

Le Petite Retreat day spa – Los Angeles

Full Treatment Menu

February 2008

Facials

To Renew Skin's Youthful Glow...

Voted one of the best facials in Los Angeles, escape for a quiet day of stress-free indulgence at Le Petite Retreat day spa. We offer a luxurious selection of relaxing facial skin care treatments that promote healthy skin, helping you unwind in the serenity of our top rated LA day spa. Deep clean and nourish your skin with blends of essential oils to renew your skin. Our use of enzymes, facial masks & soothing moisturizers combine to deeply recondition & rehydrate skin for that smooth, healthy, radiant glow. Our luxurious 60 minute Facials include an evaluation, extractions, skin care consultation & foot massage.

True Transformation Facial

This classic custom spa facial helps restore skin's dull, dried, damaged appearance. Aromatherapy and marine-based elements rich in trace minerals balance skin's pH level, replenishing lost nutrients for that healthy, youthful glow.

60 mins: \$110

Sea Breeze Facial

For sensitive skin, our Green Tea and Chamomile mask help deeply clean & soften skin, refining enlarged pores so skin appears even and smooth.

60 mins: \$125

RegenisCell Enzyme Facial - Signature Treatment

Our most exclusive facial customized for sensitive skin. We use only natural botanical extracts for deep penetration of enzymes that detox, lift and tone your skin. A refreshing Chamomile mask calms while a customized RegenisCell enzyme mask helps regenerate skin cell growth, so you can Face A Younger Future.

60 mins: \$150

Epicuren® Herbal Firming Facial - Signature Treatment

Facial begins with a deep pore cleansing of your skin followed by our series of herb and enzyme protein masks which combine to enliven sun-damaged and prematurely aging skin, especially around the eyes. This facial is recommended by cosmetic surgeons & dermatologists worldwide.

60 mins: \$150

Massages

To Melt Away Stress...

One of the most luxurious & elevating massage treatments in Los Angeles, warm stones are precisely placed on the back to relax tight muscles, then used to massage away tension." - The Book LA Magazine. Voted one of the best Los Angeles spas for therapeutic & relaxing massage, Le Petite Retreat Spa has full 60 & 90 minute massages – don't be shortchanged by only a 50 minute massage "hour". Le Petite Retreat Spa is the only top-rated massage spa in Los Angeles where friends or couples can experience massage & spa packages together in the same room. Choose from our soothing massage therapy treatments for stress relieving Deep Tissue, Swedish-Deep Tissue, Jade or Hot Stone Massage, even Prenatal or Pregnancy Massage.

Prenatal - Pregnancy Massage

This massage encourages relaxation and helps relieve sinus congestion, backaches, leg cramps and sciatica pain. This pregnancy massage is performed using pillows on your sides for comfort.

60 mins: \$110

Deep Tissue Massage

Our deep tissue massage gets to the root of your muscle aches. Massage helps to remove knots and stimulates circulation.

60 mins: \$115 - 90 mins: \$170

Swedish-Deep Combo Massage

A unique light-strong combination massage. Soothing Swedish strokes relax the muscles and deep tissue massage helps relieve aches from stressful tension knots.

60 mins: \$115 - 90 mins: \$170

Warm Stone Deep Tissue Treat

Feel muscle-melting bliss as both Warm Zen Stones and Deep Tissue massage strokes are combined together to remove stress & tension from your body.

60 mins: \$140

Jade Stone Massage Therapy - Signature Treatment

Our hands-on Swedish-Deep combo massage incorporates hot & cool stones that are massaged into your body. Heat helps to relax muscle tissue & coolness helps reduce inflammation & flushes out toxins through the lymphatic system. We also integrate Shiatsu & Thai massage strokes for therapeutic results lasting longer than other massages. A favorite for individuals or couples, the only massage of its kind in LA!

60 mins: \$150 - 90 mins: \$225

Hydrotherapy Treatments

Add an incredible spa bathing experience...

