

REJUVENATION SPA

The Rejuvenation Spa was created as a place to relax, restore, and recharge both body and mind. In our busy lives, we all too often neglect rejuvenation of the mind. By offering full-body rejuvenation, Opti-Life provides a blissful sanctuary that supports the individual wellness needs of our Members. We encourage you to spend an extra 20-30 minutes before and after your spa service, rejuvenating both body and mind.



TO BOOK AN APPOINTMENT

316.927.2980 | spa@opti-life.com

EmpowerMe | Opti-Life app

OPTI-LIFE VITALITY CLUB + SPA

9759 E. 21st St. N | Wichita, KS 67206

www.opti-life.com

REJUVENATION SPA HOURS

Monday - Thursday 9:00am - 8:00pm

Friday - Saturday 9:00am - 6:00pm

Sunday 12:00pm - 4:00pm



OPTI-LIFE
VITALITY CLUB + SPA

MASSAGE EXPERIENCES

Set your intention, choose your experience, and treat yourself to bliss. All experiences include a 30, 60, or 90 minute massage.

SWEDISH MASSAGE | 30 MIN - \$48 | 60 MIN - \$78 | 90 MIN - \$108

DEEP TISSUE MASSAGE | 30 MIN - \$58 | 60 MIN - \$88 | 90 MIN - \$118

CLEANSE | THE DETOXIFYING EXPERIENCE

Welcome to the gateway of your healing. We begin the journey relaxing in a comfortable massage chair while enjoying a detox foot bath. We infuse our water with doTERRA Zendocrine detoxifying essential oil blend and Epsom salts to promote natural detoxification of the body. Our Massage Therapists also use doTERRA Zendocrine essential oil blend and Dry Brushing to stimulate lymphatic circulation. Enjoy our beautiful Relaxation Room with a cup of Detox Tea following the treatment. The Cleanse Experience includes the ilike Ichthammol and herb face mask to take home which deeply cleanses the pores, removes oils from the skin, and helps with inflammation.

RENEWAL | THE NOURISHING EXPERIENCE

Give the body what it needs. Begin with a 20-minute session in the Himalayan Salt Sauna followed by a quick rinse in our deluxe rainfall showers. The Himalayan salt creates negative ions, which combat the effects of free radicals while producing a relaxing sensation and instigating a positive mood. Winged Radiance CBD Body Oil used during your massage treatment naturally raises endocannabinoids in the body to aid in the relief of any discomfort. Finish this experience in our Relaxation Room, breathing fresh oxygen from the O² Bar while sipping an ultra-hydrating, electrolyte-loaded Ultima beverage.

SLUMBER | THE RELAXATION EXPERIENCE

We believe sleep is the best medicine. Begin this experience in one of our secluded canopies which include a Grounding Mat to support a relaxing connection to earth indoors and a Neck Hammock to cradle the head and decompress the neck. The massage treatment begins with doTERRA Serenity essential oil blend as well as bluetooth headphones for the healing sound therapy at 528 HZ. This specific "DNA Healing Frequency" is known throughout the world to promote deep, deep sleep. Enjoy this comforting experience with a cup of Sleepy Time Tea in our Relaxation Room and leave with a Winged Sleepy CBD Gummy supplement to take at bedtime.

AWARE | THE ENERGIZING EXPERIENCE

Refresh your awareness so you can energize your focus. Begin this experience in one of our secluded canopies by laying on our invigorating Acupressure Mat and utilizing the aromatherapy O² Bar to increase energy levels. DoTERRA Citrus Bliss essential oil blend is used for your massage, as well as bluetooth headphones to enjoy lively binaural beats that help improve the mood and energize the body. Savor a cup of Bio-Coffee, the healthiest coffee in the world, in our Relaxation Room before setting out to conquer the day. Bio-Coffee is the only alkaline coffee on the market, contains 3-5 servings of green vegetables, is a great source of fiber, a prebiotic and probiotic, and all with no caffeine. Enjoy all the energy without the shakes.

FACIAL EXPERIENCES

Set your intention, choose your experience, and treat yourself to bliss. All experiences include a 30, 60, or 90 minute facial.

