

haven

we invite you to take a little time for yourself...

150 mercer street 212 343 3515 [havensoho.com](http://havensoho.com)

Since opening the doors to Haven in 1998, our expert staff has been dedicated to offering carefully selected treatments and products that offer real solutions to address the myriad concerns of the urban spa guest.

At Haven you will find a welcoming staff in a relaxed environment where we encourage you to unwind and take a little time for yourself.



# SKINCARE

## FACE

**Rehab™** – Ready to finally get help for your skin’s woes? Then this is the treatment for you. Our Rehab facial works wonders on all skin types. It helps to lift, tighten, and improve skin’s clarity, elasticity, texture and overall health. It also encourages detoxification and cellular renewal. We use enzymatic exfoliants in a dramatic triple layer mask to generate maximum results. An experience to remember. 75 minutes \$175

**Rx™** – A real powerhouse of a treatment packed into half an hour, this facial concentrates on the exfoliation, detoxification and tightening elements of our Rehab facial. Great to help you look phenomenal before a special event or to help boost the health and visage of your skin in between your regular comprehensive facials. No extractions. Not recommended for skin prone to breakouts. 30 minutes \$80

**80 Minutes in Haven™** – Completely pampering and thoroughly rebalancing, this combination of our “Remedy” and “For Your Eyes Only™” facial therapies will leave you glowing and in seventh heaven. 80 minutes \$150.

**Boot Camp™** – Get your skin back under control. This treatment uses manual and chemical exfoliation to aggressively resurface the skin. Effectively clears acne, evens out discoloration, smoothes fine lines and scars and is powerful for anti-aging. All Boot Camp facials include a personalized acid peel to gently but effectively refine the skin. 75 minutes. \$175

**Remedy** – This personalized treatment offers a truly unique facial experience for everyone. Whether you need deep pore cleansing, extra nourishing, deep hydration, or custom tailored maintenance, each and every individual concern will be addressed and corrected. 60 minutes \$110.

**Regress** – Our rejuvenating facial can stop the facial clock. Anti-oxidant plant vitamins stimulate the natural production of collagen. Youth enhancing karite nut combines with energizing organic proteins to regenerate fragile tissues, reduce visible lines and firm contours. Features a high energy healing, tightening and energizing treatment mask to give you truly remarkable results. 75 minutes \$145

**For Your Eyes Only™** – Undo the damage of late hours, computer time and exposure to the elements that assault the fragile skin around the eyes. Using aromatherapy and three specific massage techniques, we will work to address concerns such as fine expression lines, puffiness, dark circles, and muscle fatigue. Not recommended for skin prone to breakouts. 45 minutes \$75

**Escape** – Our mini facial revives and nourishes your face, neck and décolleté. You'll feel relaxed and radiant in half an hour. Because there is no extraction, this is ideal for an instant glow before a special occasion. 30 minutes \$65

## **MEN'S SKINCARE**

**Remedy for Men:** Serious about getting your skin in gear? This high performance corrective grooming facial cleans, detoxifies and perfects skin. From breakout woes to flakiness, we will address and treat many of your skincare concerns. It's the ideal treatment for the guy who works or plays hard. 60 minutes \$110

**Boot Camp for Men:** A custom treatment that deep-cleans, hydrates, resurfaces, purifies and protects skin. Effectively addresses ingrowns, breakouts and scarring. It is the ultimate remedy for skin that has suffered through urban living, long work hours and numerous nights out with the guys. Your skin will look younger and fresher. 75 minutes \$175

## **BODY**

**Back in Order** – This deep pore cleansing and resurfacing treatment for your back helps to clear up breakouts, repair sun damage, hydrates and nourishes the neglected skin in this hard to reach area. 60 minutes \$120

**Peach Smoothie™** – Finally clear your bikini area of ingrowns. In this treatment we will gently cleanse the area with a special exfoliating AHA scrub, followed by an expert application of an acid peel to help free those trapped hairs and blocked pores. May lighten discoloration. 15-30 minutes \$50

**Baby's Bottom** – Make those bumplies part of the past. After a gentle cleansing with an exfoliating AHA scrub, our experts will apply a customized acid peel to help clear those unbecoming bumps. 15 minutes \$50

## **MICRODERMABRASION**

Gentle epidermal abrasion that can effectively treat sun damage skin, fine lines and wrinkles, enlarged pores, superficial scars, uneven granular skin, blackheads and comedones.

**Face** – 45 minute session \$125.

Series of 5 (must be used within a 14 week period) \$500.

