THE SPA
AT LAFAYETTE
At The Spa at Lafayette you will be escorted to the changing lounge to slip into a luxurious robe and slippers. In the elegant changing lounge you will find the eucalyptus infused steam room where all your worries drift away with the aromatic steam. You then can spend time in the amazing warm pod where you will be wrapped in a cocoon of relaxation while the world outside drifts away. The warm pod is fitted with heated Tempur-pedic beds that adjust to zero gravity and massage tensions away. It is available before and after any treatment or procedure. Concierge service will bring you wine, cucumber infused water or a cup of hot, herbal tea.

You are invited to experience what makes The Spa at Lafayette a luxuriously unique and extraordinary medispa.
Of all of the cosmetic medical procedures available to patients today, liposuction is the most popular. There are a variety of different liposuction techniques. The options offered by The Spa at Lafayette are excellent because of their safety and effectiveness. Through the use of laser technology, it is possible to create exceptional body contouring results in a wide variety of areas. For example, high-definition liposuction opens up new possibilities for patients who would like to see six-pack abs without spending hours at the gym.

Body fat is gently melted using a special laser tipped cannula that reduces trauma with less bruising and less swelling. The fibrous network and non-fatty tissue under the skin are preserved while fat is melted more uniformly and it also has excellent skin tightening results for flat, smooth, toned skin. The body is sculpted with precision with skin tightening to give definition to muscles to the desired shape and size. Remove stubborn body fat from one or more areas at the same time, including difficult or delicate spots that require extra special care.
One simple anti-cellulite treatment. One incredibly smooth body. Aging, hormones, genetics and dramatic weight changes can all play a role in the appearance of cellulite. These factors can cause connective tissue bands under the skin to stiffen and the fat cells they surround to become larger and push up into the skin. And that creates the “cottage cheese” effect you wish you could eliminate, which is even easier to see if you have thin skin. You can’t control these factors, regardless of how many miles you run or salads you eat. But you can control how you treat cellulite. Many other anti-cellulite treatments focus on cellulite superficially, applying treatment above the skin. Cellulaze is different. Only Cellulaze treats the fibrous bands beneath the skin, while also thickening and adding elasticity to the skin.

The Spa at Lafayette uses this state-of-the-art technology, approved by the FDA, to remove bulk fat and body sculpt. The low-frequency acoustic INFRASONIC vibration allows for the removal of body fat while respecting the surrounding tissues; resulting in smooth contour and a rapid recovery. The 3-D NUTATIONAL pattern offers notable benefits including no general anesthesia, little to no discomfort, permanent removal of fat cells, quick recovery, superior bodyscupting, convenience, affordable and easy.
RadioFrequency (RF) uses heat to selectively melt adipose (fat) tissue for body contouring and volume reduction anywhere on the body. It is the latest advancement in skin tightening. RadioFrequency is used to tighten and smooth the skin. Different targeted doses bring different types of results. The RF device gives precise control over the procedure providing great results.

Dr. Suji Park-Idler is the physician in this region to offer the service. Only local anesthesia is required. This minimizes adverse effects or complications. There may be mild bruising and swelling in the treated area. Saline and lidocaine are infused into the treatment area, then the fluid is heated, fat is melted and skin is tightened.

This is a less expensive alternative to other invasive procedures. RadioFrequency delivers a prescribed dose of RF energy to heat the targeted fat cells. This is a precisely controlled method which selectively targets the fat pockets resulting in controlled lipolysis. RF has been safely used in cardiology, pain management, dermatology, plastic surgery and other medical specialities for over ten years.
Troubled by
• Vaginal laxity (feeling too loose)
• Vaginal dryness (perhaps due to menopause)
• Difficulty reaching orgasm
• Stress induced urinary incontinence
• Cosmetic appearance

This non-invasive procedure can immediately address these concerns without surgery, needles, lasers or pain. Vaginal laxity is associated with advancing age and the trauma of childbirth.

Complimentary consultations with Suji Park-Idler, MD are available to get specific answers about your individual needs and desires and to review before and after photos.

