

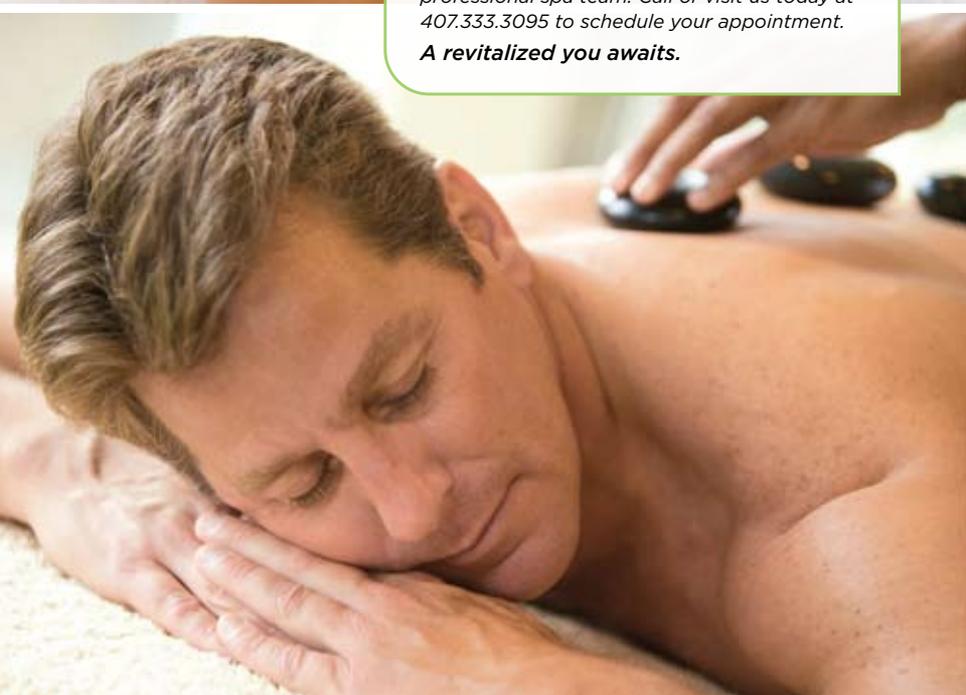
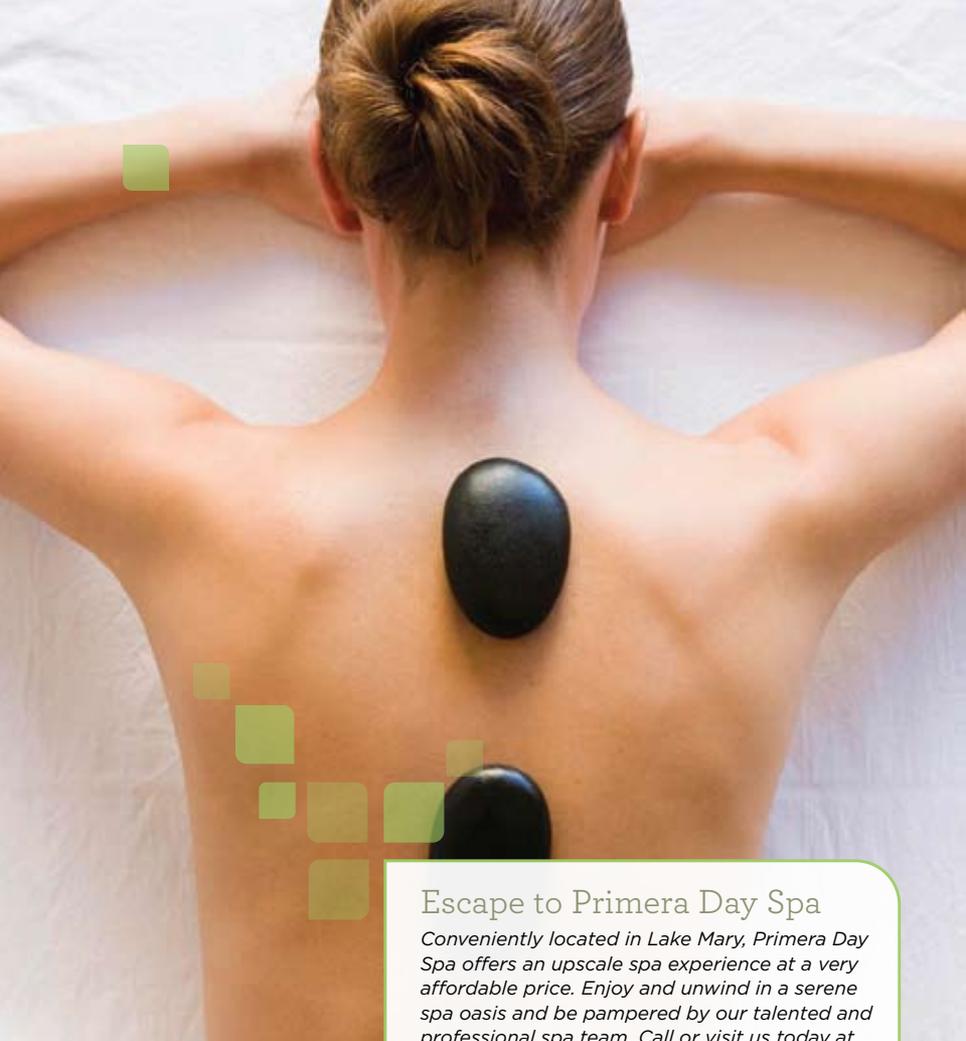


