



MENU OF SERVICES





WELCOME

Pura Vida Body & Mind Spa is a one of a kind medical spa located in Fleming Island, Florida. Although many medical skin care treatments are provided, when you walk into the Pura Vida Spa, nothing about it feels “medical.” Instead, you will find yourself in a luxurious spa that combines peaceful surroundings and modern facilities with an impressive selection of more than 100 skin care and pampering services. The treatments and the décor are certain to soothe both mind and body while layers of tension and stress melt away.

If you wish to schedule an appointment or would like additional information, please visit our website at www.pvmedspa.com or call to speak with one of our spa tenders. We have very knowledgeable professionals at the Spa who can recommend the services best suited to your needs and preferences.



ABOUT PURA VIDA BODY & MIND SPA

Pura Vida Body & Mind was founded to provide a new approach to improving one's overall health by combining medical-grade spa treatments that restore youthfulness and wellness with non-medical treatments that promote relaxation and serenity to reenergize the mind. Our holistic, results-centric solutions improve your skin, improve your confidence, reduce stress, and restore your body and mind to a more youthful state of being.

*Our employees (which we refer to as our "Pura Divas") have agreed to follow a culture of ICAN, which stands for **I**nspiring **C**lients to **A**chieve **N**irvana. To help each client grow closer to nirvana, our Pura Divas work relentlessly to provide treatments and results that release you from any negative feelings about yourself and improve your confidence.*

- Nearly 4,000 square feet on the second floor of our beautiful brick building that overlooks Eagle Harbor pond
- Sophisticated and contemporary interiors blending natural materials, fabrics and textures with modern décor
- Oversized relaxation lounge with comfy chaise lounges
- Over 100 treatments available
- Gourmet snacks, teas, and coffees
- Locker rooms, robes and slippers
- Salt Cave/ Halotherapy Room with zero gravity loungers
- Private balcony for lounging (weather permitting)
- Retail boutique offering popular skin care products, spa apparel, Spa at home products, and many unique gifts.
- Professionally trained and licensed staff



Come see us to Restore, Recharge & Renew

GENERAL INFORMATION



SPA RESERVATIONS

To make a treatment reservation, please call or text to (904) 293-1692 to speak with a spa tender who is waiting to serve you. You may also book online using our Client Portal. If you're purchasing for someone else feel free to use our online store at www.pvmedspa.com to shop for retail products, spa services, gift cards and more.



CANCELLATION AND RESCHEDULING

We require 48 hours' notice for cancellations in order to receive a full refund. Failure to give 48 hours' notice will result in a charge for 50% of the service booked.



NO TIPPING PLEASE

We pay our "Pura Divas" well so that you don't feel obligated to tip. Please respect that our Spa Professionals are not permitted to accept tips from you. The very best way to reward them for a great treatment is to give them a review online and to refer your friends and family. Be sure to ask us how to leave a review.



ARRIVAL

Plan to arrive 30 minutes prior to your scheduled service so that you may enjoy an unhurried, stress free check-in and have a few minutes to enjoy the exclusive facilities at the Spa. Unfortunately, late check-ins will likely result in an abbreviated service. If you are interested in skin care, you will have a complimentary Visia skin analysis performed. Our Visia Skin Analysis system uses a high tech imaging system to capture key visual information for eight areas affecting complexion health and appearance: spots, pores, wrinkles, texture, porphyrins (evidence of bacteria in pores), UV spots (characteristic of photo damage, typically from overexposure to sun), red areas, and brown spots. With this information, we can accurately tailor an individualized treatment plan specific to your skin and your desired goals.



SPA USE AND AMENITIES

Spa guests must be 18 years of age or older to receive robed spa services and use the Spa amenities. Use of Spa amenities is complimentary for all Spa guests on the day of scheduled spa services.



SPA ETIQUETTE

So that an atmosphere of relaxation can be maintained, and as a courtesy to other spa guests, we ask that all electronic devices (cameras, cell phones, laptops, tablets, etc.) be turned off and not used while in the Spa. We will provide private lockers for your phones and other valuables. Also, note, the Spa facility and its grounds are a smoke-free environment.



MEDICAL CONDITIONS

So that we may perform your service safely and effectively, please inform us of any medical conditions or other special needs that require our attention when booking your spa treatment.



PURA PROGRAMS

Be sure to ask about our Memberships, Loyalty and Referral programs, or to learn more, visit our website at www.pvmedspa.com



SPA ATTIRE

Complimentary spa robes and slippers are provided for all guests. For your privacy, professional draping is performed throughout the duration of your service. Disposable spa bras and panties are available upon request.





