



MOBILE DAY SPA, SALON & LIFESTYLE SERVICES

Fully Licensed – Family Owned & Operated

Phone 818/249-7724 or Cell 818/359-5020 Text OK

Info@Spa-Gos.com www.Spa-Gos.com

Anne Elizabeth Fisher – Owner Operator

MASSAGE SERVICES

01 Chair Massage \$79 per hour

A portable, comfortable, adjustable, easy to get in and out of massage chair brought to your home, office or event space by a licensed massage therapist. Great for workplace muscle and stress reduction or feel good pampering. Please feel free to let us know if you prefer female or male staffing with your order.

02 Foot Massage - Reflexology \$85 per hour

An hour of foot pampering with skilled massage and reflexology techniques. Perfect for any feet – but especially great for parties, events and seniors.

03 Deluxe Spa Foot Massage - \$99 per hour

An hour of bliss while your feet have the best of all worlds – You will be treated to a warm foot bath soak, aromatic sugar scrub, cleaning of the nails with a soft brush and terrific massage to your feet and lower legs. Add hot towels for added pleasure, see add on below.

04 Scalp Massage \$99

Enjoy a specialized massage to your scalp, facial muscles, neck and shoulder region to unwind, destress and encourage blood flow. Great for migraine sufferers or those with a lot of mental or eye stress from working long hours. Perfect before or after exams or testing.

05 Swedish Table Massage 60 min. \$99

A favorite massage enjoyed all over the world and known for its gentle and effective long techniques and fluid movements. Always let your masseuse know if the pressure is right.

06 Swedish Table Massage 90 min. \$145

A favorite massage enjoyed all over the world and known for its gentle and effective long techniques and fluid movements. Always let your masseuse know if the pressure is right.

07 Swedish Table Massage 120 min. \$185

A favorite massage enjoyed all over the world and known for its gentle and effective long techniques and fluid movements. This is a complete body massage – it's what we recommend if you have the time. Enjoy 20 min. extra on your scalp; 20 min. on your feet; and 20 min on your hands and arms plus your normal 90 min. body massage. Always let your masseuse know if the pressure is right and don't plan on doing too much for an hour or two after – drink plenty of water. This is our best detox massage.

08 Pregnancy Table Massage, Active Labor Massage or Post Delivery Recovery Massage 60 min. \$150

The gentle and feel good approach of prenatal massage can ease discomforts associated with pregnancy. We can serve you on a professional table and transition you in later stages of your pregnancy to your bed or favorite chair. You can even take us to the hospital with you for labor massage or post pregnancy recovery care. But don't be surprised if your partner asks for some supportive healing touch while they are awaiting your new bundle of joy. We don't mind and can easily offer services to you and your waiting guests during this time.

09 Pregnancy Table Massage, Active Labor Massage or Post Delivery Recovery Massage 90 min. \$220

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10 Pregnancy Table Massage, Active Labor Massage or Post Delivery Recovery Massage 120 min. \$275

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11 Deep Tissue Table Massage 60 min. \$150

Firm pressure and slow strokes to reach deeper layers of muscle and fascia. It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

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- 14 Shiatsu Table/Mat Massage 60 min. \$150
Shiatsu application of deep pressure using their fingers, thumbs, and/or palms in a continuous sequence. The finger pads are used to apply pressure, and each point is typically held for two to eight seconds.
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- 17 Thai Table/Mat Massage 60 min. \$150
Thai massage employs stretching, pulling, and rocking techniques to relieve tension and enhance flexibility and range of motion. The therapist uses his or her hands, knees, legs, and feet to move you into a series of yoga-like stretches and also applies deep muscle compression, joint mobilization, and acupressure.
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20 Hot or Cold Stone Table Massage 60 min. \$150

Hot stone massage involves the use of smooth, flat, heated stones that are placed on specific points on your body and using the stone in the therapist's hand during the massage to apply heat, comfort and wellness.

The localized heat and weight of the stones are said to improve circulation and warm tense muscles, allowing the massage therapist to apply deeper pressure.

Consult your doctor if you have a medical condition, such as high blood pressure, diabetes, heart disease, varicose veins, and migraines, autoimmune disease, decreased pain sensitivity, cancer, autoimmune disease, epilepsy, tumors, or metal implants, or are on medication that thins the blood. Also check with your doctor if you have had recent surgery or have recent wounds or areas of weakened or inflamed skin.

