



**metamorphocise**  
**M I D T O W N**  
URBAN SPA & FITNESS

3001 La Branch • Houston, Texas • 77004  
[713] 942-7400

### SPA SERVICES

**60mins Swedish relaxation massage**

\$70, set of 10 \$65 each, set of 15 \$60 each

**90mins Swedish** \$99, set of 10 \$92, set of 15 \$85

**Stress Relief Massage- 35 min**

Designed to concentrate on specific areas in which you hold tension. This massage is just what the doctor ordered! \$45, set of 10 \$40 each, set of 15 \$35 each

**Oooo... Deep Tissue Massage- 1 hour**

Increase joint mobility, soothe aching muscles and relieve stress with this intensive massage. 1hr \$95, set of 7 \$90 each, set of 14 \$80 1 1/2 hr \$110

Set of 5 \$100 each

**Hot - Stone Massage - 1.25 hours**

A relaxing and hypnotic ritual that incorporates warm stones, massage, and essential oils. \$110, set of 6 \$105, set of 12 \$95

**Prenatal Massage - 1 hour**

Designed for the Mommy-to-be; in this massage, pillows are used to support the client in a comfortable and safe position. A much needed relief for the expectant mother! (It's sooo worth it!) 1hr \$80, set of 6 \$70, set of 12 \$65

**Aroma Feet Reflexology - 45 mins.**

This luxurious treatment combines aromatherapy with the healing touch of reflexology. Therapist focuses on pressure points to release energy and improve circulation. The stress relief is similar to massage. This treatment is perfect for those interested in holistic wellness. \$45, set of 10 \$40

**Seaweed Body Wrap - 1 hour**

This highly conditioning Seaweed wrap is specialized to the clients needs: "Hydrative" restores balance and harmony to dry, sensitive skin., "Fluid Balancing" is great for body toning and firming , "Detox" is best for those who need to purge their body of toxins. \$80, add on 30mins moisturizing massage with signature body fruity or spicy soufflé of your choice \$110

### PACKAGES

**Iles enchante** enter the enchanted island, enjoy a decadent Foot Bath( your choice of strawberry, papaya, blue berries, soy milk, honey, orange, mango, ginger, ginseng, lemon, green tea, vanilla, cinnamon), Incredible foot treatment(your choice of avocado, oatmeal, sea weed mud), and nourishing paraffin for your feet. Complete this de – stress package with 1 Hour Body Massage. 2 Hours 15 Minutes \$200, gift set of 4 \$180 each

**Cool Kat! 1 1/2**

Seaweed body wraps to nourish body add head, neck and shoulder massage. Therapeutic feet massage \$110

**Um Um Um Silky Hands!**

Fabulous Luxurious Hand treatment complimented with paraffin Hand Treatment followed with soothing hand massage. Let's face it this is great time to pay this much attention to your hands. 1hr \$70

## PACKAGES

### **Thai Yogic Massage**

Therapeutic massage with stretching / yoga massage. Neck, shoulders back , quads, hams, calves, Achilles, feet will all benefit from these gentle but effective stretches, always accompanied with flowing strokes, 1hr15mins \$90 set of 10 \$80 each. This experience with leave want more!

### **Sleek Immunity**

3 Hours 15 Minutes

Exfoliating salt scrub followed by signature detox body treatment and relaxing 1:30 body massage. Your body will be thank you! \$250

### **Radiance**

50 Minutes, eliminates dead skin cells & tissue toxins, stimulates circulation and improves tone. Immune system is greatly improved with regularity. Moisturize your skin, feel silky and luxurious. Rush back to work or step out for that fabulous date \$65 set of 5 \$55 each

### **Venetian Rhapsody**

1 Hour 45 Minutes

Based on an old Roman therapy, your body is oiled and wrapped to generate warmth. As this occurs, toxins which have been eliminated through the skin are removed using our version of the Roman technique.

Afterwards, you'll receive a brush and soap wash, followed by an application of soothing lotion. You will feel radiant from the inside out! \$120 Set of 3 \$110 each

### **Shine Shine baby**

\$50 Exfoliating Body Polish 40 Minutes

Luxurious body cream blended with exfoliants to hydrate and nourish skin while scrubbing away dead skin cells. A smooth experience.

### **Au plaisir de la Menthe**

Exfoliation, hot and minty body wrap, repair and nourish you. Makes this a very soothing and relaxing. Finished with pepper mint massage oil. Open up your senses, breathe and refresh! \$150

### **\$55 Reflex Foot or Hand Massage 45 Minutes**

A specific, systematic pressure point massage focusing on reflex zones of the feet or hands. This technique helps us recognize weak links, and through manipulations, we help balance the systems and strengthen the organs. A very rejuvenating yet sedating treatment.

**Wow Neck and shoulder stress busters!** \$1 per minute. Take as many minutes as you have to spare, the kinks in the neck and shoulder will be worked out and you can return quickly to your plans for the day with happy neck and shoulders. Sometimes you want just those areas to be worked on.

### **The Art of Touch**

The interactive and instructive session let the couple receive and give the massage from each other with guidelines from the therapist. The art of touch couples lesson \$160

### **Island of Bliss**

Block out the whole day for pampering! Enjoy a 1 1/2 hour Hot Rock Massage, a luxurious Body Wrap of your choice 40mins, a 1hr Spa Facial tailored to your specific needs, and a Reflexology Treatment 30mins. \$360

### **Clam shell**

A dry exfoliation is followed by Milk (your choice of milk, soy, almond, coconut) & Honey body wrap and a Facial simultaneously; wrap is removed with warm linen and followed by a 1 1/2 hour massage. \$300