P R I M E R A
DAY SPA



primera
DAY SPA & SALON

A Spa Oasis *in* Lake Mary
revitalize / refresh / relax



Escape to Primera Day Spa

Conveniently located in Lake Mary, 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 90 Min./\$135

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 * 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 * 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

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

Microdermabrasion

A "zero downtime" exfoliation of the face and neck. 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.

40 Min./\$100

Microdermabrasion Facial

A therapeutic combination of our Ultimate Primera Facial and Microdermabrasion.

90 Min./\$185





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 **WeDoFaces.com** for additional information on Day Spa packages, special offerings, and Spa exclusive events.

Detox Pore Treatment

Focuses on impacted pores of oil and blackheads. This treatment helps reduce bacteria and remove excess cell debris to leave skin hydrated, purified and clear. Includes extractions and a light peel.

60 Min./\$150

Oxygenating Treatment

This anti-oxidant therapy corrects and prevents free radical damage by drawing oxygen to the skin. Great for dull skin or "smoker's skin"! Increases circulation and blood flow creating a smoother complexion.

60 Min./\$125

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

Facial Add-Ons

Ultrasound

A soothing addition to your facial treatment that helps penetrate specialty serums, improves lymphatic drainage, and muscle tone.

\$75

Natra Gel Masks

An advanced hydro gel mask used to calm, cool, soothe, and add moisture and nutrients back into the skin. Highly recommended after laser treatments and microdermabrasion. May also be used in place of a specialty mask in facials.

Calming \$15.00 Green Tea & Aloe \$30.00

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.

Eye Area \$30.00; Face & Eye Area \$60.00

Silver Ion Mask

Anti-microbial properties help heal abrasions, soothe and calm irritated skin. Featuring an FDA approved silver coated nylon fabric, the Silver Ion Mask is used to combat bacteria, push underlying products into deeper layers of the skin. Highly beneficial to post laser treatments and microdermabrasion.

\$35

Waxing Treatments

Applied by highly trained Aestheticians in a relaxing resort environment, 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
- Chin
- Upper Lip
- Upper Lip & Chin
- Full Face
- Bikini Line
- Full/ Half Legs
- Full Back
- Forearms
- Underarms



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.

Sensi 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.

45 Min./\$85^{+up}

Jessners Peel

Softens 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^{+up} without hydroquinone

30 Min./\$175^{+up} with hydroquinone

Ultra 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./\$95^{+up}

Pumpkin Enzyme Peel

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

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

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

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.