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FACE TREATMENTS



THE SALTFACIAL® -

\$300 for Non-Members

The SaltFacial is an innovative three-step skin renewal and resurfacing treatment designed to rejuvenate the skin to a more youthful state. During step 1 the skin is exfoliated using pressurized sea salt. Step 2 uses ultrasound to penetrate topical nutrients deep into the skin. Step 3 is a relaxing session under high intensity LED and infrared lights. **60 minutes**



DIAMONDGLOW FACIAL -

\$200 for Non-Members

The DiamondGlow is unlike any other facial device on the market. With its unique and innovative three-in-one technology, the diamond tip wand simultaneously exfoliates, extracts debris, and infuses the skin with professional-grade SkinMedica® serums. Instead of using wet, chemical exfoliation like other devices, the diamond tip delivers superior skin resurfacing mechanically, without the use of chemicals that can irritate the skin. **45 minutes**



ANTI-AGING FACIAL -

\$110 AND UP

Mask the signs of aging with this luxurious clinical facial which acts as a wrinkle corrector by utilizing a combination of peptides and retinol. After one treatment, lines are relaxed and skin is plumper and exquisitely rejuvenated.

60 minutes



ESSENTIAL FACIAL - \$95

A classic deep cleansing facial personally tailored to meet your skin's needs. Whether you have dry, sensitive, oily or acne prone skin, your concerns are addressed and improved in this results-oriented facial. **50 minutes**



Gratuity is not expected.



FACE TREATMENTS CONT.



JUST FOR MEN - \$95

A facial treatment addressing the needs and common skin conditions of men, which is designed to calm razor burn, soothe environmental exposure and clarify impurities. Skin is revitalized for a more youthful appearance. **50 minutes**



TEEN FACIAL - \$70 - \$100

This treatment is great for both girls and boys going through the changes that effect skin appearance and produce acne. By deep cleaning the pores and applying light therapy to kill acne producing bacteria, breakouts and acne scarring are reduced. **30-45 minutes**



DERMAPLANING - \$50 AND UP

Dermaplaning is a technique of exfoliating the face using a sterile surgical blade that can only be performed by a trained professional - for obvious reasons. This exfoliation method removes the top layer of dead skin that hasn't yet sluffed off naturally while also removing the vellus hair (peach fuzz). Your face will be soft and smooth allowing for more efficient absorption of skin care products and a smoother look to your makeup.



CUSTOMIZED PEELS

\$175 + Consultation Required

Be prepared for tighter, smoother, brighter looking skin with an intensive peel treatment customized for your skin. Your customized medical peel decreases fine lines, wrinkles and pores, diminishes hyperpigmentation and stimulates collagen synthesis. Visible improvements are seen after just one treatment. For best results, a series of 3-6 treatments is recommended.

45 minutes

FACE & BODY TREATMENTS



RF MICRONEEDLING WITH VIVACE -

The Vivace® RF Microneedling device uses the latest in robotic, radiofrequency (RF) technology, to amp up the effectiveness of our microneedling procedure. While RF treatments have been around for many years and are well known in the cosmetic industry for improving skin tone, texture, and laxity, the Vivace system is different. Vivace adds radiofrequency energy and red (and/or blue) LED light to robotic precision microneedling. This highly effective treatment creates firmer skin, a smoother texture, and a glowing complexion that lasts over time.

Consultation Required.



LED & INFRARED LIGHT THERAPY - \$75 (Series of 6 - \$400)

LED Light therapy uses specific color wavelengths of light and infrared light that penetrate the skin at varying depths. This stimulates a healing response and increases the skin's production of collagen. It is FDA-approved for anti-aging and improving skin conditions such as acne, rosacea, eczema, psoriasis, collagen production, skin tone, and skin texture.

Gratuity is not expected.





FACE & BODY TREATMENTS CONT.

PLASMATIGHT™ -

Using plasma energy, microinjuries are safely created across the surface of the skin anywhere on the face or body. These injuries stimulate the body's natural healing process, which produces large amounts of collagen and elastin. Reduces fine lines, wrinkles, and tightens skin.

LASER TREATMENTS - IPL, Pico Genesis, Laser Genesis, tattoo removal

Using our top of the line Cutera lasers, we are able to treat a wide range of skin conditions including minimizing the signs of aging, improving wrinkles, and treating vascular and pigmented lesions. *A consultation is required before booking.*

Gratuity is not expected.