Experience the soothing relief and body hydration from your Hydrotherapy Bath at your Los Angeles day spa Le Petite Retreat. Our sauna and health spa hydrotherapy bath treatments are customized for individuals or couples, unlike other day spas in Los Angeles. Please note, that due to limited availability on weekends, each of our incredible spa baths are only available as add-on treatments to your spa facial, spa massage, or exfoliating body scrub treatment. Many of our L.A. day spa packages include one of our unique hydrotherapy bath treatments such as our Couples Bath -Champagne For Two, or one of our many aromatherapy oil and essential oil baths:

Green Tea Escape

Sipping green tea rich in antioxidants while soaking in your warm lavender aromatherapy bath, is the ultimate in relaxation and easing anxiety.

30 mins: \$45

Aqua Latte & Floral Medley - Signature Treatment

A delicious experience of milk and sweet honey in our exclusive Coppertub. Spoonfuls of essential oils of lavender, rose and sage are added to hydrate your body.

30 mins: \$50

Peppermint Ginger Plunge

Soak in aromatherapy oils of eucalyptus, ginger and peppermint to energize and invigorate body and spirit.

30 mins: \$50

Champagne For Two - Signature Treatment**

Our exclusive sumptuous spa treat can be added to your Couples Facial or Massage. Luxuriate in our bubbling Coppertub surrounded by a canopy of flickering candlelights, as you and your soul mate sip champagne in the elegance of Zen.

30 mins: \$60

** This spa treatment is an add-on to couples spa massages or couples facial treatments only, and due to limited capacity, is unavailable as a single spa treatment.

Couples Spa Treatments - Share The Experience Together...

We've created an escape for you both, as our island-like spa retreat is miraculously nestled away in the heart of LA. As our special day spa couple, you will be treated to our holistic and individualized attention. Le Petite Retreat spa is one of the few spas in Los Angeles that also encourages friends and couples to spa together in the same room, for a truly lasting memory.

We've created both indoor & outdoor environments where you & your friend can share couples spa facials, therapeutic couples spa massages & private couples bathing. Our sauna is available for each of you to take in the aromatic, therapeutic health benefits before, during, or after your day spa couples treatments:

Warm Stone Deep Tissue Treat

Feel muscle-melting bliss as both Warm Zen Stones and Deep Tissue massage strokes are combined together to remove stress & tension from your body.
60 mins: \$140 each 90 mins: \$215 each

Jade Stone Couples Spa Massage

Our hands-on Swedish-Deep combo massage incorporates hot & cool stones that are massaged into your body. Heat helps to relax muscle tissue & coolness helps reduce inflammation & flushes out toxins through the lymphatic system. We also integrate Shiatsu & Thai massage strokes for therapeutic results lasting longer than other massages. A favorite for individuals or couples, the only massage of its kind in LA!
60 mins: \$150 each 90 mins: \$225 each

Couples RegenisCell Enzyme Facial

Our most exclusive facial customized for sensitive skin. We use only natural botanical extracts for deep penetration of enzymes that detox, lift and tone your skin. A refreshing Chamomile mask calms while a customized RegenisCell enzyme mask regenerates skin cell growth.
60 mins: \$150 each

Epicuren® Herbal Firming Couples Facial

We begin with deep pore cleansing of your skin followed by our series of herb and enzyme protein masks which combine to enliven sun-damaged and prematurely aging skin, especially around the eyes. Recommended by cosmetic surgeons & dermatologists worldwide.
60 mins: \$150 each

Couples Champagne Bath For Two**

Luxuriate in our bubbling Coppertub surrounded by a canopy of flickering candlelights, as you and your soul mate sip champagne in Zen elegance.
30 mins: \$60 for two

** This spa treatment is an add-on to couples spa massages or couples facial treatments only, and due to limited capacity, is unavailable as a single spa treatment.

Couples Detoxing Foot Bath*

By stimulating your organs and lymphatic system through channeling positive & negative currents, stress induced & environmental toxins are removed through your feet's 2000+ pores, made visible in the water of your foot bath. Rebalance & detox your body in just 30 minutes.
30 mins: \$85 each

* These treatments are add-ons to couples spa massages or couples facial treatments only, and due to limited capacity, are unavailable only as single spa treatments.

