

Our mission is to deliver personalized, high-quality spa services, adhering to the highest professional standards, all within a serene and welcoming environment.

Whether you're seeking a rejuvenating massage or a restorative facial. Each service is tailored to your needs and offered by appointment only, ensuring an exclusive and individualized experience.



SELF CARE IS NOT SELFISH



CONTACT MASSAGE/FACIALS

massage@lititzrec.com

717-626-5096 ext. 318



SPA SERVICES

AT THE REC

NURTURE YOUR MIND,
BODY, AND SPIRIT FOR A
BALANCED LIFE.



SPA PACKAGES

Massage Packages

60 minute massage packages

3 session package– \$204 (\$68 each)

Facial Packages

60 minute facial packages

3 session package– \$204 (\$68 each)

Microcurrent Facial Packages

3 session package– \$276 (\$92 each)

5 session package– \$450 (\$90 each)

FACIALS

Berry Bright

Target sun-damaged, mature skin with Circadia's Raspberry Enzyme treatment, which provides antioxidants to reduce hyperpigmentation. High frequency is used to boost oxygen, improving skin texture and tone for a more youthful appearance.

60 minutes \$70

Ultra Calming

Soothe sensitive, stressed skin with Circadia's pre and post-biotic mask infused with royal tea. Rich in antioxidants, it nourishes and repairs dehydrated, compromised, and aging skin.

60 minutes \$70

Deep Clean

Ideal for those seeking a thorough cleanse. It features Circadia's chocolate enzyme treatment to remove keratin buildup, a green tea mask to draw out impurities, and extractions as needed. High frequency is used to treat breakouts and prevent future blemishes.

60 minutes \$70

Hydrating

A supremely hydrating treatment using Circadia's marshmallow root, honey, royal jelly which delivers a complex blend of hydrating botanicals to nourish skins barrier.

60 minutes \$70

Microcurrent Facial

Noninvasive treatment that uses low levels of microcurrent to stimulate the muscles and tissues of the face. This treatment will smooth wrinkles, lift and reeducate muscles.

60 minutes \$95.

MASSAGE

Swedish Massage

Designed to energize the body by stimulating circulation.

Deep Tissue Massage

A variation of Swedish, utilizing deep pressure focused on areas with muscular tension with a goal of releasing muscular tension.

Trigger point Therapy

Utilizing varying levels of pressure in an area of muscular spasm. Pressure is applied with fingers, knuckles, or elbow and held for 10–60 second intervals.

Sports Massage

Various techniques such as Swedish, compression, or trigger point to accommodate an athletes needs depending on the phase of training to enhance performance or promote healing.

60 minutes \$70

90 minutes \$100