

BODY

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.

TAILORED COUPLES MASSAGE - \$150 | 60 MIN / \$220 | 90 MIN (price per person)

Unwind side by side with our Tailored Couples Massage, a personalized experience designed to meet the unique needs of both. Whether you're looking to release deep muscle tension, soothe stress, or simply share a moment of relaxation together, each massage is customized to your specific areas of focus.

Our skilled therapists begin with a brief consultation to understand your individual preferences and concerns, then apply targeted techniques and pressure levels suited to your body's needs. Choose from calming, therapeutic, or invigorating approaches to create the perfect shared experience.

GLOW & FLOW COMBO - \$50 | 30 MIN

Recharge your skin and body with this dual wellness treatment. Enjoy a relaxing LED light therapy session designed to stimulate collagen, reduce inflammation, and boost your skin's natural radiance—perfect for targeting fine lines, breakouts, or dullness. While your skin rejuvenates, experience the dynamic compression of Normatec boots, which help increase circulation, reduce fluid retention, and promote muscle recovery in the legs.

A perfect pairing for total-body reset—leaving you glowing, refreshed, and re-energized from head to toe.

NORMATEC COMPRESSION THERAPY - \$25 | 30 MIN

Give your legs the reset they deserve with our 30-Minute Normatec Compression Therapy. Using dynamic, pulsed compression technology, this treatment helps boost circulation, reduce inflammation, relieve muscle soreness, and speed up recovery.

Perfect for athletes, frequent travelers, or anyone experiencing fatigue or fluid retention in the lower body, Normatec boots deliver a rhythmic massage that feels both relaxing and revitalizing.

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.

HYDRAFACIAL - \$150 / 275 / 350 | 30 / 60 / 90 MIN

This non-invasive treatment is designed to enhance skin health, address a range of skin concerns, and deliver a radiant glow like no other. Experience the difference with this rejuvenating treatment.

FACE

BESPOKE RADIANCE FACIAL - \$150 | 60 MIN

Experience the ultimate in personalized skincare with our Bespoke Radiance Facial, a luxurious treatment meticulously crafted to meet the unique needs of your skin.

Whether your skin craves deep hydration, calming for sensitivity, brightening for dullness, or purifying for congestion this facial will restore balance and enhance your natural glow.

Ideal for all skin types and concerns, this fully personalized facial ensures your skin receives exactly what it needs—nothing more, nothing less—for a visibly refreshed, radiant complexion.

EXPRESS RESET FACIAL - \$100 | 30 MIN (Featuring LESSE)

Designed to quickly restore hydration and revive your natural glow using clean, high-performance products from LESSE.

This targeted treatment begins with a gentle cleanse and exfoliation to remove impurities and dull surface cells, followed by a hydrating LESSE mask and lightweight botanical serums to deeply nourish and rebalance the skin. Finished with a calming facial massage, you'll leave feeling instantly refreshed—radiant, dewy, and ready to take on the day.

Ideal for all skin types, especially those in need of a hydration boost or glow on-the-go.

WAXING SERVICES

EYEBROWS: \$25

SMALL AREAS: Lips, Chin, Nose, Ears, Toes, Knuckles - Each \$15

UNDERARM: \$20

HALF ARM: \$25 / FULL ARM: \$40

HALF LEG: \$30 / FULL LEG: \$50

BODY

FIRMENTE 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.

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.

30-MINUTE RESET MASSAGE - Restore, Relax, Recharge | \$80

Our 30-Minute Reset Massage is the perfect quick escape to release tension, calm the nervous system, and re-energize your body and mind. This focused treatment uses targeted techniques to ease stress in key areas—neck, shoulders, back, or wherever you hold tension most.

Whether you're stepping away from a busy day or just need a moment to reconnect with yourself, this reset is designed to leave you feeling grounded, relaxed, and refreshed—in just half an hour.