

# 1 5 4 S P A

Experience a preview of transformative therapies seamlessly integrated into your daily life at 154 SPA. Our approach breaks down treatments into levels, mirroring the body's layers for a comprehensive renewal. From the outermost epidermis to internal factors, we address surface and core concerns for true holistic rejuvenation.

## FACE

### LYMPHATIC DRAINAGE FACIAL \$165 · 75 MIN

Indulge in a transformative skincare experience with our lymphatic drainage facial from In Fiore, which harmonizes the ancient art of Gua Sha with a light facial massage, rejuvenating Cryo-sticks, and a brightening face mask. This holistic treatment combines the power of these techniques to detoxify, improve circulation and revitalize the skin.

### NATURAL SCULPT FACIAL \$200 · 90 MIN

Experience the rejuvenating and sculpting effects of a blend of In Fiore's signature rhythmic methods combined with an advanced buccal massage, facial lifting techniques, and cupping. The soothing product properties and hands-on approach enhance blood flow, stimulate lymphatic drainage, and detoxify the skin.

## BODY

### FIRMANTE LEG TREATMENT \$100 · 45 MIN

Utilizing In Fiore's Fiermonte Elevating Leg Tonic, the treatment incorporates signature drop & drizzle technique coupled with a combination of Thai, Swedish, Deep Tissue, manual lymph drainage, reflexology, and kidney meridian work to address circulation stagnation, detoxify cellular waste and improve the appearance of veins and cellulite.

### A BODY RITUAL \$200 · 90 MIN

Immerse yourself in the spirit-lifting powers of botanical and flower essences with In Fiore's delicious aromatic body balms. The ritual emphasizes relaxation, stress alleviation, and mood elevation through the use of hot stones and a concentration on massage and soft touch. Allow the soothing aromas to envelop you, enabling their therapeutic benefits to refresh your mind. This massage is also suitable for those beyond their first trimester of pregnancy or in the postnatal phase.

### TENSION RELEASE MASSAGE \$120 · 60 MIN \$180 · 90 MIN

Experience relief and rejuvenation with our In Fiore Deep Tissue Massage, a therapeutic technique that targets tension deep within the connective tissues. Skillful hands apply firm pressure to alleviate knots and stiffness, enhancing flexibility and promoting a profound sense of relaxation.

### SPORTS RECOVERY MASSAGE \$120 · 60 MIN \$180 · 90 MIN

Experience our expertly crafted Sports Recovery treatment, combining silicone cupping, myofascial release, and targeted stretch therapy. This holistic approach soothes tired muscles, reduces inflammation, and enhances flexibility for optimal recovery and peak performance, catering to both dedicated athletes and those seeking relief from everyday tension.