**A natural approach for treating urinary symptoms**

Collagen is the major building block of the skin. As we age this structural protein begins to break down and we lose the tightness and elasticity. ThermiSmooth uses radio-frequency energy to heat the skin and stimulate the natural production of collagen thereby bringing back the elasticity and helping to minimize wrinkles. Treatments are simple, non-invasive and require no downtime.

After applying a small amount of water-based gel, the ThermiSmooth™ hand piece is applied to the skin’s surface. The hand piece is gently moved in a sweeping or circular fashion while gradually heating up the skin surface. Treatments are repeated several times to achieve the desired cosmetic result. This non-invasive treatment is ideal for the skin around the eyes and mouth.

**BEFORE**
5 minutes per eye.
2 treatments of upper lid
3 treatments of lower lid

**AFTER**
2 weeks after treatment
Liposonix is a FDA approved ultrasound procedure for body sculpting. Liposonix requires no needles and no cutting. The ultrasound wand is placed on the belly and high heat sound waves are delivered beneath the surface of the area to melt away fat permanently.

The most popular area to use the Liposonix treatment is the belly (abs and flanks). Rid yourself of the dreaded “muffin-top”. You can lose at least ONE FULL INCH on your waist with one treatment. The fat cells that are melted will never return!

Learn more about the procedure by having a consultation with Dr. Suji Park-Idler and get specific answers about the results your body will have. See before/after photos and video of the procedure being performed on our website. For that last little bulge or the added padding that comes with age, Liposonix can be the solution.
Looking for a way to treat excessive sweating without the use of neurotoxins? Botox will help dry up these hyperactive sweat glands but very large quantities (100 units and injections per side), high cost, painful and repeat injections are required to control this condition with Botox. ThermiDry percutaneous ablation of axillary sweat glands has been designed for patients with excessive sweating called hyperhidrosis - a condition characterized by abnormally increased perspiration. This condition affects some 7.8 million Americans. The ThermiDry radiofrequency treatment can treat this condition effectively by heating the subdermal glands and knocking out their function during a one hour, minimally invasive procedure.

If you are one of the millions of people who suffer from embarrassing excessive armpit sweating, ThermiDry offers a long lasting, toxin-free minimally invasive treatment for you.
LASERS: WHAT CAUSES SKIN TO LOOK OLDER?

Select Fraxel if...
30’s or older
You have acne scarring
Rebuild collagen: wrinkle reduction
Desire a brighter complexion
Want smooth skin

FRAXEL: Fraxel is for people who want to look good – and want real results – but don’t want to overly change or deal with extended downtimes that come with surgery. Fraxel fits into any lifestyle and your current beauty regimen. Fraxel is effective for: Fine lines and moderate wrinkles - like crow’s feet and brow lines; Scarring - acne or surgical; Pigmentation - minimizing the appearance of age spots; Sun damage - helping to reverse skin damage; Actinic Keratosis - a common pre-cancerous skin condition.
CLEAR + BRILLIANT: If you’re battling the effects aging can have on your skin, or trying to address it before the battle even starts, Clear + Brilliant can help. The Clear + Brilliant device use the Fraxel technology. A series of six 20 to 30 minute Clear+Brilliant treatments over 6 weeks can leave your skin feeling smoother, younger and give you that “radiant glow” that comes from healthy, youthful skin.
FAT GRAFTING: MICRO - AUTOLOGOUS
Fat transfer is also referred to as autologous fat transplantation. This procedure is used to plump up facial features and other parts of the body including the hands, face, buttocks, and depressions in the skin contour such as those that have developed following liposuction and scarring. Fat injection or grafting has broad applications in cosmetic surgery. Fat injected into areas produces safe, long-lasting, and natural-appearing results as volume is replaced in tissues where fat is diminished. The procedure may need to be repeated more than once to achieve the desired result.

ACTUAL CLIENT

CHEEKS AND UNDER EYES

ACTUAL CLIENT

ACTUAL CLIENT
FILLERS
Injectable wrinkle fillers can give you a more youthful look for a fraction of what a traditional face lift costs. Most will fill lines and wrinkles in less than 30 minutes with results that can last from four months to more than a year. Injectable wrinkle fillers fill the lines or creases with one of several different substances. As a result, the line or crease seems to have nearly disappeared. Wrinkle fillers are used as “volumizers,” plumping and lifting cheeks, filling out thin lips, and plumping sagging hands or earlobes.