30 Min./\$300



Available
Exclusively at
PRIMERA

Primera Pharmaceuticals™

Skin Care Products

Designed by Dr. Gross, the Primera line of skin care utilizes medical grade antioxidants including green tea, citrus extracts, and purifying organic ingredients that reenergize 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.

Daily Facial Repair

For a more luminous look, try Primera's soothing cream, which delivers advanced moisturizers to the skin including ceramides and hyaluronic acid coupled with rosemary extract and reenergizing antioxidants.

Under Eye Repair Serum

Formulated for the delicate area under the eyes, this nourishing serum delivers the super hydration benefits of hyaluronic acid to soothe and smooth the area around the eyes, restoring a natural desired appearance. Useful after eyelid surgery and for daily use on face.

Sun Shield

Primera's innovative sunscreen provides 17% Micronized Zinc and liposome encapsulated antioxidants in a moisturizing formula offering the highest level of broad-spectrum UV protection, keeping your skin youthful and fresh.

Green Tea Cream

Reduce the visible signs of aging, as well as calm and cool the skin, while reducing redness. Our treatment has been fortified with caffeine USP to enhance the antioxidant properties of the green tea. This formula has been specially designed to produce a therapeutic dose of green tea polyphenols to the skin.

Green Tea Serum

Reduce the visible signs of aging, as well as calm and cool the skin, and reduce redness. Our treatment has been fortified with caffeine USP to enhance the antioxidant properties of the green tea. This formula has been specially designed to deliver a therapeutic dose of green tea polyphenols to the skin.

Green Tea Foaming Cleanser

Ideal for all skin types, this foaming cleanser is soap-free and contains a Primera exclusive antioxidant formula of green tea, citrus extracts, and cucumber to calm and reduce redness. *Helpful for Rosacea skin.*

Scarfade Gel

Scarfade Gel is designed to help beautify scars and quickly fade laser erythema. This revolutionary product produces a silicone micro-membrane, which moisturizes without skin maceration or irritation.

Glycolic Elite Treatment Pads 10%, 15%, & 20%

These glycolic acid pads are convenient and easy-to-use as they gently exfoliate, moisturize and diminish excess oil and residue on the skin. Primera's treatment pads are rich in antioxidants to deliver additional skin enhancing benefits.

Glycolic Facial Cream 10%

This hydrating cream uses the power of glycolic acid to smooth the skin's texture. A rich pairing of ultra-pure crystalline glycolic acid and regenerating antioxidants.

Retinol 5% and 10% Smoothing Serum

Retinol (Vitamin A) minimizes the visible signs of aging by smoothing the appearance of lines and surface wrinkles, revitalizing and enhancing skin tone and resurfacing the skin's texture. Available in 3x, 5x and 10x.

Vitamin C Cleanser

This extra-mild, soap-free formula with organic citrus extracts is designed to gently and effectively cleanse the skin without drying.

Vitamin C Elite Facial Cream

Firm and smooth skin's texture while revealing more radiant skin. Our lightweight, silky Vitamin C cream contains stable L-Ascorbic Acid at therapeutically effective concentrations.

Glycolic 15% Body Lotion

Designed to help achieve a softer, smoother skin texture, this body lotion contains 15% glycolic acid and antioxidants in a light, oil-free base making it ideal for covering large body areas.

Post-Laser Recovery Dressing

A specially prepared ointment provides the skin protectant and moisture barrier benefits of petrolatum in combination with unique replenishing ingredients to assist in the acceleration of the epithelization process.

Gly Sal 5%/2% Cleanser

This specially formulated oily skin cleanser delivers ultra pure glycolic acid and 2% salicylic acid for gently cleansing acne prone and oily skin, revealing beautifully cleansed skin. Also comes in Gly/Sal 2-2.

Gly Sal 10%/2% Pads

Salicylic and Glycolic acid are used in combination in these easy-to-use pads to promote exfoliation and deep cleaning of the pores and skin. Best used for oily and acne prone skin types.