CRYSTAL CLEAR FACIAL | 30 MIN - \$48 | 60 MIN - \$78 | 90 MIN - \$108

HYDRATE | ULTIMATE SKIN HYDRATION

This experience begins in a private relaxation canopy while enjoying a massage chair with uplifting doTERRA Cheer essential oil and an Epsom salt-infused foot bath to reduce inflammation, stiffness, and pain. We then use the ultra-moisturizing Winged CBD lotion for a hand and arm massage. Finish this rejuvenating experience in our Relaxation Room, sipping an ultra-hydrating, electrolyte-loaded Ultima beverage, or tea of choice.

BALANCE | BALANCE BODY AND MIND

This experience includes a relaxing chair massage with doTERRA Balance essential oil and an Epsom salt-infused foot bath. Balance is a grounding blend that promotes tranquility while bringing harmony to the body and mind. After the facial treatment, return to the Relaxation Room to breathe fresh oxygen and sip a mind-balancing citrus tea.

BODY EXPERIENCES

Set your intention, choose your experience, and treat yourself to bliss.

TIGHTENING BODY TREATMENT | 75 MIN - \$88

This body treatment is geared toward reducing cellulite, stretch marks, post pregnancy care, and loose skin. The effects of nettle, ivy, and paprika stimulate blood and lymph circulation, help rebuild collagen, improve cellulite condition, detoxifies, smooths and strengthens connective tissue.

TOTAL RELAXATION BODY TREATMENT | 75 MIN - \$118

This full-body escape takes the senses on a journey; beginning with a deep exfoliation and Dry Brushing, followed by an aromatic, hydrating induction of one of four ilike organic skincare body wraps. While you are cocooned in a soft blanket to allow the wrap to naturally penetrate and nourish the skin, you will receive an indulgent mini facial. This leaves skin feeling smooth, balanced, and refreshed.

MASSAGE ENHANCERS | \$8

Foot Sugar Scrub	Himalayan Hot Stones
Dry Brushing	Hot Oil Scalp Treatment
Winged CBD Oil	Weleda Arnica Oil

FACIAL ENHANCERS | \$8

High Frequency	Hot Oil Scalp Treatment
Cold Globes	Facial Rolling
Dry Brushing	Eye and Lip Treatment

OTHER SERVICES

TWO PEAS IN A POD | 60 MIN - \$78

Expecting mothers, immerse yourself with a pampering and well-deserved treatment that incorporates Swedish-style massage techniques to alleviate the pain and discomfort associated with pregnancy, as well as reduce stress hormones and improve circulation. This massage is only performed during the second and third trimesters.

HIMALAYAN REJUVENATION | 60 MIN - \$88 | 90 MIN - \$118

Himalayan Salt Stone Massage integrates the philosophies of Eastern medicine, Swedish massage, thermal therapy, and salt therapy to create an array of benefits including increased blood circulation, reduced inflammation, and deep relaxation. The stones are warmed and used to deliver a truly unforgettable and powerfully-healing massage.

CELLULITE CUPPING | 30 MIN - \$48 | 3 PACK - \$128 | 6 PACK - \$210

Silicone cups and ilike calendula oil are used on area of your choice by lifting the top layer of tissue and massaging the deeper tissues to break up cellulite. The silicone cups help increase blood flow, break up any fatty deposits in the area being worked on, and help clear the lymphatic system.

FOCUSED CUPPING | 30 MIN - \$48

The ancient form of alternative medicine relieves tension and inflammation while improving blood circulation. Break up stagnation in the body with this stimulating service.

DERMAPLANE TREATMENT | STAND ALONE - \$48 | ADD-ON - \$28

A cosmetic procedure that removes the top layers of skin and vellus hair. Procedure aims to remove fine wrinkles and deep acne scarring, as well as smooth the skin's surface.

FACIAL CUPPING | 30 MIN - \$48

Facial cupping uses rosehip oil and small silicone cups specially designed to lift and massage the facial tissues. Assists elasticity, wrinkles, toning, and reduces pores and scars on the face, jawline, neck and décolletage.

ORGANIC SPRAY TAN | 1 FULL-BODY - \$35

Packages available - inquire with Spa Desk Associate

WAXING SERVICES

Inquire with Spa Desk Associate