Couples Spa Packages – A Symphony of 3 (or More) Treatments...

**a standard spa gratuity will be added to all packages*

Couples Warm Zen Stone Massage Package

Feel muscle-melting bliss as both Warm Zen Stones and Deep Tissue massage strokes are combined together to remove stress & tension from your body for a full 60 minutes. You both will also indulge in our Champagne Bath for two, sipping a little champagne in a private, flickering candlelit room.
1.5 hrs: \$340* per couple

Couples Warm Zen Stone Massage Package

Feel muscle-melting bliss as both Warm Zen Stones and Deep Tissue massage strokes are combined together to remove stress & tension from your body for a full 90 minutes, to surely remove any stored muscle tensions. You both will also indulge in our Champagne Bath for two, sipping a little champagne in a private, flickering candlelit room.
2.0 hrs: \$490* per couple

Couples Jade Stone Massage Package

Couples Favorite: In the same outdoor cabana or bungalow, or comfy inside room, our hands-on Swedish-Deep combo massage incorporates hot & cool stones that are massaged into your body. Heat helps to relax muscle tissue &

coolness helps reduce inflammation & flushes out toxins through the lymphatic system. We also integrate Shiatsu & Thai massage strokes for therapeutic results lasting longer than other 60 minute massages. You both will also indulge in our Champagne Bath for two, sipping a little champagne in a private, flickering candlelit room.

1.5 hrs: \$360* per couple

Couples Jade Stone Massage Package

Couples Favorite: In the same outdoor cabana or bungalow, or comfy inside room, our hands-on Swedish-Deep combo massage incorporates hot & cool stones that are massaged into your body for 90 incredible minutes. Heat helps to relax muscle tissue & coolness helps reduce inflammation & flushes out toxins through the lymphatic system. We also integrate Shiatsu & Thai massage strokes for therapeutic results lasting longer than other 90 minute massages. You both will also indulge in our Champagne Bath for two, sipping a little champagne in a private, flickering candlelit room.

2.0 hrs: \$510* per couple

Vitality Couples Spa Package

Start your Experience with our Jade Stone Massage Therapy in our Outdoor Garden Cabana, followed by a Salt Glow & Herb Garden Exfoliating Scrub, then detoxify in your Green Tea Escape. Complete your day with our Signature Epicuren Herbal Enzyme Firming Facial for that ultimate glow!

3.5 hrs: \$430* each

Secret Couples Spa Package

For those preferring a facial-less spa indulgence the secret to this incredible package is combining inside-out & outside-in detoxing with 90 minutes of Jade Stone Massage! Our Ionic Detoxing footbath helps release inner body toxins through your feet's pores. Our Salt Glow & Herb Garden Wrapsody is a full body exfoliation adding our sumptuous buttery scrub - then you're brought back to your senses with our Peppermint Ginger Plunge! (order of treatments varies).

3.2 hrs: \$440* each

*For your convenience, standard spa gratuities will be added to our priced packages of 3 or more treatments.

Spa Treatment Packages

**a standard spa gratuity will be added to all packages*

Feel The Experience...

Experience the ultimate in what you're looking for in a day spa -a nurturing environment, professional therapists, indulgent treatments and services that benefit your health, all at affordable prices right here in Los Angeles! We encourage individuals and couples to 'Feel The Experience' from our LA day spa Experience Packages, many of which include a facial, massage, exfoliating body treatment, hydrotherapy bath, waxing - or, let us help you create your own custom day spa package!

Discovery Spa Package

Let our experienced Spa Concierge work with you in customizing your Individual or Couple's Experience Packages!

Renewal Spa Package

Feel a renewed spirit from our exclusive Ionic Detoxing Foot Bath, stress reducing Deep Tissue massage & Peppermint Ginger Plunge.

2.5 hrs: \$245*

Fantasy Spa Package

Energetic rejuvenation begins with our Aqua Latte & Flower Bath Medley, followed by our Swedish-Deep Combo massage, and our gentle yet invigorating True Transformation Facial.