Pregnant women and children should avoid hot stone massage.

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23 Athletic Sports Massage Deep with Stretching 60 min. \$175

Sports massage is reported to have many beneficial effects in athletes. Sports massage can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels and ages may benefit from sports massage. If you are looking for a way to improve your athletic performance, then sports massage may be for you.

24 Athletic Sports Massage Deep with Stretching 90 min. \$250

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25 Athletic Sports Massage Deep with Stretching 120 min. \$315

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MASSAGE ADD ONS

26 Add Deep Tissue & Kneading To Shoulder Region 15 min. \$20

27 Add Extra Massage Time To Scalp 15 min. \$20.00

28 Add Extra Massage Time To Hands, Wrist, Forearms 15 min. \$20

29 Add Extra Massage Time To Feet 15 min. \$20

30 Add Extra Massage Time To Face, Neck & Vocal Chords \$20

31 Add Stretching 15 min. \$20

32 Add Aromatherapy: Request Floral, Herbal, Citrus or Blend \$10

33 Add Body Scrub: Request Floral, Herbal, Citrus or Blend \$75

34 Add Hot Towels: One \$10; Two \$15; Three \$20; Four \$25

35 Add Tot's Massage (ages 3-5) 10 min. \$10

36 Add Children's Massage (ages 6-10) 15 min. \$20

37 Add Tween's Massage (ages 11-14) 30 min. \$35

38 Add Teen's Massage (ages 15-17) 60 min. \$75

39 Music N/C

TO COME MASSAGE PRODUCTS – ACCESSORIES – ROBES – SLIPPERS – ETC.

You can share the time of a service for no additional cost. Split the service by 2, 3, 4 or more. We bring the table, all supplies and linens – we'll even bring the music if you request it. If you have a table, product, and/or supplies you would rather have us use – just ask!

MANICURE & PEDICURES

101 Express Manicures \$35

Basic manicure with a soak, cuticle push, trim, file, shape and buff. Condition cuticles with moisturizing oil. Lotion to hands. Base coat, two coats of polish and top coat.

102 Express Pedicures \$45

Basic pedicure with a soak, cuticle push, trim, file, shape and buff. Condition cuticles with moisturizing oil. Lotion to feet and lower legs. Base coat, two coats of polish and top coat.

103 Express Mani & Pedi \$75

Basic manicure and pedicure with a soak, cuticle push, trim, file, shape and buff. Condition cuticles with moisturizing oil. Lotion to hands and feet. Base coat, two coats of polish and top coat.

104 Deluxe Spa Mani \$45

Deluxe manicure with a soak, scrub, cuticle push, trim, file, shape and buff. Condition cuticles with moisturizing oil. Lotion and massage to hands. Base coat, two coats of polish and top coat.

105 Deluxe Spa Pedi \$60

Deluxe pedicure with a soak, scrub, cuticle push, trim, file, shape and buff. Condition cuticles with moisturizing oil. Lotion and massage to feet. Base coat, two coats of polish and top coat.

106 Deluxe Spa Mani Pedi \$99

Deluxe manicure and pedicure with a soak, scrub, cuticle push, trim, file, shape and buff. Condition cuticles with moisturizing oil. Lotion and massage to hands and feet. Base coat, two coats of polish and top coat.

107 Acrylic Full Set \$

108 Acrylic Fill \$

109 Acrylic Repair \$

110 Specialty Nails \$300

Decorate, 3 D, on Acrylic with extensive design and detail.

NAIL ADD ONS

111 Add Gel Hands \$20

112 Add Gel Toes \$20

113 Add Gel Removal Hands or Feet \$10

114 Add Gel Removal Both \$20

115 Acrylic Repair \$

- 116 Add All Fingers Nail Art \$25 and up
- 117 Add Nail Art 2 nails hands \$10 and up
- 118 Add Nail Art all toes \$25 and up
- 119 Add Nail Art 2 nails toes \$10 and up
- 120 Add Safe Callus Remover Treatment \$25
- 121 Add Cutting Long Thick Nails \$20
- 122 Add Extra 15 Min. Massage Time \$20
- 123 Add Aromatherapy \$10
- 124 Add Paraffin Dip \$25
- 125 Add Hot Towels \$10 one, \$15 two, \$20 three, \$25 four
- 126 Add Tot's (age 3-5) Service \$10 *no cuticle work
- 127 Add Children's (age 6-10) Service \$20 * cuticle push only.
- 128 Add Tween's (age 11-14) Service \$25 *parent's choice of cuticle trim or push
- 129 Add Teen's (age 15-17) Service \$35 *full service