FILLERS! YES, THEY ARE THAT SUBTLE!
BOTOX® / XEOMIN - NEUROTOXINS
Not all injection experiences are the same. Danielle Rice, RN and Suji Park-Idler, MD both administer neurotoxins with a light touch. The goal is to lessen wrinkles without a frozen look or heavy feeling. At The Spa at Lafayette we prefer to administer neurotoxins sparingly. We want you to have the perfect look. If you think of the neurotoxins as a set of paint, then all injectors / artists are given the same sets of paint. But the results that each create are very different.

We only open our bottles of neurotoxins on scheduled days. This insures that the neurotoxin is the freshest and strongest strength. Injection appointments are also eligible to use all of the spa’s features. Relax in the warm pod, use showers and steam room.

BOTOX® ~ XEOMIN ~ DYSPORT: ALL NEUROTOXINS
What is the difference in all these common brand names? How do you select?

Do you buy Kleenex or do you buy tissues? Do you buy Band-Aids or do you buy adhesive bandages? Do you buy Jello or do you buy gelatin? These are all examples of a brand names becoming the product. In the case of Neurotoxins there is a selection. Botox, Dysport, Xeomin. So while we say Botox more often, there are other brand options.
Xeomin and Botox work the same way to paralyze muscles and smooth wrinkles. They share the identical active ingredient - botulinum toxin A. The difference is that Botox has an accompanying protein, but Xeomin is “naked”. In the skin, all of the protein detaches from Botox within 1 minute of injection so there is no reason why the effect of Xeomin should differ from Botox. Xeomin has proven effective in clinical trials. Xeomin is a purified neurotoxin. It is referred to as a ‘naked’ molecule (think the Whole Foods version of Botox) because there are no additive surface proteins, just the botulinum toxin. This solitary agent migrates further and faster to effectively work upon all facial areas upon injection. There is less risk of an allergic reaction or rejection for the client from the absence of protein additives.

Dysport entered the market in 2009. One of the noted benefits of Dysport is that it spreads a little more than Botox and it is commonly used by patients who have stopped responding to Botox. It is also injected at a different strength and affects a slightly larger area than Botox and Xeomin. It has been reported that Dysport typically takes two to three days until the effects of the treatment are seen. Botox takes seven to ten days while Xeomin takes five to six days. Dysport may be the best option in areas where several injections are needed because of its easy spreading to cover a greater area on the face.

**THERMiRase**

_INSTEAD OF BOTOX OR XEOMIN TRY THERMIRASE_

The ThermiRase device is the FDA approved advancement in nerve ablation. This device targets areas with precision and with safety with less adverse effects or complications than Botox® Xeomin or Dysport. Only local anesthesia is required for most people.

This technique is used to treat glabellar frown lines (the “eleven” at bridge of nose) and have lasting results of 18-24 months. For those clients who have been treated with Botox® for the same effects, we can offer longer lasting results with a 15-30 minute procedure without any Botox® injections. With the accurate targeting of the nerves from both external and internal points there is virtually no worries over “drooping” after the procedure or feeling frozen.

Creasing (the “eleven”) between the brows is corrected and the drop of the brows is alleviated.
Selecting product lines from the Spa is a great way to give your skin quality, medical grade products. You get the expertise of the doctor and RN along with first hand knowledge of how products perform. The important difference between buying products Over-The-Counter verses Cosmeceutical from a medical facility, is that for something to be sold OTC, it can only affect the dead tissue on the surface of the epidermis (first layer of skin that you see). Cosmeceutical products actually penetrate deep into the skin affecting live tissue down into the dermis (2nd layer of skin). The results are dramatically different than anything you can buy OTC, and it completely changes the overall health of your skin. Some ingredients and strengths found in products are only available in products sold through a doctor’s office. Here at The Spa at Lafayette Danielle is our resident product expert and Registered Nurse. She only uses product lines she has tested and directly sees good results, backed up by extensive clinical trials proving effectiveness. She is here to give one on one advise for your complete skincare regimen.