3.0 hrs: \$275*

Serenity Spa Package

The ultimate experience of our Signature spa treatments: RegenisCell Enzyme Facial, Warm Zen Stone Deep Tissue Treat and our soothing Aqua Latte & Flower Bath Medley.

3.0 hrs: \$340*

Harmony Spa Package

When an hour massage isn't enough, our famous 90 minute Jade Stone Massage truly takes you away in time... our exclusive Ionic Detoxing foot bath helps cleanse you from toxins, as our Peppermint Ginger Plunge bath brings you back to a kinder, gentler reality. (order of treatments varies)

3.2 hrs: \$355*

Vitality Spa Package

Start your Experience with our Jade Stone Massage Therapy in our Outdoor Garden Cabana, followed by a Salt Glow & Herb Garden Exfoliating Scrub, then detoxify in your Green Tea Escape. Complete your day with our Signature RegenisCell/Epicuren Enzyme Firming Facial for that ultimate glow!

3.5 hrs: \$430*

Secret Spa Package

For those preferring a facial-less spa indulgence the secret to this incredible package is combining inside-out & outside-in detoxing with 90 minutes of Jade Stone Massage! Our Ionic Detoxing footbath helps release inner body toxins through your feet's pores. Our Salt Glow & Herb Garden Wrapsody is a full body exfoliation adding our sumptuous buttery scrub - then you're brought back to your senses with our Peppermint Ginger Plunge! (order of treatments varies)

3.2 hrs: \$440*

Scrubs & Detox

Exfoliation, Cleansing & Detoxing in your Los Angeles Day Spa...

Experience invigoration & health benefits from exfoliating body treatments, cleansing back facials & exclusive body detoxing spa treatments. Our detoxing health spa & full 75 minute exfoliating treatments are customized for individuals or couples, unlike other day spas in Los Angeles. Many of our L.A. day spa packages include one of our unique body scrubs combining rare sea salts & essential oils to hydrate & purify skin, or spa massages that stimulate the lymphatic system to help your detoxify.

Ionic Detoxing Foot Bath

Each foot has 2,000+ pores through which toxins release. By stimulating your organs and lymphatic system through channeling of positive & negative currents, stress induced & environmental toxins are removed through your feet's pores and made visible in the water of your foot bath. Rebalance & detox your body in just 30 minutes. Our amazing detoxing spa treatment helps with Fibromyalgia, Chronic Fatigue Syndrome, Epsteines-Barr, water retention and insomnia.

30 mins: \$85

Le Back Facial

A rich mask cleanses, exfoliates & nourishes your back's sensitive skin, for the ultimate smooth & caressing touch. 60 mins: \$95

Salt Glow & Herb Garden Wrapsody

A full body cleansing and exfoliation from our exquisite marriage of Sea Salts and essential oils of geranium, rosemary, thyme, cypress and mint. This treatment is followed by our refreshing Peppermint Ginger Plunge.

75 mins: \$130

Sugar Rush Scrub & Green Tea Escape

A deeply hydrating body scrub made from natural sugar & buttery-smooth essential oils of citrus, mango & vanilla remove toxins from your skin, then our Green Tea Escape Bath completes the detox process. Return to baby soft skin after this ultimate full-body cleansing & exfoliation.

75 mins: \$140

Body Waxing Treatments

Using Warm, Soothing Waxes...

Experience that desirable Waxed Body look from your Los Angeles day spa Le Petite Retreat. Our day spa waxing method is personalized and customized for you, unlike other day spas in Los Angeles.

You can have your L.A. day spa package include our unique body waxing spa treatment method, which is specially designed for our guests with sensitive skin. We offer waxing series specials for lash or brow tinting, eyebrow waxing, lip wax, chin wax, underarm waxing, brazilian bikini or hairless bikini waxing. Note: Waxing prices which are variable are noted with " + " identifying this price may be more than the minimum listed. Prices are based on time and thickness of hair area, tweezing time, etc.

