

FITNESS TRAINING



PERSONAL TRAINING PACKAGES & GYM MEMBERSHIPS AVAILABLE

Membership has its Unique Benefits

PRIVATE ATMOSPHERE

To avoid overcrowding, the number of available memberships is limited.

UNLIMITED ACCESS

All members have full access to our fitness center.

RESERVATIONS

For your convenience, you may call and reserve equipment so it will be available when you arrive.

WELLNESS CLASSES

YOGA | PILATES | ZUMBA | BODY SCULPT
BETTER YOUR BODY BOOTCAMP

Private classes available upon request.
Visit our website for full class descriptions.

ETIQUETTE

To help maximize your spa experience, we suggest the following:

- First time guests, please arrive 15 mins prior to first service.
- We suggest you arrive wearing loose, comfortable clothing.
- Please let your therapist or a member of our welcoming staff know if you have any physical or medical needs.
- Our spa is a smoke-free and cellular PDA device free environment.
- Enquire about our 24 Hour Cancellation policy.
- We cannot be responsible for lost personal articles; we ask that you leave valuables at home or with you during your service.
- Gratuities are not included in the cost of services. Ask our staff for assistance in calculating your gratuity.
- All guests are free to experience our Tranquility Lounge.

Welcome to UNIQUE TOTAL BODY

"We at Unique Total Body are proud to provide not only outstanding personalized fitness and wellness but also a unique place to unwind and feel pampered. Upon entering Unique Total Body, a guest should feel that they have left all material worldly worries behind and honor themselves. Let us remove you from your busy everyday life and help you achieve a feeling of relaxation while restoring balance in your mind, body and soul."

Kelli Campellone and staff

SPA PACKAGES

Time is of the Essence \$120

Traditional Manicure
Mini Customized Facial
Unique Half Hour Massage

The Unique Signature Package \$190

Signature Manicure
Customized Facial
Unique One Hour Massage

The Ultimate Indulgence \$260

Signature Manicure
Signature Pedicure
Customized Facial
Unique One Hour Massage
Spa Lunch

Gentlemen's Escape \$180

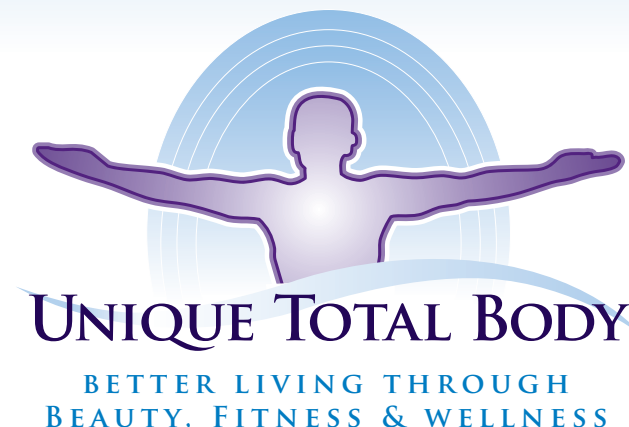
Deep Tissue Massage
Customized Men's Facial
Paraffin Hand Treatment

Embrace Your Individuality

Design a package specifically tailored to your individual needs. Our staff is available to help customize the ideal package for that perfect gift!

Gift Certificates Available!

CALL OR PURCHASE ONLINE AT
WWW.UNIQUETOTALBODY.COM



SPA HOURS

MONDAY, TUESDAY 10 TO 6
WEDNESDAY, THURSDAY 10 TO 7
FRIDAY, SATURDAY 9 TO 5

FITNESS & WELLNESS

MONDAY - THURSDAY 7AM TO 7PM
FRIDAYS 7AM TO 5PM
SATURDAYS 8AM TO 2PM
SUNDAYS 8AM TO 12PM

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JOHNSTON, RI 02919
(401) 233-BFIT ~ (401) 233-2348
FAX: (401) 233-0037
WWW.UNIQUETOTALBODY.COM

FACIALS

Deep Cleansing Facial 60 min | \$75
Customized at every step to fit your skin care needs, includes a thorough cleansing, exfoliation, extractions and a customized treatment mask tailored to your unique skin needs.

Hydrating Facial 60 min | \$75
Hydration is the foundation for healthy skin regardless of age or skin type. Exposure to the sun, pollution and daily grime can leave skin dehydrated. This indulgent, deep-penetrating, moisture surge facial will relieve the most dehydrated of complexions.

Acne Facial 60 min | \$75
This purifying facial is designed to treat problem skin. In addition to help clear breakouts and detoxify, it also improves the texture and appearance of your skin. Your therapist will work with your individual condition to create the ideal treatment as well as make recommendations for home care.

Anti-Aging Facial 60 min | \$75
Maturing skin is a concern for women and men of all ages. The focus is on nourishing, firming, hydrating and plumping of fine lines and wrinkles. This treatment provides vitality and suppleness to mature skin for clients who want to prevent the effects of time.

