

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.



# SELFCARE IS NOT SELFISH



CONTACT MESSAGE/FACIALS

[message@lititzrec.com](mailto:message@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- \$225 (\$75 each)

### Facial Packages

60 minute facial packages  
3 session package- \$225 (\$75 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 \$79

### 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 \$79

### 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 \$79

### 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 \$79

### 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 \$79

90 minutes \$100