



P R I M E R A
DAY SPA




primera
DAY SPA & SALON

revitalize / refresh / relax



Escape to Primera Day Spa

Conveniently located in Lake Mary and Winter Park, Primera Day Spa offers an upscale spa experience at a very affordable price. Enjoy and unwind in a serene spa oasis and be pampered by our talented and professional spa team. Call or visit us today at 407.333.3095 to schedule your appointment. **A revitalized you awaits.**

Day Spa Offerings

Massage Services

Primera massage treatments provide the ability to control stress in your life through relaxation, increasing your overall awareness. Begin the journey to inner-peace and well being with reinvigorating and therapeutic massages featuring Swedish, Deep Tissue and Hot Stone massage techniques.

Express Massage

Take a quick break from your day to revitalize and refresh with our rejuvenating "Express Treatment".

** Choose from upper or lower body. 30 Min./\$45*

Swedish Massage

Reawaken visions of deep relaxation using light to medium pressure to relieve stress and tension.

** Primera's Signature Massage 60 Min./\$80 90 Min./\$120*

Therapeutic Massage

A combination of Swedish and Deep Tissue Massage.

Using long strokes to relax the muscles and medium to deep pressure to release sore tight muscles, our therapeutic massage will renew, and refresh your body and soul.

60 Min./\$80 90 Min./\$120

Deep/Sports Massage

This treatment uses specific massage techniques to manipulate deeper tissues and muscles of the body, targeting areas of concern.

60 Min./\$95 90 Min./\$135

Pre-Natal Massage

Realign and refocus your body. This treatment alleviates pelvic pressure, eases back pain, decompresses the spine, and assists in reducing swelling, edema and supports without pressure to allow deep breathing. A safe and reinvigorating massage that is highly beneficial to the last six months of pregnancy.

60 Min./\$95

Hot Stone Massage

Using water-heated Basalt Stones.

Strategically placed hot stones loosen tight muscles instantly. Your entire body will be treated to a therapeutic and supremely relaxing experience leaving you renewed and refocused.

60 Min./\$95 90 Min./\$135

Facial Treatments

Aromatherapy Massage

Awaken your senses with a massage that utilizes aroma therapeutic oils in addition to Primera's exotic and relaxing massage oils.

60 Min./\$95 90 Min./\$135

Reflexology Treatment

Reflexology works from maps of predefined pressure points that are located on the feet. These pressure points are reputed to connect directly through the nervous system and affect the bodily organs and glands.

60 Min./\$95



Relax, Purify & Cleanse

Primera's facial treatments are designed to progressively clear, oxygenate, hydrate, brighten, even out complexion, improve texture, and renew skin back to its natural beauty all in a relaxing spa environment.

Primera facial treatments are customized to meet your individual needs. Treatments may include steam, hot towels, extractions, booster serums, specialty masks, lymphatic drainage, hand treatment, and LED light therapy.

All facials are designed to progressively clear, oxygenate, hydrate, brighten, even out complexion, improve texture, and renew skin back to its natural beauty all in a relaxing spa environment.

A new client consultation fee of \$35 will apply towards service.

Ultimate Primera Facial

This facial cleanses, restores, and tones the face leaving your skin appearing brighter and more radiant than ever. Our most popular facial.

60 Min./\$95^{+up} * Recommended for all skin types.

Express Facial

On the go? Experience a refreshing skin awakening of cleansing, exfoliation, pressure point facial massage and custom mask.

30 Min./\$70^{+up} * Excluding extractions

Acne Facial

This deep cleansing facial is effective in the correction of oily, acne prone skin. In addition to extractions, our medical grade Primera Pharmaceutical line will help refine skin and lift impurities, allowing the skins balance to be restored.

60 Min./\$100^{+up}

Special Occasion Lifting Facial

Experience the power of amino protein enzyme gels as they renew and tighten your skin for a facial glow that will last for days.

90 Min./\$150^{+up}

Microdermabrasion

A "zero downtime" exfoliation of the face. One treatment will leave your skin soft, smooth and glowing. A series of six treatments is recommended to improve fine lines, texture, discoloration, sun damage, and facial acne.