INJECTABLES



DERMAL FILLERS

Consultation Required

- **Lip Filler** – Using a hyaluronic acid-based dermal filler we can add volume, shape, softness and hydration to the lips.
- **Cheek Filler & Contouring**- We can place dermal filler injections into your cheeks to plump up sunken areas, boost volume and contour in the mid-face for a more youthful appearance.
- **Jawline Contouring** - Nonsurgical jawline contouring can help the look of a double chin or treat age-related facial volume loss to give you a more defined appearance.
- **Non-Surgical Rhinoplasty** - Nonsurgical rhinoplasty is an effective way to alter or improve the appearance of the nose without surgery, bruising, and/or long recovery periods.
- **Liquid Facelift** – Using a combination of wrinkle relaxers and dermal fillers we provide a customized treatment to return the face to a more youthful look.
- **Chin Augmentation** - Liquid chin augmentation is a nonsurgical injectable dermal filler treatment that adds temporary volume to enhance the size and shape of the jawline.



NEUROTOXIN INJECTIONS

- **Lip Flip** - \$85
By injecting in and around your top lip we can subtly soften your natural lip shape for a more pouty look without added volume.
- **Nefertiti Neck Lift** - \$450
The Nefertiti lift (nonsurgical neck lift) involves using wrinkle relaxer injectables to smooth lines and wrinkles on the neck and around the jawline.
- **Liquid Brow Lift** - liquid brow lift is a cosmetic injectable treatment for men and women who want to rejuvenate a sagging, older brow appearance without surgery.
Consultation Required
- **Gummy Smile Correction** - \$100
Neurotoxins like Botox can be used to augment the upper lip for individuals who have a gummy smile or too much top gumline showing.
- **Kybella (Double Chin)** - \$700 Per Syringe
Kybella is an injectable that is used to decrease the fat cells within the neck and lower jaw area for a more contoured and slim profile and to eliminate a double chin. Stubborn Fat Elimination \$700 per syringe- deoxycholic acid is injected into your excess fatty area such as the bra fat region. This solution destroys the fat cells' membranes so they collapse and your body can naturally absorb and remove the fat. **Consultation Required**



OUR PRODUCTS

- Belotero
- Juvéderm®
- Voluma
- Volbella
- Vollore
- Radiesse®
- RHA
- Sculptra
- Versa Lips
- Restylane®
 - Contour
 - Kysse
 - Refyne
 - Defyne
 - Lyft
- BOTOX
- Xeomin
- Jeuveau
- QWO

Gratuity is not expected.



MEDICALLY GUIDED WEIGHT LOSS

WEIGHT LOSS PROGRAMS

- **Serotonin Weight Loss Program**

Our Serotonin-Plus Weight Loss Program is for individuals who are having a difficult time losing weight, even with changes to diet and exercise. The program works by balancing serotonin levels, which can play a big role in hunger, food cravings, and your overall mood. The program also involves an FDA approved medical weight loss medication to “jump start” results. Average weight loss is 30 lbs in 12 weeks.

- **Rocking Bod Weight Loss Kit**

This weight management program uses a combination of Naltrexone, Sermorelin, Lipo-Trim sublingual drops and a low-calorie intake to achieve weight loss. This program will boost your metabolism, improve your energy levels and curb your appetite to help you achieve your weight loss goals.

- **Rocking Bod 2.0**

This long term weight loss program is ideal for those with stubborn belly fat when other weight loss programs have failed. Excess weight is largely a result of eating habits but with busy lifestyles, everyday stress and our modern food supply, not to mention hormones and genetics, it can be very difficult to lose weight. In conjunction with diet and exercise, GLP-1 medication helps control your appetite and cravings, setting you up for success.





B12 INJECTIONS

A great option for boosting energy and helping to promote a faster metabolism through a quick and easy treatment process.



LIPO-MINO MIX

This power house combo is a special fat burning combination of methionine, inositol, choline, carnitine and B12. Each of these ingredients helps the body turn fat into energy and are also powerful antioxidants. The Lipo-Mino also contains a mixture of B vitamins which further help to facilitate fat loss and increase energy as well as ingredients to reduce appetite, build muscle and promote a healthy immune system.



THE SKINNY SHOT

Also known as a lipotropic injection, can aid in effective weight loss by boosting your metabolism and energy levels.



BODY CONTOURING



EMSCULPT NEO

Emsculpt Neo is the most studied and comprehensive noninvasive body contouring device currently available in the world. Developed by BTL Aesthetics in Prague, this first-in-class, multiplatform device provides literally what all men and women want: more muscle and less fat! Emsculpt Neo combines two cutting edge technologies to maximize body shaping results: HIFEM (high intensity focused electromagnetic technology) to build 20% more muscle plus radiofrequency energy that heats fat cells causing 30% of fat cells to die.



