

This is about the body.



LIFESPA

The water, the air, the breath.
The muscles, minerals, molecules.
The body that moves, works, endures.
This is about the body.
Care for the body.



Something's different here.

Located inside Life Time, LifeSpa understands how the body works. Our services were created with active bodies in mind. We offer carefully sourced products that contain plant- and herb-derived ingredients.

We are here to help you feel healthy, strong and beautiful.



BodyWork is for athletes.

Triathletes, cyclists, swimmers,
runners, weight lifters, yogis.

From molecules to muscles,
we work to provide faster recovery
between workouts, enhance athletic
performance, and ease the aches
and pains of everyday activity.

BodyWork Therapy

LifeSpa has created customized treatments to address the needs of specific athletes, focused on areas of the body impacted by their activities. Each session begins with a personal consultation and body reading to understand your needs.

BodyWork Therapy

Leveraging the techniques of myofascial release and stretching, our technicians address the pressure on nerves, muscles, blood vessels, joints and organs that occurs when fascia, the tough connective tissue that spreads throughout your body, is restricted. Combined with stretching and lengthening, BodyWork helps improve range of motion, avoid injury, slow joint degeneration and decrease stiffness.

30 minutes | 60 minutes | 90 minutes

Recovery + Relaxation Therapy

Incorporating familiar aspects of traditional Swedish or Deep-Tissue massage, this therapy focuses on increasing elasticity and flexibility while decreasing stress. Aromatherapy, a heat treatment and an eye treatment help to make this a deeply relaxing experience.

60 minutes | 90 minutes

BODYWORK ENHANCEMENT

Detoxifying Back Treatment

Helps remove toxins, relieve stress and smooth your skin's texture.

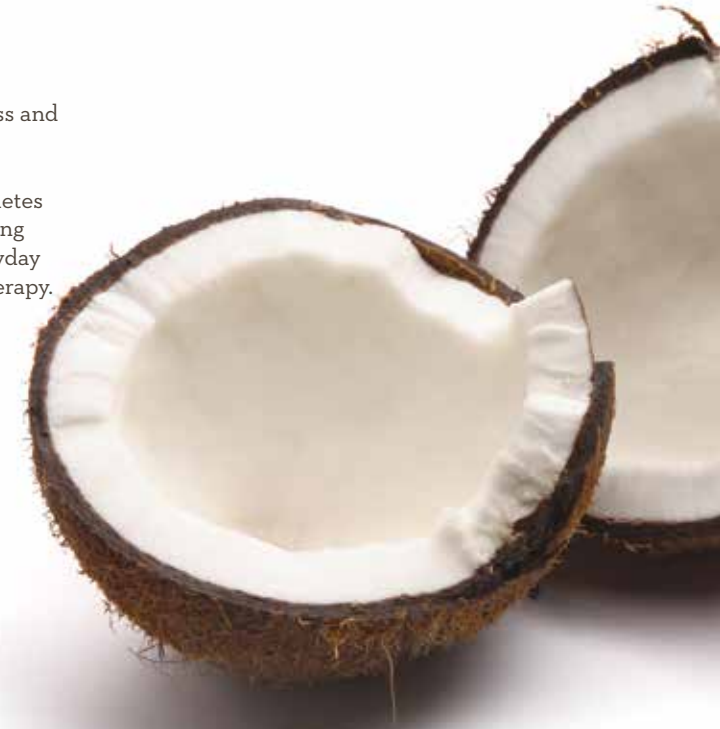
PACKAGES are available for athletes who are preparing for or recovering from a specific event, doing everyday training or desiring consistent therapy.

60-minute packages

Series of 6 | Series of 10

90-minute packages

Series of 6 | Series of 10





Get to the root of strong, healthy hair.

Beautiful hair starts with
LifeSpa's Renewal Therapy.

We believe strong hair is beautiful hair, so all LifeSpa hair services include our signature Renewal Therapy and a comprehensive analysis to address your specific needs.

Hair Care Therapy

Healthy hair is beautiful hair, so all of our hair services include our signature Renewal Therapy and a consultation to address your specific needs. Our specialized formula is combined with light massage to help revive your hair and scalp.

Haircut, Style + Finish

Begin with our Renewal Therapy to infuse nutritious ingredients into each hair fiber, and follow with the perfect haircut. We'll have your hair feeling fresh and healthy.

Women's | Men's | Kids

Style + Finish

It's the combination of our Renewal Therapy and your choice of a flawless finish that uses only quality ingredients. Ideal for business meetings, special occasions or an everyday feeling of healthy confidence.

Blow-Out | UpDo | DownDo

Color

As luxurious as it is effective, we proudly use color that is enriched with lipids, balancing the hair structure and forming a protective finish. Combined with our customizable hair treatment, a fresh color treatment will have your hair feeling healthy, strong and beautiful.

All-Over Color / Retouch / Gloss

Full Highlights / Lowlights

Partial Highlights / Lowlights

Luxe Color Upgrade

Smoothing

Reduce your styling time with a Smoothing Treatment. This treatment safely eliminates up to 99% of curl and frizz without the use of harsh chemicals. Hair looks and feels healthy with radiant shine.

Extensions

For Volume / For Length and Volume

Price based on consultation.

Renewal Therapy

Incredibly nutrient-rich oils clean hair follicles, allowing your scalp to breathe. The combination of oil and massage helps to nourish, strengthen and restore your hair's inner cortex, resulting in smooth manageability and shine.

Deep Conditioning Therapy

Add this treatment onto any service and help your hair return to its natural state. It begins undoing chemical and environmental damage while providing a restorative deep conditioning.

Clarifying Treatment

Removes chlorine buildup, leaving nothing but shiny, healthy-looking hair.





Skin Fitness.

Active ingredients.
Powerful results.

