

Our indulgent soothing and stress-relieving services will help you feel and look your best and have a positive, lasting impact on your well-being!

Our professional Massage Therapists and Estheticians are highly skilled to offer a variety of services in order to meet your needs.



Our goal is to provide individualized, professional services using the highest standards in a comfortable setting.

Enjoy a Massage or Facial treatment that fits your schedule, made by appointment only.*

**For more information and to schedule an appointment,
Call 717-626-5096 ext.239
or Email
message@lititzrec.com**

***A Minimum of 2 hours advanced notice is required for cancellation of an appointment. Without such notice you will be charged full rate for your service.**

**301 West Maple Street
Lititz, PA 17543
717-626-5096 ext.239
www.lititzrec.com**



Welcome

*Relax
Refresh
Rejuvenate*



"Wellness is the complete integration of body, mind, and spirit—the realization that everything we do, think, feel and believe has an effect on our state of well-being."

-Greg Anderson

Massage Services

- **Swedish Massage:** Various treatments 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 athlete's needs depending on the phase of training to enhance performance or promote healing.
- **Cupping Therapy:** Cupping increases blood circulation to the area where the cups are placed. This may relieve muscle tension, which can improve overall blood flow and promote cell repair. It may also help form new connective tissues and create new blood vessels in the tissue.

Pricing

1 1/2 Hour: \$100

1 Hour: \$70

1/2 Hour: \$40

Meet our Team!

Licensed Massage Therapist MSG007900 Alexis Haller

I have been doing massage for ten years. I really enjoy the therapeutic aspect of massage therapy. Healing can come in many forms, through massage I am able to help release the tension trapped in the muscles but there is also emotional and mental healing as our mind gets to slow down and just be in the moment. Self care is vital in our ability to truly show up for those we love. Massage therapy plays a big role not only in our muscular health but also in our mental and emotional health.

Licensed Esthetician & Nail Technician Erica Wolgemuth-Johnson

Working in the skincare industry since 2001, Erica has worked in spas, salons and bridal destinations in the York, Harrisburg and Lancaster regions. Erica specializes in tackling skin concerns such as acne and scarring. She enjoys working with each client to ensure their personal skincare goals are met and everyday stresses are soothed away.

Licensed Esthetician Camille Conaway

Camille has been a member of the Rec for the past five years. Camille previously worked in the fashion industry in New York and attended the Fashion Institute of Technology and has a BFA in footwear and accessories design in addition to her training at Lancaster school of cosmetology specializing in esthetics. She enjoys working with clients to reach their skincare goals along with providing a relaxing experience.

Facial Services

“Grit” Facial: A deep clean facial best suited for those looking for a thorough cleansing. A mild, non-invasive peel is used to deepen exfoliation and remove keratin build-up. Extractions performed when necessary. Then soothe and refresh your skin using clay and botanicals.
60 min. treatment \$65

“Balance” Facial: A supremely hydrating and rejuvenating facial to put your skin back in balance. Moisturize your skin with Circadia Marshmallow Whip mask, containing marshmallow root, honey and royal jelly which delivers a complex blend of hydrating and soothing botanicals. The skin will be cleansed, exfoliated, and infused with critical hydration to protect the skin's barrier function. This facial utilizes high frequency to increase oxygen to the skin, improving texture and tone for a youthful appearance.
30 min treatment \$45
60 min. treatment \$65

“Tone” Facial: This facial focuses on brightening sun damaged, mature skin. Circadia Raspberry Enzyme treatment will deliver essential antioxidants helping to diminish hyperpigmentation. This facial utilizes high frequency to increase oxygen to the skin improving texture and tone for a youthful appearance
30 min treatment \$45
60 min treatment \$65

Blissful Hands Facial: Facial and Manicure in one! Experience all the benefits of any of our custom facials with an additional hand and nail treatment. Technician will trim, file and treat nails and cuticles. Skin and hands leave softened and glowing.
approx. 90 min. treatment \$90

Hot Stone Facial: Warmed stones incorporated into any of our custom facials with additional massage using smooth river pebbles. The warmth of the heated stones helps increase blood circulation bring nutrients to the tissues and releasing toxins.
approx. 90 min treatment \$100