly Fee	\$21 ⁹⁹	\$31 ⁹⁹	\$41 ⁹⁹	\$61 ⁹⁹	\$81 ⁹⁹

The Red Eye

All of the features of the Frequent Flyer Membership AND an even lower monthly payment. a low monthly rate of...

only \$9.99 a month

Tan in our level 1 beds before 11am Monday-Friday for no additional fee. Do you want to tan outside of that timeframe? No problem, it's only a \$2 service charge each time.

www.arubasunandspa.com

Session Packages

Some guests enjoy paying each time they walk in to tan. You may want to buy a few sessions at a time to save some money. Simply select the level of tanning bed you would like to use and decide how many sessions you would like to purchase. Oh and don't rush, they never expire

Level 1 Beds

Student Walk In	Walk In	5 Sessions	10 Sessions
\$6	\$8	\$35	\$59

Level 2 Beds

Student Walk In	Walk In	5 Sessions	10 Sessions
\$8	\$12	\$49	\$79

Level 3 Beds

Student Walk In	Walk In	5 Sessions	10 Sessions
\$10	\$14	\$59	\$99

Level 4 Beds

Student Walk In	Walk In	5 Sessions	10 Sessions
\$14	\$18	\$79	\$139

Level 5 Beds

Student Walk In	Walk In	5 Sessions	10 Sessions
\$20	\$25	\$100	\$175

Mystic Tan - Spray Booth

Student Walk In	Walk In	5 Sessions	10 Sessions
\$20	\$25	\$100	\$175