Add microdermabrasion to almost any of our facial treatments for an additional \$75

**Body** – 15 minute intervals/\$45 each.

Our most advanced facials to combat signs of aging:

**Boot Camp with Microdermabrasion** – Aggressively works on lines, scarring and hyperpigmentation using a multiple step exfoliation process. \$235

**Rehab with Microdermabrasion** – Radically firms and tones skin to reclaim lost elasticity and refines to a more youthful texture. \$235

## MASSAGE THERAPIES

Massage is a deeply restorative body therapy that can soothe the soul as well as sore or tired muscles. We encourage you to communicate with your therapist to ensure that he or she understands precisely what you want—so you can work together to maximize your treatment. Also, please inform him or her of any medical conditions or medications you are taking. No massage can be performed during the first trimester of pregnancy.

**Swedish massage** – Incorporates long gliding strokes and kneading techniques on the upper layers of the muscles. This massage relaxes muscles, improves circulation, increases range of motion and stimulates the skin and nervous system. It enhances balance and harmony while creating a sense of relaxed well-being. Haven's Signature massage oils reduce excessive friction and nourish your skin. Pressure can be light to medium.

Half hour .....\$65

Hour.....\$115

Ninety minutes.....\$140

**Deep Tissue massage** – delve deeply to include skin, muscle, fascia and connective tissue. Applied judiciously by a skilled practitioner, it may help improve posture, ease movement and release chronic tension. Pressure is strong.

Half hour .....\$65

Hour.....\$115

Ninety minutes.....\$140

**Pre-Natal massage\*** – Designed for the mother-to-be in her second and third trimesters, this gentle massage focuses on the discomforts of pregnancy. Relax yourself and your baby! All products used are safe for mother and baby.

Hour.....\$115

Ninety minutes.....\$140

\*only performed during second and third trimester

**Hot Stone massage** – Smooth, polished basalt lava stones are heated and placed strategically on areas carrying stress. The stones are then used as an extension of the therapist's hands to penetrate deep into the muscles for maximum muscle relaxation.

..... Hour     \$125  
Ninety minutes.....\$160

**Herbal Poultice massage** – A deep heat medicinal muscle treatment that dates back to 14th century Thailand when a hot pack was administered to war-soldiers returning from battle. A dried bag of herbs is steamed and applied directly to the body. The heat combined with the herbs from the poultice is absorbed by the body and help reduce aches and pains and increase lymphatic drainage. It incorporates 3 massage modalities to alleviate sore muscles, back and joint pain as well as reduce stress, detoxify and energize.

Hour.....\$125  
Ninety minutes.....\$160

**Head, Neck Recovery Herbal Poultice massage** – Described as a transcendental experience, this treatment uses a hot steamed bag of herbs and 3 massage modalities on the back, neck, shoulders, face and skull to bring a deep medicinal heat to the muscles to release tensions and revitalize the mind.

45 minutes.....\$95  
Added on to any massage  
30 minutes.....\$60

**\*\*Shiatsu massage** – Although similar in nature to acupressure, Shiatsu is more vigorous and rhythmic with pressure point manipulation and deep stretches. Shiatsu incorporates the use of elbows, fingers, thumbs, palms and fists to encourage the release of tension from the body. Pressure is medium to deep.

Hour.....\$115  
Ninety minutes.....\$140

\*\* Please bring comfortable, loose clothing. Performed on a mat.

**Reflexology massage** – Working with the ancient understanding that all areas of the body have corresponding points in the feet, this therapy uses gentle pressure applied to carefully selected reflex points in the feet to unlock tension and stress. This massage will stimulate circulation, relieve stress, promote overall relaxation, and release energy throughout your entire body.

Half Hour.....\$65

**Head Hands and Feet massage** – This therapy combines reflexology techniques on the hands and feet with a relaxing scalp massage to provide relaxation and detoxification.

Forty five minutes.....\$90

## **BODYWORK**

**\*\*Therapeutic Stretching** – Helps regain normal range of motion in joints, re-establish mobility of soft tissues that surround joints and elongate shortened muscles. Increases flexibility in parts of the body prior to exercise, and elongates muscles after strenuous exertion. Also helpful in restoring a natural, healthful posture that can be compromised by stress or repetitive activity or inactivity.

45 minutes .....\$90

added on to any 30 or 60 minute massage:

15 minutes .....\$30

30 minutes .....\$55

**\*\*Please bring comfortable, loose clothing.**

## HAND AND FOOT THERAPIES

Manicures and pedicures are an integral part of grooming. We strongly recommend working with your natural nails.