Explore NeoCutis and Image Skincare, come in and speak with Danielle and see the results you have always hoped for. These same product lines are used in our facial and skin treatments. Book a treatment and see first hand the amazing results.
The SPA at Lafayette is pleased to offer a mastered range of essential massage therapies. Whichever technique you select, be assured you’ll emerge from your treatment feeling refreshed and renewed. Bonnie Timan is our Executive Massage Therapist. Bonnie is certified with 18 years experience in Neuromuscular Trigger Point Therapy (NMT) dealing with chronic back pain and shoulder & neck injuries. She holds certification in Swedish Massage, Sports Massage, Reflexology, Hot Stone Massage, Deep Tissue & Trigger Point Massage, Medical Cupping, Pre-Natal Massage, Myofascial Release and Manual Lymph Drainage. She has worked on all ages from pediatric to geriatric, and is nationally certified. As a part of her training she worked with NFL New York Giants. She has a detailed knowledge to facilitate recovery of injured muscles related to sports injury.

**NEUROMUSCULAR TRIGGER POINT THERAPY**  
50 minutes or 65 minutes or 80 minutes  
Neuromuscular Therapy is also called Trigger Point Myotherapy. The American Academy of Pain Management recognizes this form of massage therapy as an effective treatment for back pain caused by soft tissue injury (such as a muscle strain). Understanding the difference between massage therapy and neuromuscular massage should help when it comes time to decide what kind of therapy is right for you and for what you hope to achieve. The principle of NMT is not only to reduce and eliminate pain, but to restore muscle function.

**EXPRESS MASSAGE**  
30 minutes  
For the time challenged professional who needs a quick fix, or who may have one area needing attention, our therapist will get right to work on it, and you back to your busy day!
**SWEDISH**
50, 65 or 80 minutes
Melt away stress and relieve general muscular tension with this integrative massage session for the full body, with focus work in one or two areas of chronic tension. Enhance your massage with aromatherapy by choosing aromatherapy body oils.

This is the “ahhh” in spa massage that gives you all the relaxation that your body needs.

**DEEP TISSUE**
50, 65 or 80 minutes
Designed to relieve long-held chronic tension in the muscle and break up adhesions in the connective tissue and fascia; this massage focuses on sub-surface muscles. Various techniques may be used including: friction, stretching, joint mobilization, breath work and deeper pressure massage strokes. Long term results are best achieved with a series of massages. Fifty minutes can address key areas, sixty-five minute sessions can address the full body.

**HOT STONE**
65 or 80 minutes
Warm, smooth stones to calm and balance your body. You will feel your mind relax and the tension just melt away as the warmth of the stones penetrates deep into the muscles and joints.

Hot stone massage is a form of massage therapy that follows the same principles of a regular Swedish massage but with the addition of heated stones, which are believed to better open the body’s energy pathways. Hot stone massage is a form of "thermotherapy" in which hot stones are positioned on specific areas of the client’s body and allow for greater deep tissue manipulation.

**BUDDHA BELLY PREGNANCY MASSAGE**
50 or 65 minutes
A soothing massage for mother and baby throughout pregnancy. With the use of a comfortable, special pregnancy pillow, the expectant mother can lay face down and rest comfortably and safely. This massage relieves the common aches and pains that accompany growth, weight gain and hormonal changes.

*Please inform reception you are pregnant.*
*You must be past your first trimester to receive a massage.*
SPORTS
50, 65 or 80 minutes
If you are a weekend warrior or professional athletes, sports massage is designed to help you prevent injuries, improve performance, and get you back in the game. It will help prepare the athlete for their best performance, reduce fatigue, and relieve muscle swelling and tension. Our massage director began her training working on the NFL NY Giants, and has since worked on players from The Chicago Bulls, The Hurricanes and Philadelphia 76ers. She has the expertise and extra training in anatomy and physiology in order to manage working with sports-related injuries.