Face 30 Min./\$100^{+up}

Face & Neck 30 Min./\$130^{+up}

Face, Neck & Décolletage 45 Min./\$150^{+up}





Renew Your Soul

Prepare to ease your mind and lift your spirits. Let **Primera** pamper your every whim with our extensive list of lavish treatments to get your mind and body as right as rain.

Please call or visit us online at PrimeraSalonandSpa.com for additional information on Day Spa packages, special offerings, and Spa exclusive events.

Microdermabrasion Facial

A therapeutic combination of our Ultimate Primera Facial and Microdermabrasion.

90 Min./\$185^{up}

Back Treatment

A "facial treatment" specialized for your back. A deep cleansing, exfoliation and extraction treatment geared to get your back smooth and clear. Exfoliates and purifies the skin in hard to reach places.

60 Min./\$125^{up}

Facial Enhancements

Ultrasound

A soothing addition to your facial treatment that helps penetrate specialty serums, improves lymphatic drainage, and muscle tone. Helps reduce inflammation and swelling after surgery.

Single Service \$75 *10% off on Select Packages:

3 Serv./\$202.50; 6 Serv./\$405

Collagen Eye or Face Masks

Applied to the eye and/or face area, this revitalizing treatment delivers plant-based collagen, vitamins and anti-oxidants boosting your skins glow. Helps reduce inflammation and swelling after surgery.

Eye Area \$30; Face & Eye Area \$60

LED Light

The benefits of LED therapy helps to heal, increase circulation and lymphatic system activity, stimulate collagen production, anti-inflammatory, kills bacteria that causes acne and overall rejuvenates the skin. LED is beneficial when added to a facial treatment, post-surgical, after laser treatments and chemical peels.

15 Min./\$35.00; 30 Min./\$70.00

Peel Treatments

Primera chemical peel treatments require a 15-minute consultation to discuss treatment programs, pre and post care. Peels are designed to accelerate cellular turn over, decrease fine lines, even out skin tone, improve skin texture, reduce and clear acne.

A new client consultation fee of \$35 will apply towards service.

Soothing Body Peel

A potent yet skin friendly peel for those rough areas on the body. Designed to exfoliate, soften and hydrate. Great for heels, knees, elbows, arms, back and chest area.

60 Min./\$225 to \$500 based on body part treated

Rosacea Peel

A revitalizing facial treatment ideal for sensitive, Rosacea and ethnic skin types. A lactic acid based peel strengthens and brightens the skin while providing anti-inflammatory, anti-acne, and anti-bacterial action. Recommended in a series to achieve maximum results.

30 Min./\$95

Jessners Peel

Soften the depth of surface lines, improve skin texture and even out skin tone from sun damage. Beneficial with oily skin types and sun damaged skin.

30 Min./\$125 Per-Layer

Primera Peel

Revitalize your appearance and treat maturing and dehydrated skin. Helps with fine lines, wrinkles and acne. Recommended in a series to achieve maximum results.

30 Min./\$375

Pumpkin Enzyme Peel

A stimulating and revitalizing peel to exfoliate and draw impurities out of the skin while infusing nutrients and vitamins into the skin.

30 Min./\$90

VI Peel

Our most requested peel! Featuring a propriety blend of enzymes, Vitamin A and C, and acid blends to treat fine lines, skin tone and texture, great for acne and discoloration. Suitable for all skin types and colors and may be repeated monthly in a series for maximum results.



VI Peel 30 Min./ \$300 • **VI Precision** 30 Min./ \$350
VI Precision Plus 30 Min./ \$400 • **VI Purify** 30 Min./ \$300

The Primera Perfect 10 Skin Care System and Peel

A blended peel for all skin types that combines a home care regime and in-office peels to provide the perfect combination of skin renewal. Stimulates collagen, reduces fine lines and sun induced hyperpigmentation. Package Includes At Home Care Regime.

\$595

Vitalize Peel

Skin Medica's Vitalize Peel will correct acne, melasma, hyperpigmentation, sun damage and scarring while tightening, brightening and lightening skin. The Vitalize will bring 2-3 days of mild to moderate peeling. Vitalize is recommended for all skin types and is our most popular weekend peel. Earn your Brilliant Distinction Points with every peel.