Men's Facial 60 min | \$75
Finally, a facial designed for the special skin care needs of a man. A deep cleansing and gentle exfoliation focuses on congested skin and problem areas associated with shaving. A massage of the face, neck and shoulders follows, helping decrease tension and relax the muscles.

Unique Add-Ons

AHA Glycolic Fruit Peel add-on for \$50
The AHA Glycolic Fruit Peel is a resurfacing treatment that helps detoxify, eliminate dead skin cells, reduce fine lines and wrinkles, evens skin tone and stimulates cell renewal. Great for acne, sun damaged and mature skin types. Best results achieved with a course of 6 weekly treatments.

Oxygen Treatment add-on for \$35
Brighten and lighten your complexion with our ILIKE Organic Skin Care Cucumber & Parsley Oxygen Treatment. Designed to deliver oxygen beneath the surface of the skin to reduce hyperpigmentation and hydrate the skin.

Eye Treatment add-on for \$18
A treatment around the eyes that moisturizes, firms, smoothes fine lines, and reduces signs of puffiness and fatigue. A great addition to any facial.

Enzyme Treatment add-on for \$20
ILIKE Organic Skin Care Yogurt Power Peel restructures and rejuvenates your skin with yogurt enzymes that dissolve surface cells that congest pores, obstruct moisture, and dull the complexion. If you are looking for a fast, intense peel with no down time, ILIKE Organic Skin Care Yogurt Power Peel is the one for you! In just 5 minutes wrinkles, blotchy skin, thickened skin and acne are treated with yogurt enzymes that quickly flush the pores, hydrate and dissolve tough surface keratin cells. Blotchy skin and hyper-pigmentation is evened out and smoothed, and a stunning, glowing skin is revealed.

We offer an extensive line of **ILIKE™ Organic Skin Care.**

NAILS

Traditional Manicure	\$22	Signature Manicure	\$30
Traditional Pedicure	\$45	Signature Pedicure	\$60
Mani / Pedi Combo	\$60	Mani / Pedi Combo	\$80

Polish Change \$12

French Polish Upgrade \$5

Deep Penetrating Aromatherapy Paraffin Treatment \$12

We proudly use **SPA RITUALS™ natural nail care.**

WAXING

Brow Shaping	\$15	Brazilian	\$65*
Lip / Chin	\$10	Brazilian follow-up	\$45
Nose	\$10	Leg (half / full)	\$40 / \$70
Full Face	\$40	Back (half / full)	\$40* / \$60*
Sideburns	\$15	Chest	\$45*
Arms (half / full)	\$30 / \$40	Feet	\$15
Underarms	\$22		
Bikini	\$25*		

** Indicates starting at price.*

THREADING

Eyebrows	\$15	Lip	\$10
Cheek	\$12	Side Burns	\$15
Chin	\$10	Full Face	\$55

MASSAGES & BODY WORK

Unique (Swedish) 60 min | \$75 90 min | \$105
Eases sore muscles as it releases stress and tension from the body. Promotes overall well being.

Therapeutic (Deep Tissue) 60 min | \$85 90 min | \$110
This personalized massage focuses on specific areas of need to help reduce muscle tension, increase range of motion, and provide warm-up to activity.

Sports 60 min | \$85 90 min | \$110
A combination of classic and specific techniques that focus on the muscles relevant to particular sport or activity. Stimulates muscle mass and increases power and flexibility.

Customized Aromatherapy 60 min | \$80
This complete, head to toe treatment promotes the elimination of toxins, strengthens the immune system and helps to establish a healthy equilibrium of mind, body and spirit.

Hot Stone Massage 60 min | \$100
The term Hot Stone is used to describe the technique of using Hot Stones to give a deeply effective massage that reduces inflammation and unlocks the body's natural healing energies, rushing relief to stiff and sore muscles.

Reflexology 60 min | \$75
The therapist works on specific reflex points in the feet using thumb pressure. These points correlate to individual organs and parts of the body. Activating these reflexes can help improve circulation and promote relaxation.

Couples Massage 60 min | \$160
Designed for couples to reconnect and indulge together. Reunite your bond while relaxing and relieving tension. This calming soothing experience will leave you both in a state of tranquility.

Active Massage 60 min | \$85
Active Isolated Stretching (AIS) The term Active is used because the client participates in the treatment. The Therapist works with the client using directed breathing and stretching techniques to elongate and stretch the muscles. It is a technique of stretching that isolates individual muscles to ease their release. AIS recommends no more than 2-3 seconds for a stretch to avoid muscle contraction. AIS is based on controlling the body's muscle reflexes.

Scar Tissue Release Therapy 30 min | \$45 60 min | \$75
It is important to recognize that a simple scar from a childhood injury to a major scar from surgery as an adult can have a life long physiological effect on the body. Understanding that scar tissue has the potential to spread in any direction including internally and can restrict movement or function anywhere in the body, from a joint to an organ, you gain a whole new perspective on pain and physical complications in the body. Here are a few benefits of scar tissue release therapy: improves flexibility, reduces muscle spasm, reduces the risk of muscle strain and tearing, and helps to regain and maintain the full range of motion of a joint.