Basic European Manicure	\$19	Basic European Pedicure	\$38
French Manicure	\$24	French Pedicure	\$44
Lacquer change (fingers)	\$9	Lacquer change (toes)	\$14

### Indulgences:

**Hot Cocoa Manicure and Pedicure** – Our classic Manicure and Pedicure with a chocolatey twist. Includes a mouthwatering cocoa soak, delicious cocoa scrub and delectable cocoa butter ultra moisturizer.

Hands -- \$20 Feet -- \$40

**Haven Hand Renaissance™** – The complete hand pampering - your hands will be gently exfoliated, massaged, moisturized, wrapped, and finally, manicured while soaked in a warm, hydrating marine and essential oil bath. 45 minutes \$35

**Haven Foot Renaissance™** – This can be called a foot facial – tired feet are bathed in a special blend of stimulating algae and essential oils, gently sloughed and then packaged in a hydrating wrap. A long, delicious moisturizing massage follows, and then your super-pedicure is topped by polish of your choice. 60 minutes \$70

State law says that we can't reuse the same paper instruments on more than one person, so you get to take home the set of files that were used on you.

but...

you have the option to bring back the same nail file bag—you wouldn't only be saving the environment, you'd also save money (\$1 off the manicure and \$2 off the pedicure)

## BODY THERAPIES

**Hamмам** – This Moroccan ritual has been adapted by Haven for an urban lifestyle while incorporating native African ingredients and traditional recipes. This treatment begins with a beldi soap gommage to exfoliate and stimulate circulation, then continues with a Rhassoul clay wrap to detoxify and remineralize, and finally finishes with an Argan oil massage to nourish and condition the skin. A modern twist on an ancient African ritual. 75 minutes \$120.

**Surf & Turf®** – The piece de resistance of body therapies. You will start with a thorough scrub with super fine salts saturated in aromatherapeutic oil and, once the new you is uncovered, you will be encased in a cocoon of hydrating and toning mud to replenish essential nutrients and nourish your new “unearthed” skin. An essential oil soaked moisturizing crème is the perfect finish for a perfect 90 minutes. \$145

**the Hot Chocolate™** – This cult classic wrap, ideal for dry flaky skin, begins with a cocoon of warm milk mask, followed by a yummy soapy cocoa/salt scrub, and for the mouthwatering finale...a glaze of shimmery chocolate scented hydrating cream. 45 minutes \$110

**the Land of Milk and Honey** – (almond scrub, that is) This luxurious and super hydrating scrub therapy will simultaneously rub out all traces of tired old skin and nourish the beautiful new skin waiting underneath it all. 45 minutes \$100

**Macroscrub** – ...if you are really serious about exfoliating. We use a powerful microdermabrasion cream containing a combination of sugar, salt and magnesium crystals to eliminate every last dry skin cell. Your skin will be polished and glowing. A rich finishing cream locks in moisture and completes the experience. 30 minutes \$75

**Aromafoliation** - You get to choose from a variety of all natural essential oil blends to give you a complete and personal sensory experience in this smoothing, softening and moisturizing treatment. A customized twist on a classic salt glow. 30 minutes \$75

## **HAIR REMOVAL**

Are you on any medications? Accutane, Retin-A, Differin and many other medications can adversely affect how your skin reacts to hair removal. Please notify us if you are taking any medication topically or orally.

Waxing is contraindicated for:

Skin that is recovering from chemical peels, microdermabrasion, laser or any other professional or medical skin care treatment, Skin that has, within 24 hours before or after, had or will have significant sun or tanning bed exposure, Skin that has, within 24 hours before or after, been or will be exfoliated.

Please keep in mind that engaging in any of these activities puts you at risk for damage to your skin.

The health of your skin is our top priority. Please advise your technician of anything you feel may have an impact on your skin's reaction during hair removal.

## **BODY WAXING**

We give you a choice – honey wax or our gourmet wax (for those super sensitive people... or just parts)

We strongly recommend performing a patch test a day or two before your first waxing visit to have to detect any allergic reaction to our depilatory wax. This can be scheduled through our front desk. While this doesn't guarantee that your skin will not react, it may help identify an allergy.

Do you suffer from bikini line ingrowns? Look in the skincare section for our Peach Smoothie!