LYMPHEDEMA
50, 65 or 80 minutes
Lymphedema Manipulation or Manual Lymphatic Drainage (MLD) is for treatment when the lymph fluid cannot move through hardened fibrotic areas, whether the fibrosis was caused by surgery, radiation, or the lymphedema itself. If you have blocked lymph flow, our therapist will begin with a deeper massage designed to break up the hardness. Then the gentler MLD massage can begin, with some instruction in deep breathing, followed by special motions to clear the nodes. Your therapist will then proceed with the massage pattern. Your part in it all is to relax, breathe deeply – and don’t worry if you fall asleep!

REFLEXOLOGY
50 minutes
Using the Ruth Ingham Method various parts of the feet are squeezed and massaged, properly stimulating reflex areas which correspond to all of the glands, organs and parts of the body. This can help many health problems in a natural way and be extremely relaxing.

TMJ THERAPY
A Temporomandibular Joint disorder occurs as a result of problems with the jaw, jaw joint and surrounding facial muscles that control chewing and moving the jaw. Problems with the jaw sometimes feel as if there is little hope for relief; now you have an option for relief. TMJ therapy can be a part of any of the massage styles offered.
### THE SPA FACIAL - 60 MINUTES

Experience pure indulgence AND come away with better skin. Facials do it all and are for any number of skin needs. All our facials involve a variety of skin treatments, including: steam, exfoliation, extraction, creams, serums, facial masks, peels, and massage. As with most other beauty and health matters, facials help prevent and treat common skin concerns. Drench all your senses in pure relaxation. The Spa at Lafayette’s signature deluxe facial massage is designed to stimulate collagen and decrease puffiness.

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<tr>
<th>FACIAL TYPE</th>
<th>TIME</th>
<th>DESCRIPTION</th>
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<tbody>
<tr>
<td><strong>GENTLEMEN’S FACIAL</strong></td>
<td>60 minutes</td>
<td>Men actually do have thicker skin, so exfoliation is key to debride the collection of dead tissue on the surface of men’s skin. This facial includes a targeted eye treatment to help fine lines and wrinkles around the eye contour, relieve eye puffiness and help alleviate irritation caused by shaving. Skin will instantly feel softer and tighter.</td>
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<tr>
<td><strong>HYDRATING FACIAL</strong></td>
<td>60 minutes</td>
<td>This deep drenching facial at The SPA at Lafayette cuts no corners. Your face will be put through a 6-step, customized process that includes deep cleansing, exfoliation, massage, and moisturizing with intense hydration. This is the perfect facial for the winter season or anyone with dry skin issues.</td>
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<tr>
<td><strong>CLARITY FACIAL</strong></td>
<td>70 minutes</td>
<td>Breakouts can happen at any age. We offer a professional, multifaceted approach which includes thorough extractions, deep pore cleansing and calming and soothing masks to calm breakouts. We also address contributing factors such as hormones, diet, skin types and the do’s and don’ts for breakout-prone skin.</td>
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<tr>
<td><strong>ANTI-AGING FACIAL</strong></td>
<td>75 minutes</td>
<td>A revitalizing &amp; detoxifying facial charged with multi-vitamins, antioxidants &amp; essential nutrients. This infusion repairs cellular damage caused by daily stress, strengthens the skin’s ability to protect itself and restores luminosity. A deeply nourishing treatment using rejuvenating skin care products by NeoCutis smooths lines and enhances skin’s ability to hold moisture. This facial is the ultimate in skin indulgence.</td>
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DERMAPLANING
Dermplaning is an exfoliating treatment performed using a scalpel to “shave” away the outermost layers of the skin. This process is painless and very safe but is only recommended for treatment of the face (not the nose, neck or decollete). Not only will you achieve smoother, brighter skin, but this also helps remove peach fuzz and increase absorption of products.

FIRE & ICE TREATMENT
The Fire and Ice treatment is known as the “Red Carpet Treatment” for its instant brightening, tightening and smoothing effects. The Fire: The rich warming Intensive Resurfacing Masque is designed to rapidly exfoliate the skin, thereby reducing fine lines, smoothing, softening, promoting circulation and encouraging skin cell turnover. This resurfacing treatment works to combat acne and aging skin, as it provides gentle exfoliation. The Ice: The briskly cooling Rejuvenating Masque is a soothing, hydrating treatment. This is an excellent treatment for compromised skin.