HAIR BLOW OUTS, COLORS, CUTS, STYLING & BRAIDING

***We service all hair types and ethnicities and can match a professional with you for the best in service results. African American, Asian, Curly, Straight, Course, Thin, Blonde, Ombre, Razor Cuts, Fades – Just ask!**

- 200 Blow Out \$50
- 201 Blow Out with Simple Braid or Styling \$75
- 202 Up-Do or Braid \$85
- 203 Bridal Up-Do or Styling \$125
- 204 Large Rollers & Style \$75
- 205 Artistic Design Special Effects \$300
- 206 Hair Cut \$60 *add Blow Out for \$40
- 207 Bang Trim \$20 (kids \$10)
- 208 Trim Ends Only \$20
- 209 Perm \$185
- 210 Specialty: Color \$

- 211 Specialty: Hi/Low Lites \$
- 212 Specialty: Straightener \$
- 213 Specialty: Extensions \$
- 214 Other Call For Pricing (please show picture of what you have and what you want)
- 215 On Set – All Day 5 hours \$125/hour 5 hours = \$625.00
- 216 \$250/hour (under 5 hours) for hair and make-up, 1 tech
- 217 Instruction Blow Out, Style, Braiding or Have a Full Day At Your Salon (Professionals Welcome)
All Day 5 hours \$125/hour 5 hours = \$625.00 or \$250/90 min. group up to 6 or \$50 per person.
- 218 Instruction Moms – Private Parties = \$125/hour; \$175/1.5 hour or \$225 2 hours.

MENS CARE

- 219 Men's Straight Razor Shave \$50
- 220 Men's Cut and Shave \$100
- 221 Men's Cut and Groom (hair on nose, ears, brows) \$80

KIDS CARE

- 222 Kids Cuts \$50
- 223 Kids, Tween and Teen Cuts \$50
- 224 Add Tot's Blow & Style or Braid (ages 3-5) Service \$10
- 225 Add Children's Blow & Style or Braid (ages 6-10) Service \$20
- 226 Add Tween's Blow & Style or Braid (ages 11-14) Service \$35
- 227 Add Teen's Blow & Style or Braid (ages 15-17) Service \$65
- 228 Bang Trim \$10 (kids any age)

MAKE-UP APPLICATION - LASH - BROWS

- 300 Make-Up \$75
- 301 Make-Up Instruction \$135
- 302 High Profile or Bridal Make-Up \$125
- 303 On Set – All Day 5 hours \$125/hour 5 hours = \$625.00
- 304 Eye Lash Extensions – Full Set \$99 with Carla (Flare ®)

- 305 Eye Lash Extensions – Fill \$99 and up.
- 306 Eye Lash and Brow Tint \$35 for each; \$70 for both.
- 307 Custom Airbrush Spray Tan \$75
- 308 Custom Airbrush Spray Tan Double Coat \$115
- 309 Artistic Design – Special Effects, 3D \$300
- 310 Instruction Technique, Tools, Supplies Workshop or Have a Full Day At Your Salon (Professionals Welcome)

All Day 5 hours \$125/hour 5 hours = \$625.00 or \$250/90 min. group up to 6 or \$50 per person.
- 311 Instruction Moms – Private Parties = \$125/hour; \$175/1.5 hour or \$225 2 hours.