	HONEY	GOURMET
Full legs	\$38	\$61
Bikini	19	31
French Bikini	30	42
Brazilian	41	57
The Sphynx®	53	68
Stomach (yummy trail)	7	9
Full stomach	26	41
Underarms	15	23
Upper leg	25	41
Lower legs	21	36
Full arms	26	36
Half arms	20	31
Eyebrows	19	31
Lip	8	14
Chin	8	14
Cheeks	12	18

Are you looking to wax another area not listed here? Please call for a price.  
Men's Waxing is available but prices differ. Please call to inquire.

### **Threading**

Eyebrow threading.....\$30 by appointment only

### **PACKAGE SUGGESTIONS**

**SPOIL ME** (half day of indulgence) – Includes: a Remedy facial therapy, one hour massage, Haven Foot Renaissance, and a manicure...approx. 3.5 hours  
\$314

**THE PERFECT GIFT** – (ideal for yourself or others): half hour massage, an Escape facial, a European manicure, and a European pedicure...approx. 2 ¾ hours \$187

**SPOIL ME ROTTEN** (full day of indulgence) – Includes: 80 Minutes in Haven facial therapy, one hour massage, a Haven Foot Renaissance, a Haven Hand Renaissance, and our Land of Milk and Honey. Includes lunch.....approx. 6 hours \$470

## **ST TROPEZ SUNLESS TANNING SPRAY**

Haven now offers the #1 sunless tanning brand in Europe and the US for a healthy way to stay glowing all year round! In 15 minutes or less, an expert esthetician will use a low volume, low pressure spray to cover your entire body with St. Tropez's signature aloe vera based sunless tanner. Allow 4-8 hours for the color to develop and you will have a perfect healthy, sun-kissed look without any unhealthy side-effects. Maintain your glow with St. Tropez homecare.

### **Full body spray tan & packages**

- Full body spray tan: \$69
- Buy 3 full body spray tans for only \$59 each
- Buy 6 full body spray tans for only \$49 each

### **WHAT YOU NEED TO KNOW:**

To ensure that your tan is flawless and even, please follow these simple guidelines:

#### **Pre treatment advice:**

- Waxing or shaving should be done at least 24 hours prior to the spray tan treatment.
- Exfoliate the evening before your treatment, paying special attention to dry areas such as elbows, knees, and heels.
- Wear dark, loose cotton clothing to your appointment. Please be aware that the guide color from the spray may stain leather, silk, wool, suede, and man-made fabrics.
- If you have sensitive skin, we recommend that you have a patch test prior to your treatment.

#### **Post treatment advice:**

- Do not shower or bathe for a minimum of 4 hours after the treatment.
- Do not participate in any activity which may cause perspiration for at least 12 hours after the treatment.
- Do not rub, but pat your skin dry after showering.
- Avoid swimming pools, as chlorine will bleach your tan.

## **TAKING A LITTLE TIME FOR YOURSELF . . . AT HAVEN**

### **Reservations & Cancellations**

We are open Monday through Friday 11:00 to 7:00, late on Thursday until 8:00, and Saturday and Sunday from 10:00 to 6:00.

We encourage you to make your appointments in advance to ensure your preferred booking time. We require a credit card to secure all appointments.

Haven is available for groups and events. Reservations for 4 people or more are considered a group and are subject to special consideration. Please contact us for more details.

While lockers are provided for personal belongings we recommend leaving your valuables at home.

We welcome guests over the age of 16. This is to preserve the calm and relaxing atmosphere that all of our clients enjoy.

With the exception of seeing-eye-dogs, Haven requests that you leave your pets at home.

It is important to us that you enjoy every moment of your experience at Haven. Please arrive 15-20 minutes prior to your appointment time to allow for a leisurely check-in. Also, remember to turn off all cell phones and personal electronic devices.

Please allow 24 hours notice to cancel or reschedule a reservation (48 hours for packages, 96 hours for groups). Appointments cancelled in less than the requested time will incur a 100% cancellation fee.

## **Check-Out**

We accept American Express, MasterCard, Visa, Discover and cash.

It is important to us that you receive the best home care possible. If for any reason you are unsatisfied with your product purchase, please return it with a receipt for store credit. Some exceptions may apply.

## **Taking Care of You**

Whenever possible, Haven uses only the most natural ingredients and products. This does not guarantee that you will not have a reaction to any of our products or services. Please tell us if you are on any medications to avoid any interactions. If you would like a patch test we are happy to provide one for you 24 hours prior to your appointment time.

Some of our services are not recommended during pregnancy, please check with your physician and advise us even if you suspect you may be pregnant.

To avoid complications, please check with your doctor if you suffer from diabetes, high blood pressure or any other medical condition, or if you are taking any medications. Please, also, inform us of any such condition or medication.

We look forward to seeing you!



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