Ears	\$15	Half Arm	\$35
Lip Waxing Chin	\$22	Full Arm	\$60
Waxing Eyebrow	\$22	Upper Leg	\$60
Arches Full Back or	\$35	Lower Leg	\$45+ \$90
Chest Underarm	\$85+ \$20	Full Leg Bikini	\$40+
Full Face	\$90	Brazilian Bikini	\$65
(includes brow waxing)		Hairless Bikini	\$85

An optional application of hair serum is also available for \$10 per ampule.

Semi-Permanent Eyelash Extensions

We can help transform your eyelashes for a longer, thicker, more defined look! One of the best kept Beverly Hills' Beauty Secrets -Le Petite Retreat Spa in Los Angeles provides semi-permanent, beautiful eyelash extensions. As seen in Vogue magazine, lash extensions are weightless, and give an extremely sensual look both day and night. Whether you are going to the beach, your high school or family reunion, getting married or planning a Beverly Hills night out, our eyelash extension treatment can last up to 2 months!

Applying one lash at a time onto your existing natural eyelash, we will transform your lashes into lush, beautiful, longer eyelashes. Enhance your natural beauty and increase your inner confidence.

Semi-Permanent Eyelash Extensions

Applying one lash at a time onto your existing natural eyelash transforms them into lush, beautiful, longer eyelashes. Enhance your natural beauty and amazingly increase your inner confidence. 60 - 75 mins: \$195

Touch Ups & Lash Fills: Range in price from \$50/per 15 minutes, with average lash touch-up being a 45 minute appointment.

Monthly Special: FREE Lash Curling with Lash Extensions

-Save \$85

Lash Curling

Our new and most innovative method uses lash clips to give an even curl to lashes, making eyelashes look fuller and more dramatic! Lash curling is also recommended to enhance your Eyelash Extensions. 50 mins: \$85

Monthly Special: FREE with your first Eyelash Extensions

Mascara Coating

Put an end to daily mascara application! If you want low maintenance but luscious lashes, Lash Coating is better than lash tinting as it doesn't irritate the eyes, plus lasts from 6 to 8 weeks. 30 mins: \$85

Eyelash Extension Removal

For semi-permanent eyelash extensions you wish removed that were not applied at Le Petite Retreat day spa - Los Angeles. 30 mins: \$40

More Details:

Our lashes are extremely long lasting and weightless on your eyes, and are resistant to water, showering, sweat, exercise, tears, swimming and even sleeping. Newly invented and sweeping the Beverly Hills & Hollywood Celebrity crowd, eyelash extensions are made to look identical to human natural human eyelashes. Our lashes are for professional application only, and the person must receive training, evaluation and review in order to receive certification.

Frequently Asked Questions:

Where can I read more about eyelash extensions in Los Angeles?

Cosmopolitan Magazine article featuring Lysa Kustek, owner, Le Petite Retreat day spa, discussing that "Lash extensions are great because you don't need mascara, and they last up to six weeks before requiring touch-ups". more...

NAILS SPA Magazine article quoting Lysa as national expert on Eyelash Extensions, as lash extensions are becoming the beauty trend for celebrities and professional men AND women alike. more...

Los Angeles Day Spa Le Petite Retreat Nationally Recognized As Leader in Eyelash Extension Treatments. Le Petite Retreat spa -Los Angeles and owner Lysa Kustek, gained national recognition in USA Today as the Los Angeles day spa leader in eyelash extension treatments.

From USA TODAY -Eyes open wide with these lash extensions. -Talk about an eye-opening experience: Eyelash extensions are the latest beauty trend sweeping the red carpet!

How long does it stay?

Normally from four to six weeks, our lashes will stay on your natural eyelashes for the remaining lash life when applied correctly, sometimes up to 2 months.

What are Eyelash Extensions made of?

Our lashes are made of a synthetic material, which is very soft and naturally curved. Our lashes are crimp-resistance and extremely flexible.

Do Eyelash Extensions damage natural lashes?