ADD ONS

- 312 Add Temporary Lashes \$25
- 313 Add Brow Art, Tweeze, Thread, Wax or Groom \$25
- 314 Facial Waxing \$25 first area, \$20 second area; \$35 full face.
- 315 Add Airbrush Make-Up \$25
- 316 Add Mini 15 Min. Make-Up Touch Ups \$30
- 317 Add Groups over 3 Mini Make-Up \$25 each
- 318 Weddings - Call our office for best pricing.
- 319 Add Tot's (ages 3-5) Service \$10
- 320 Add Children's (ages 6-10) Service \$20
- 321 Add Tween's (ages 11-14) Service \$35
- 322 Add Teen's (ages 15-17) Service \$65

FACIALS - WAXING (\$75 brow wax alone)

- 400 60 Min. Facial \$99 includes decollate
- 401 90 Min. Facial \$145 includes decollate
- 402 120 Min. Facial/Brows/Massage \$185
- 403 Extractions – Deep Cleansing \$25
- 404 Add Peel or Upgraded Serum \$25, \$50, \$75
- 405 Add Facial Waxing \$25 first area; \$20 second area

- 406 Specialty Facial Anti Aging; Resurfacing - \$25
- 407 Add Hand Mask \$25
- 408 Full Body, Brazilian, Bikini, Manzilian or Other Full Service, Call For Pricing
- 409 15 Min. Extra Massage Time add \$20
- 410 Add Tot's Facial (ages 3-5) Service \$10
- 411 Add Children's Facial (ages 6-10) Service \$20
- 412 Add Tween's Facial (ages 11-14) Service \$35
- 413 Add Teen's Facial (ages 15-17) Service \$75

BODY ART - TATTOOS - HENNA - SPRAY TANNING

- 500 Custom spray tan \$75
- 501 Double coat spray tan \$115
- 502 Henna Art \$35 per person, minimum 4 or \$140
- 503 Body Art Make-Up \$75 per person
- 504 Face Painting \$35 per person adults, minimum 4 guests or \$140
- 505 Glitter Tattoos Adults \$99 for an hour of work, generally 4-6 guests

FITNESS AND LIFESTYLE Customized Program With Personal Trainer (free with purchase of 6)

- 600 Walk Fit \$45 for 30 min.
- 601 Walk Fit \$75 for 60 min.
- 602 Walk Fit \$99 for 90 min.
- 603 Pilates (mat) \$75
- 604 Zumba \$75
- 605 Yoga \$75
- 606 3 Pack
- 607 6 Pack 5% off
- 608 9 Pack 7% off
- 608 12 Pack 10% off
- 609 24 Pack 12% off
- 610 36 Pack 15% off
- 611 48 Pack 20% off

700 PACKAGES & MEMBERSHIPS

Spa Of The Month Club \$99 Customized: Choose 3, 6 or 12. Below selections are a sample – you can customize your selections by calling in.

January: Swedish Massage

February: Deluxe Manicure Pedicure

March: April: Head and Toes Massage – 30 min. Scalp and 30 min. Foot Massage

May: Combination Style Massage – A little bit of this, A little bit of that

June: Pumpkin Peel Facial

July: Deluxe Manicure Pedicure

August: ½ Massage and ½ Body Scrub

September: Aromatherapy Massage

October: Pumpkin Peel Facial

November: Deluxe Manicure Pedicure

December: Hot Stone Massage

Life+Style Memberships \$99 Customized: Choose 3, 6 or 12. Below selections are a sample – you can customize your selections by calling in.

THINKING WHAT I SHOULD DO HERE????

800 THE BEST IN PARTIES AND EVENTS

Starting at \$99/hour per technician

Walk On & Delivery Options Available

Mani – Pedi – Facial – Massage – Chair Massage – Foot Massage – Tattoo – Body Art – Henna – Hair Styling, Hair Braiding, Make-Overs, Lash & Brow Bars, Shoe Shine and Purse Clean Ups, Auto Spa, Cotton Candy Spinning, Margaretville Machine, Pizza Maker, Drum Circle, Jewelry Stringing, Bath Salt Making, Flip Flop Making and More.

Weddings, Bridal Showers, Baby Showers, Bar & Bat Mitzvah's, Birthdays

Charity Spa Parties, Tea Parties, Recognition & Appreciation Events

Kids Spa Parties Our Specialty!

900 NEW: CORPORATE WELL-FIT PROGRAM

Chair Massage, BMI Testing, Flexibility, Weight, Resting Rooms, Wellness Days

Juicing and Healthy Cooking Demonstrations

Presentations and Healthy Living Seminars

1000 E-Cards – Gifts

Give someone you love, appreciate or admire a gift to use for anything on our menu

\$35 and up..