Aesthetic Skin Therapy

LifeSpa takes the time, and has the technology, to truly look at your skin. By understanding what's going on from a cellular level, we provide you with results-based skin care that helps your skin feel truly healthy.

HydraFacial®

The HydraFacial is an advanced resurfacing procedure that detoxifies, rejuvenates and protects. We exfoliate and extract impurities while bathing new skin with antioxidants, hyaluronic acid and other moisturizing serums. Soothing, refreshing, non-irritating and immediately effective.

30 minutes
Series of 6 | Series of 10

Skin Fitness Assessment

Includes skin analysis, personalized consultation and skin fitness plan, plus an express HydraFacial.

45 minutes

The Ultimate HydraFacial

This treatment combines all the benefits of the traditional HydraFacial treatment with the added detoxification and de-stressors of steam, massage and a mask. Nutrient-rich and effective, this relaxing treatment will have you feeling as healthy as you look.

60 minutes



Aesthetic Skin Therapy

LifeSpa treats your face, neck and décolletage with personalized care and high-quality, effective products. Whether you're experiencing sun damage, acne or signs of aging, we will help you maintain the feeling of healthy, beautiful skin.

Brightening

Help lighten and brighten skin tone with botanical fruit acids, vitamins and powerful enzymes. Improve skin texture, lighten discoloration and soften fine lines. Your skin will feel clean and clarified. Look at it glow.

60 minutes

Firming

Take care of your skin – from the outside in. A natural, protein-based mask combines with a facial massage to help stimulate collagen and help tighten, brighten and tone. It's our favorite treatment to reverse the signs of aging.

60 minutes | 90 minutes

Calming

Soothe inflamed or irritated skin, and eliminate signs of redness, as the natural ingredients of chamomile, green tea, arnica and rosemary combine with ice globes and aromatherapy – a sensory experience that leaves skin feeling clean and balanced.

60 minutes

Clarifying

It's tough love as our clarifying treatment goes after dirt and bacteria to cleanse and detoxify problem skin. Cooling cucumber and tea tree oil are used to help prevent acne and reduce inflammation, leaving a radiant, clearer complexion. Express teen treatment also available.

60 minutes

TREATMENT PACKAGES are available and recommended for consistent therapy.

Series of 6 | Series of 10



Rejuvenation Peel Treatments

Give your skin a boost with enzymes and nutrients that promote cell turnover, improving the overall tone and texture. Your skin will take on a renewed glow and sparkle.

30 minutes | Series of 4 | Series of 6

Waxing

Using antimicrobial, botanical hair removal products, our highly trained technicians quickly and effectively remove unwanted hair.

Lip | Chin | Brow | Underarm

Bikini | Custom Bikini

Full Back | Full Leg

Additional areas available.

Tinting

Save time with brow and lash enhancement using vegetable dye applied by experienced Aestheticians.

Lash Tint | Brow Tint

Eyelash Extensions

Beautiful eyelashes are thicker and longer with semi-permanent extensions. Our certified technicians use only well-respected products to enhance your natural beauty.

Full Set | Fills

SKIN CARE ENHANCEMENTS

Eye/Lip Treatment

Hand Treatment

LED Therapy



All the right ingredients

for beautiful hands and feet.

Our nail therapy provides conscious care from fingers to toes. Between carefully sourced products and knowledgeable technicians, our nail therapy is the finishing touch to your savvy style.

Nail Therapy

These specialized services are focused on the integrity of your nails. Attention is given to your skin and cuticles, too, so you receive a comprehensive treatment. The products we use are vegan and non-GMO, and are free of DBP, toluene, camphor, formaldehyde and formaldehyde resin.

MANICURES

Beautifying Treatment

Our carefully sourced ingredients infuse moisture into dry, brittle nails and help deliver strength for the ultimate nourishment. Your nails can look healthier longer – and you get to take your mini bottle of color home.

30 minutes

Express Beautifying Treatment

We do a quick consultation, shape your nails, apply your favorite color, then send you on your way.

15 minutes

Chipless Beautifying Treatment

Not only does this gel-based manicure look fabulous, it's also UV-free and packed with vitamins and antioxidants. Get up to 2 weeks of chipless wearability that accentuates your natural style.

45 minutes

Strengthening Treatment

Strengthens dry, brittle or thin, peeling nails with an application that helps infuse moisture and deliver protein. Helps to rebuild the nail structure for a natural, non-polished look.

30 minutes

PEDICURES

Beautifying Treatment

This is what foot care is all about. It's the warm foot soak in minerals, the cuticle cleanup, exhilarating exfoliation, hydration therapy and the massage. You choose the color, then along with happy calves, toes and feet, take it with you.

60 minutes

Express Beautifying Treatment

Take a few minutes for a mini treatment on those feet.

30 minutes

Heel and Repair Treatment

The perfect treatment for anyone who is hard on, and needs to take extra care of, their feet. Athletes will love the focused massage, an after-event revitalizing wrap, and then some TLC and shaping for your toenails.

30 minutes

NAIL CARE ENHANCEMENTS

Slow-Aging Treatment

This treatment helps detoxify, tone and hydrate the skin. The key ingredients help lighten and brighten the skin. It also helps with collagen production and elastin, making it a slow-aging service.

15 minutes



We partner with companies that share our values, and we're proud of what we have on our shelves. We're dedicated to offering you carefully sourced products that contain plant- and herb-derived ingredients. We are here to help you feel healthy, strong and beautiful.

Please contact the City Centre LifeSpa at 713.630.8424 for additional information and service pricing.



LIFE SPA

LIFETIME

THE HEALTHY WAY OF LIFE COMPANY™

Services vary by location. HydraFacial® is a registered trademark of Edge Systems LLC.
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10% post consumer waste fiber.