QWO FOR CELLULITE REDUCTION

Bring your bottom to the top of your to-do list with Qwo®, the first and only FDA-approved injectable used to treat moderate to severe cellulite in the buttocks of adult women. Qwo is a series of 3 injection treatments spaced 3 weeks apart. 90% of women have cellulite but they no longer have to live with it.





NON-SURGICAL BRAZILIAN BUTT LIFT

Radiesse is a nonsurgical injection method that lifts and augments the butt, providing a Brazilian Butt lift without the surgery. It is meant for the patient who needs a subtle lift, volume increase, and cellulite reduction. Radiesse Butt Lift can make incredible changes in your buttocks after only a few treatments! Of course, individual results may vary but we've seen major improvements with many clients that have selected this non-surgical butt lift procedure. The fact that it's nonsurgical makes it very much appealing for many people. The treatment will also stimulate collagen growth and make your skin tighter and smoother.





IV VITAMIN INFUSION

- **The LiquiLift**

The LiquiLift vitamin infusion treatment works to increase mental clarity and provide stabilized energy to help patients look and feel their best.

- **Fountain of Youth**

The Fountain of Youth IV treatment helps to hydrate the body and reduce the effects of aging for younger-looking skin, hair, and nails.

- **Performance Hydration**

Performance Hydration helps to ensure that your body can perform at its highest level with the proper amount of water and other nutrients.

- **Natural Defense**

Natural Defense IV infusion can effectively elevate the immune system and help your body be better prepared to fight off illness.

- **Rise & Shine**

Rise & Shine infusion is a great option to allow you to feel more awake and energized, as well as to effectively treat the symptoms of a hangover.

- **Vitamin B12 Injections**

B12 injections are a great option for boosting energy and helping to promote a faster metabolism through a quick and easy treatment process.

More options available

HEALTH & WELLNESS

MICRONUTRIENT DEFICIENT TESTING

The majority of chronic illness is attributable in large part to cellular deficiencies in micronutrients. By correcting deficiencies, you can prevent, treat and reverse many medical conditions. Micronutrients—the vitamins, minerals, antioxidants, and amino acids required for energy production, immune function, and growth—are utilized inside the cell. If a cell does not function properly, the metabolic and developmental processes necessary to sustain life are compromised and disease will result.

• Vitamin D3 Injections

Vitamin D is a nutrient your body needs for building and maintaining healthy bones. Your body can only absorb calcium when vitamin D is present. Vitamin D also reduces inflammation, is an antioxidant, supports immune health, muscle function and brain cell activity. Vitamin D isn't naturally found in many foods. Most of your Vitamin D comes from direct sunlight that converts a chemical in your skin into an active form of the vitamin. Sunscreen, while important to prevent skin cancer, also can decrease vitamin D production. For these reasons, it is not uncommon to need supplementation.

• Amino Acid Blend Injections

These natural compounds are able to combine and form beneficial proteins within the body, which help to break down food and repair body tissue, making it even easier to lose weight, especially when paired with a proper diet and exercise regimen.

• Glutathione

is a powerful antioxidant found in every cell in the body. It is made of three types of molecules known as amino acids. Amino acids combine in different patterns to make all of the proteins in the body. Glutathione has many important functions, including:

- supporting immune function
- forming sperm cells
- breaking down some free radicals
- regenerating vitamins C and E
- transporting mercury out of the brain
- helping the liver and gallbladder deal with fats

WAXING



SERVICES & PRICING

- | | | |
|--|---------------------|--------------------|
| • Facial Waxing - \$65
(does not include brows) | • Lower Legs - \$80 | • Back - \$125 |
| • Brow Shaping - \$25 | • Full Legs - \$135 | • Underarm - \$25 |
| • Teen Brow Shaping - \$15 | • Arms - \$45 | • Bikini - \$35 |
| • Brow Tinting - \$45 | • Upper Lip - \$15 | • Brazilian - \$65 |

Gratuuity is not expected.



RELAXATION & WELLNESS

\$30 per session



SALT THERAPY (HALOTHERAPY)

During a salt therapy session, you will be taken to our Salt Cave, which is a place designed for you to relax in a temperature-controlled environment and inhale the natural salt-filled air. You will be surrounded by salt on the walls and floor, which will be diffused into the air so you can breathe it in easily. These sessions typically last around 45 minutes at a time. This is created to be a comfortable, stress-free treatment that brings healing to your mind and body.



INFRARED SAUNA

Unlike a traditional sauna which uses heat or steam to achieve these health benefits, an infrared sauna treatment employs cutting-edge LED light panels to emit pure, concentrated infrared light to safely and effectively raise the body's core temperature. Many patients find this therapy more comfortable and enjoyable than traditional saunas because the overall heat is much lower. Because the infrared light is concentrated, the health-boosting benefits are even more effective.





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