30 Min./ \$150

Waxing Treatments

Primera wax treatments are delicately performed to enhance your appearance and overall skin vitality. Specializing in the latest speed waxing techniques, our treatments lead to lasting results.

For full-body treatments or specific areas, call Primera Day Spa and schedule your waxing service today!

- Eyebrows
- Full Face
- Full Back
- Chin
- Bikini
- Forearms
- Upper Lip
- Brazilian
- Underarms
- Upper Lip & Chin
- Full/ Half Legs

Nail Services

Deluxe Manicure

Revitalize your hands with Primera Salon's most popular manicure package. Includes nail trim and shape, cuticle work, sugar scrub, masque, massage, and polish.

\$25

Deluxe Pedicure

Revitalize your feet and toes with Primera Salon's most popular pedicure package. Includes nail trim and shape, cuticle work, foot exfoliation, sugar scrub, light massage, and polish.

\$45

Available
Exclusively at
PRIMERA

Primera Pharmaceuticals™

Medical Grade Skin Care

Designed by Dr. Gross, the Primera line of skin care utilizes medical grade antioxidants including green tea, citrus extracts, and purifying organic ingredients that re-energize your skin's natural beauty and suppress the effects of aging.

The Primera line is scientifically advanced skin care that gives you younger-acting, younger-looking skin.

*Ask A Primera Aesthetician for Details.

FEATURING: Clarisonic Technology



Clarisonic Pro Spot Therapy Kit * Face and Body

Clarisonic gently removes embedded dirt and oil, resulting in healthier, more beautiful skin. It cleanses so well that products absorb better, pores appear smaller, fine lines and wrinkles appear reduced, and your skin's tone and texture improves. Just one minute a day, for the best skin of your life.



Clarisonic Opal Infusion System

Opal's Sonic Vibrations infuse sonically optimized serum into the outermost layers of the epidermis where it begins to work immediately. Every soothing sonic pulse gently massages the choicest ingredients to soothe and hydrate, leaving skin immediately feeling refreshed and energized.

Allergan® Pharmaceuticals

Latisse Solution Rx

Latisse solution is a prescription treatment for *hypotrichosis* or thin eye lashes. It stimulates growth in eyelashes, making them longer, thicker, and darker.



RX Required



Nova Lash Eyelash Extensions

Nova Lash eyelash extensions are an instant pretty for any woman who desires for longer, fuller lashes. Nova Lash eyelash extensions are meticulously applied lash-by-lash, bonded with medical-grade adhesives, by certified professional Nova Lash stylists.



\$175 Full Set (2 hours)

\$85 Lash Fill (1 hour)

Please call or visit us online at WeDoFaces.com for additional information on Day Spa packages, special offerings, and Spa exclusive events.

407.333.3040 Primera Plastic Surgery

407.333.3095 Salon & Day Spa

407.960.2300 Primera MedSpa





Primera Day Spa is medically supervised by:

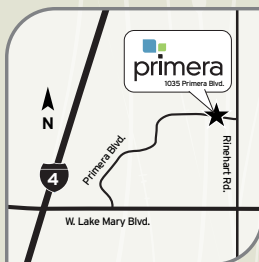
Edward J. Gross M.D.

Board Certified Facial Plastic Surgeon

Trust Your Face to a
Facial Plastic Surgeon™

Edward J. Gross M.D. is a specialist in Facial Plastic Surgery for Men & Women, as recommended by the American Board of Facial Plastic Surgeons. Dr. Gross is one of only 750 qualified surgeons worldwide certified by the **American Board of Facial Plastic & Reconstructive Surgery** and is recognized as Orlando's leading expert in facial plastic surgery.

Lake Mary



Primera Salon & Day Spa
1035 Primera Blvd.
Lake Mary, FL 32746
407.333.3095

**NEW
LOCATION!**

Winter Park



Primera MedSpa
1270 N Orange Ave. Suite E
Winter Park, FL 32789
407.960.2300



www.PrimeraSalonandSpa.com

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