O2 LIFT™
This luxurious treatment infuses oxygen, plant-derived stem cells, peptides and botanicals into the skin leaving it luminous and rejuvenated. This skin care process provides a revolutionary treatment to exfoliate, illuminate and oxygenate. Papaya and pineapple enzymes exfoliate the surface of the skin. A cutting-edge effervescent masque oxygenates at the cellular level. Pure plant stem cell enhancer rejuvenates & prevents signs of aging. Tinted moisturizer illuminates & provides utmost environmental protection.

WAXING & TINTING
All of our clients are treated with the greatest of care. To become a VIP client all you need to do is to have experienced one of our amazing facials in a previous visit. As a VIP Client you may have extra services added on to any facial appointment. Options that are possible include Waxing Services and Eye Brow Tinting.

Waxing areas include lip, chin, and eye brows. These are $15 each area.

Tinting of the eye brows can add more definition to the face. This is a $25 fee.
**ORMEDIC LIFT™** A blend of papaya, pineapple and mango, this non-chemical peel naturally rebalances, regenerates, and restores your skin using organic ingredients with medical effectiveness.

**SIGNATURE FACE LIFT™** Image Skincare’s signature, results-driven treatment will change the image of your skin in just one session. Vitamin C, Alpha and Beta Hydroxy Acids, along with gentle yet effective enzymes speed up cellular turnover, providing lightening, tightening and brightening all skin types; even Rosacea and sensitive.

**LIGHTENING LIFT PEEL™** Balance your complexion with this mega-lightening treatment that gently blends lactic acid and a cocktail of lightening and brightening agents to reduce sun spots, brown spots and the redness caused by Rosacea.

**ACNE LIFT PEEL™** This potent blend of Alpha and Beta Hydroxy Acids contains anti-inflammatory agents to effectively treat and heal acne lesions.

**BETA-SALICYLIC LIFT PEEL™** This powerful non-blended Beta Hydroxy Acid treatment quickly and effectively targets and improves all levels of acne.

**WRINKLE LIFT PEEL™** This ultra-resurfacing blend of Glycolic and Retinol visibly reduces the appearance of fine lines and wrinkles, leaving the skin firm and revitalized.

**PERFECTION LIFT PEEL™** Image Skincare’s exclusive blend of exfoliating agents are combined with powerful anti-oxidants, correcting peptides and plant-derived stem cells to create “perfection” when treating advanced pigmentation, acne and aging conditions. This is deep chemical exfoliation for deep results.

**TCA ORANGE PEEL™** Image Skincare’s Physician only TCA/salicylic/retinol blend that aggressively targets severe aging concerns. The TCA Orange Peel smoothes fine lines and wrinkles, removes post-acne scars and creates balanced skin and tone.
THE SPA LUXE MASSAGE MEMBERSHIP
$110 per month
(a savings of up to $30 per month)

One 50 minute massage per month can make your year be pain free and fabulous. You select the style of massage (Hot Stone Massage is an additional fee) and enjoy all the spa has to offer at every visit. This includes relaxing in the warm pod, taking time in the eucalyptus steam room and concierge service. Schedule any additional massages or facials and enjoy a 25% discounted rate.

SPA FACIAL MEMBERSHIP
$90 per month
(a savings of $25 per month)

One 60 minute Spa Facial per month to drench all your senses in pure relaxation. The Spa at Lafayette’s signature deluxe facial is designed to stimulate collagen and decrease puffiness. Includes enzyme exfoliation, gentle extractions, massage and hydrating serum to make your skin glow. Touted as "the best in the Triangle."

TEEN FACIAL MEMBERSHIP
$75 per month
(a savings of $50 per month)

This is a simple membership for the teen. A teen facial cleans out all those clogged pores and calms inflammation. Advice and recommendations on skincare products and regimens.

*The teen facial does NOT include: time in the warm pod, use of the locker room, use of the steam room, or any massage.

