

Massage Services

Massage is the best known antidote for stress-related tension and reduces your risk of injury and illness. One hour massages are most common. Undress to your comfort level, your therapist will keep you covered under a sheet, undraping only the area being massaged.

Swedish Massage

A combination of seven categories of strokes designed to increase circulation and ease muscle tension.

Deep Tissue Massage

Techniques that are specifically directed toward the deeper tissue structures of the muscle and connective tissue.

Sports Massage

A massage designed to aid the healing process after a workout or competition to prevent injury to the muscles.

Injury Treatment

Several techniques designed to decrease inflammation and pain of recent or chronic injury.

Thai Massage

Involves stretching and deep massage. The client wears comfortable clothes that allow for movement. No oils or lotions are used in Thai massage.

Massage Rates:

30 Minute Massage	\$45
60 Minute Massage	\$60
90 Minute Massage	\$90
120 Minute Massage	\$120
90 Minute Thai.....	\$75
120 Minute Thai.....	\$100

(Non-Members are subject to an additional \$10 fee per massage.)

We require at least 24 hours notice for cancellation of appointments. Late cancellations and "no-shows" will be charged half of the appointment fee.

Appointment Information

Please arrive 15 minutes prior to your facial or body appointment. This will allow you to check in, relax, and enjoy your spa experience.

Gift Certificates

Gift Certificates are available for specific services and in all-dollar denominations. Contact Membership at 425-313-0123 for more information.

Cancellation Policy

If you are unable to keep an appointment, we request a 24-hour notice. Guests who do not honor their appointments or cancel in less than 24 hours may be charged a cancellation fee of half the scheduled service.



Columbia Athletic Clubs - Pine Lake

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For those on a journey to total wellness, we offer the following suggestions to support and enhance your beauty, health, and overall fitness goals:

Facial Treatments

Most facial treatments include a nourishing paraffin hand service, skin analysis, gentle cleansing, exfoliation, therapeutic mask, moisturizing cream and soothing face & décolleté massage.

Monthly Special

Using a blend of essential oils, fruit, plant, and marine extracts, our facial treatments are designed to correct imperfections, balance tone, and hydrate the skin. Each facial renews your complexion with instant and long lasting results..... \$65

European

A premium facial for optimum results. Pampering and effective, this ultimate service improves the skin's elasticity, increases circulation and promotes tissue regeneration. A detoxifying heated mud pack is applied to the spine to enhance your relaxation.

90 minutes..... \$100

Deep Cleanse

This facial is custom blended to restore hydration, repair delicate skin, and slough away impurities. Due to its balancing formulas this facial is suitable for all skin types.

60 minutes..... \$75

Brightening

This gentle facial will soothe, reduce inflammation, and bring hydration and harmony to the skin.

60 minutes..... \$75

Teen Facial

This relaxing, beneficial treatment repairs problematic, congested skin while promoting healthy habits for great skincare. This facial is ideal for adult and teen acne.

60 minutes..... \$75

Mini Facial

Beauty on the fly is yours with this abbreviated facial. Targeted care is delivered quickly to reveal a healthy glow. Includes facial cleansing, a gentle exfoliation, extractions, and a customized mask. The treatment will end with a nourishing moisturizer giving your skin a sense of well-being.

30 minutes..... \$65

Gentleman's Sports Facial

Nutrient rich ingredients address the needs of men, leaving skin feeling healthy and invigorated.

60 minutes..... \$70

Back Facial

Heal and replenish this hard to treat area of the body, improve clarity and skin tone, leaving your back refreshed.

60 minutes..... \$70

Cellular Renewal Treatments

Modified Jessner Peel 14%

This highly effective peel provides improvements with the first treatment. Recommended to brighten skin complexion, reduce scarring, repair sun damage, decrease hyperpigmentation, and mild rosacea. Peel can be applied up to 4 layers to increase results.

30 minutes (1 to 2 layers)..... \$110

45 minutes (3 to 4 layers)..... \$135

TCA Peel 10%

This dramatic treatment tightens and tones the skin while reducing fine lines and surface imperfections.

30 minutes..... \$100

Peel can be applied up to 4 layers to increase results.

45 minutes..... \$125

Glycolic 30%

A revitalizing exfoliation procedure that will tighten pores, improve skin texture, produce incredible rejuvenation and a healthy glow.

This gentle peel is great for all skin types.

30 minutes..... \$75

Additional Services

Eye Treatments

Helps diminish the signs of aging around the eye contour. Provides extra hydration, decreases surface wrinkles, and fine lines..... \$25

Lip Treatments

Designed to hydrate and fight against fine lines around the lip area..... \$10

Lash & Brow Tinting

We use a safe and gentle vegetable base tint that defines brows and darkens lashes in minutes.

Lash..... \$25

Brow..... \$20

Brow and Lash..... \$40

Mink Eyelash Extensions

Initial application..... \$185

Fills Starting at \$40

Waxing & Sugaring Services

To assure ease in removal, the unwanted hair should be at least 1/2" long. Be aware that some medications make waxing inadvisable and sun exposure should be avoided 24 hours before and after treatment. Ask your esthetician about multiple service discounts.

Brow..... \$18 Half Arm..... \$20

Lip, Chin, or Jaw line..... \$12 Full Arm..... \$30

Full Face with Brow..... \$50 Underarm..... \$20

Half Leg..... \$40 Back starting at \$45

Full Leg..... \$65 Shoulders..... \$15

Bikini..... \$35 Chest..... \$40

Brazilian..... \$70

Please add an additional 10% for all sugaring services.

For appointments call 425-313-0123