No, not at all! Combining our lashes eyelash extensions and adhesive creates a polypeptide bond, specifically for human lashes. The adhesive dries very soft on lashes, allowing Le Petite Retreat day spa's Los Angeles eyelash extensions to stay flexible and bouncy just like your own lashes. Our lashes will adhere to the lashes softly and comfortably while not damaging your natural lashes or causing the natural lashes to fall out.

Can I wear mascara with my Eyelash Extensions?

Our lashes naturally darken your lashes, for that extremely vivid eyelash look so mascara is not necessary. If desired, you may wear water-based mascara on the tip of the eyelash extensions for enhancement. Never use waterproof mascara as any type of mascara remover may not be used at all. Rubbing directly on the lashes or using mascara remover will weaken the bonding. Water-based mascara should come off with just soap and water while washing your face or showering.

Can lash extensions be removed?

Yes, at any time for any reason. They can be easily removed using our organic remover.

What is the difference between Eyelash Extensions and traditional false lashes?

The extreme differences are the following: adhesive formula; lash type, application technique, lash appearance and lasting duration. Traditional false lashes are usually made with a strip or with multiple lashes knotted together and are applied directly on the eyelid using adhesive formulas that dry hard on the eyelid and lashes. They often cause discomfort to the eyes and may cause your natural lashes to fall out prematurely. Traditional false lashes usually last only a few days to a week, often looking unnatural and feeling heavy on your eyes.

Our lashes are made to look identical to human lashes and are crimp resistant; the adhesive is formulated for a permanent bond and dries soft on lashes. The polypeptide bond allows lashes to remain flexible and bouncy. In our Los Angeles day spa, each eyelash extension is applied directly to the individual lash, one lash at the time via a state-of-the-art technique. Our lash extensions are weightless, very comfortable on the eyes, and will not prematurely cause the natural lashes to fall off. They look so natural and have the incredible bonding power that lasts up to 2 months!

Retreat Series Specials – Buy in a Series and Save...

We're your Los Angeles spa when you're looking for a special spa experience to share with a friend, or for your own personal escape. This month's featured treatment special includes a sumptuous stress-relieving massage and/or a relaxing, invigorating facial for your spa indulgence. Join us in our special savings so you can "Feel The Experience"™ of Le Petite Retreat day spa.

Our Monthly Spa Massage Special:

When you reserve our best, therapeutic 90 minute Jade Stone Massage, you'll take home the NEW CD from Liquid Mind – S L E E P a \$20 value, your's FREE (Please request special when making your reservation, available Wed-Fri only, excludes GCs)

Spa Massage Treatment	Price with Series	Series of 6 Spa Treats	Save
Swedish-Deep Combo (60 mins)	\$104	\$621	\$69
Swedish-Deep Combo (90 mins)	\$153	\$918	\$102
Deep Tissue Massage (90 mins)	\$153	\$918	\$102
Warm Stone Deep Tissue	\$126	\$756	\$84
Jade Stone Therapy	\$135	\$810	\$90

Our Monthly Spa Facial Special:

When you reserve our exclusive RegenisCell Herbal Enzyme Facial, you take home the NEW CD from Liquid Mind – S L E E P a \$20 value, your's FREE (Please request special when making your reservation, available Wed-Fri only, excludes GCs)

Spa Facial Treatment	Price with Series	Series of 6 Spa Treats	Save
RegenisCell Enzyme Facial	\$135	\$810	\$90
Epicuren Herbal Firming Facial	\$135	\$810	\$90

Our Monthly Spa Eyelash Extension Specials:

Applying one lash at a time onto your existing natural eyelash transforms them into lush, beautiful, longer eyelashes. Enhance your natural beauty and amazingly increase your inner confidence.

60 - 75 mins: starting at \$195

Monthly Special: FREE Lash Curling with Lash Extensions - Save \$85

Our Monthly Spa Detox & Waxing Discount Series Specials:

Detox & Body Waxing Treatment	Price with Series	Series of 6 Spa Treats	Save
Ionic Detoxing Foot Bath	\$77	\$459	\$51
Eyebrow Arches	\$32	\$189	\$21
Brazilian Bikini	\$59	\$351	\$39
Hairless Bikini	\$77	\$459	\$51