These are one year memberships that are billed monthly. Only one treatment may roll over to the next month. Membership price does not include gratuity. Memberships are nontransferable and cannot be shared.
Your first trip to The SPA at Lafayette can be for any of our procedures and experiences. To get the most from the services offered, it is suggested you have a complimentary consultation with Dr. Suji Park-Idler. You can meet one on one to discuss your concerns and desires for a better you. A private consultation gives you the peace of mind that any concerns are addressed. Not sure which procedure will give you the results you want? This is the perfect setting to learn about the options available.

Post consultation, you can book time to spend in the amazing warm pod where you will be wrapped in a cocoon of relaxation while the world outside drifts away. The eucalyptus steam room is available to ease tensions. A variety of medical massages are available to target trigger points, body aches, range of motion and wellness. Have a facial to unearth the skin you always knew was possible.

When you are ready, an appointment can be made for a variety of procedures that remove fat, sculpt targeted areas of the body, erase lines and wrinkles, and tone skin. Modern advances have made this possible with noninvasive treatments. This means no needles, no cutting, no down time, no tell-tale signs that you have “had work done.” Other procedures are minimally invasive. This means only small injections or insertion points are used. Again you are able to get up and return to your life at the end of the treatment. It is no longer required to have surgeries with risks and long recovery times. A new you is possible with just a little time in the comfort of this aesthetic cosmetic medical spa.
**AGE:** The SPA at Lafayette is an adult oasis; therefore, we kindly ask that you be 18 years of age or older to enjoy our spa services and facilities.

**ARRIVAL:** We recommend that you arrive at least 30 minutes prior to your scheduled appointment. Allow enough time to familiarize yourself with all the facilities; change into your robe and slippers; warm your muscles, open your pores and relax in the eucalyptus steam room; cool down with a shower and rest quietly in the warm pod in order to receive the full benefit of your treatment.

**CANCELLATIONS/"NO SHOWS":** If you need to cancel or re-schedule an appointment, please provide us with at least 24 hours notice to avoid being charged in full for your scheduled spa appointment. We request 48 hours notice for cancellation of any spa package or appointments for parties of three or more.

**FOR YOUR COMFORT:** This is your spa experience, and we encourage you to communicate with your service provider regarding talking, bed temperature, pressure and technique to ensure your overall comfort. We also invite you to discuss any of your preferences or special needs with our spa staff. This will help us make your experience at The Spa at Lafayette exceptional. It is not recommended to shave immediately prior to treatments.

**FOR YOUR SAFETY:** Please be sure to inform your spa service provider if you are pregnant, have high blood pressure, heart ailments or any condition that may prohibit your taking heat, massage, steam room or skin care therapies. Use caution around wet floors due to showers and steam room. Please avoid immediate sun exposure following skin care therapy.

**GIFT CERTIFICATES:** Gift Certificates may be purchased for any treatment, package or dollar amount. Certificates must be presented at the time of the service to be redeemed. The Spa at Lafayette is not responsible for lost or stolen certificates and The Spa at Lafayette is not able to hold gift certificates. Gift certificates are not refundable.

**PERSONAL POSSESSIONS:** Please leave jewelry and valuables at home. If you forget to do so, you may secure your valuables in The Spa at Lafayette lockers. The Spa at Lafayette is not responsible for broken or misplaced items.

**PRICES:** All prices are subject to change, but we will always inform you of any changes when you make your reservation.

**PRIVACY:** You will be given a robe and slippers to wear in The Spa at Lafayette and a private locker for your possessions. Our licensed therapists and medical staff are trained in procedures to assure you are properly covered and your privacy will always be respected. If you feel more comfortable, you may wear your undergarments.

**RESERVATIONS:** Advance reservations for services are highly recommended. Before your arrival, you may call 919-322-5555. We welcome “spur of the moment” requests and will do our best to accommodate you based on availability.

**SERVICE CHARGE:** For your convenience, a 20% service charge will be added to all massage & facial services. If you feel you have received exceptional service, please let us know, as additional gratuities may be left at your discretion.
www.thespaatlafayette.com

Tues - Wed 10-6pm,  Thur - Fri 10-8pm,  Sat 10-4pm

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