Gentle Foaming Cleanser

A soapless, mild, high foaming cleanser for use on face, scalp and body. Primera's top selling cleanser is gentle and refreshing. Perfect for sensitive skin types.

Even Skin Treatment Pads

Reduces brown spots and discoloration, and evens skin tone. These skin tone enhancement pads contain botanical skin lighteners including Kojic acid, Arbutin and Bearberry in an alcohol and acetone-free base. Contains green tea,

Hydroquinone,* and other soothing antioxidants in a convenient pad application. Best results seen when used in conjunction with Retinol. **RX Required.**

** Also available without Hydroquinone. No Rx needed.*

Elite Facial Toner

A refreshing toner that contains glycolic acid and witch hazel to degrease the skin, as well as chamomile and comfrey to cool and calm the skin while refining the look of pores.

Elite Fortified Facial Cream

Our light moisturizer is an oil-free formulation that contains a combination of glycerine, squalene and liposomal vitamins A, C, E, Co-Q10 and Green Tea Extract. Rehydrates and replenishes dull, dry skin while revealing smoother and younger looking skin.

Elite Ultra Lite Facial Cream

Primera's exclusive facial cream with restoring antioxidants to replenish and hydrate skin. Our lightest formula. Recommended for all skin types; perfect for acne prone skin.

Benzoyl Peroxide Wash 10%

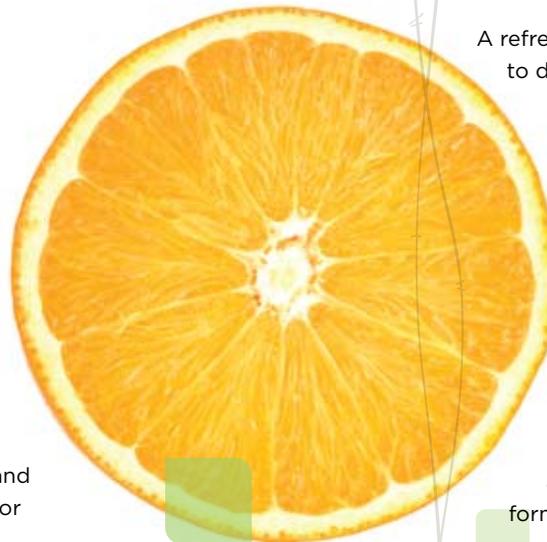
Thoroughly cleanse and renew acne-prone skin with a special soap-free cleanser that is fortified with Benzoyl Peroxide for anti-bacterial protection.

Benzoderm 10% Cream

Perfect for spot treatment utilizing the powerful antibacterial properties of benzoyl peroxide to treat acne outbreaks and restore skins natural texture.

Appearance Enhancement – Facial Firming Therapy

Diminish fine lines and wrinkles, prepare the skin for new collagen production, and immediately firm and tighten the skin. This serum contains a blend of rejuvenating peptides and botanical extracts



Appearance Enhancement – *Dermal Restructuring Therapy*

This treatment cosmetically enhances rebuilding of the skin from beneath, protects the renewed skin from damage, and provides a therapeutic dose of antioxidants to the skin.

Aloe Cort Cream

A cosmetically elegant formula that contains aloe vera in conjunction with 1% hydrocortisone, to reduce inflammation, redness, and itching. Calming after chemical peels and laser treatment.

Retinol Plus Treatment Pads 5X, 7.5X, 10X

These retinol based pads help achieve more radiant looking skin while delivering the skin enhancement and protective antioxidant benefits afforded by 90% green tea polyphenols.

Rejuvenating Eye Cream

Focused on delivering optimal results, this eye repair cream is the solution for reducing the signs of aging, under eye dark circles, and puffiness. This formulation combines All-Trans retinol, green tea, arnica, and vitamin K along with a system of chelators and peptides to deliver maximum results.

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.

FEATURING: 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

Latisse
(bimatoprost ophthalmic solution) 0.03%



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Primera Plastic Surgery **407.333.3040**
Day Spa & Salon **407.333.3095**





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.

To learn more about Edward J. Gross M.D.,
visit WeDoFaces.com


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