



## continuum studio menu of services

### bodywork services for men & women

#### The Continuum Studio Signature Massage

60/90/120 min \$110/165/220

We integrate Swedish and deep-tissue massage with the benefits of **aromatherapy** and **stretching** to relieve tension and elongate tight muscles. Your therapist will continually work with you to determine how his/her expertise will be most beneficial.

#### Therapeutic Massage

60/90/120 min \$95/140/190

This is a **deep-tissue massage** that relieves tension in specific muscles and joints from chronic discomfort. This is excellent therapy for relief from everyday stress or athletic training, or for those who just want a deeper touch

#### Essential Swedish Massage

60/90/120 min \$85/125/170

A treatment using long, continuous strokes of **light to moderate** pressure designed to improve circulation, fight fatigue, relieve **slight** muscle tension and **reduce stress**.

#### Computer Stress-relief Therapy™

45 min \$70

This service is designed to **relieve hand, arm, neck and back tension** for anyone who spends long hours at a computer – or from overtime typing on your Blackberry or Treo. Using a combination of trigger point therapy, stretching and deep tissue techniques; this treatment soothes aching muscles and relieves tension, allowing better movement and correcting postural issues.

#### Pre-natal Massage

60/90 min \$95/140

A gentle massage specially designed for mothers-to-be who are in their second or third trimester. This Swedish-style massage will help to relieve **lower back and leg discomfort**, water retention and sciatica *[A doctor's note is required prior to session.]*

*Purchase a series of five of the same massages, and get the sixth one on us! Ask for details.*

### revitalizing body treatments

#### Therapeutic Mud Treatments

60 min \$90

A heated mud wrap finished with **extreme hydrating lotion** and lymph drainage massage to help remove toxins. Choose one to enhance overall well-being: Acti-Sea Mud (Firming) | Black Baltic Mud (Detoxifying) | European Rose Mud (Hydrating)

#### new Body Lush Hydrating Wrap

45 min \$90

Using a **unique moisture-binding emollient** that melts instantly on contact, this Hydrating Wrap provides a **deep and lasting hydration**; enhancing skin's natural defenses and soothing even the most sensitive of skin. Great for **relief from sunburn**, or **seasonal dryness!**

#### Micro-buff Body Polish Treatment

30 min \$50

Using a creamy blend of micro buffing beads, loofah and apricot powder, this exfoliation **leaves the skin glowing and healthy**. Alpha-hydroxy acids encourage cellular renewal and reduce surface dryness.

#### Hand & Foot Hydrating Scrub

30min \$50

It's time to make sure your hands and feet are **healthy, hydrated and smooth**. We cleanse, scrub and moisturize feet and hands to ensure that when you're "tickling the ivory's", you're not scratching them, too!



## professional skin care treatments for everyone

### Revitalizing Skin Care Treatments

#### Continuum Studio's AgeSmart Therapy \* \*\*

~60 min \$115 Add LED Hand Rejuvenation for \$35

Now you can control the biological triggers that lead to skin aging with Dermalogica's new AGEsmart skincare system. The dual-action exfoliating cleanser contains lactic acid to smooth and retexture skin, followed by a multivitamin power recovery masque. Blends of smoothing peptides are penetrated deep into the skin using our unique Galvanic System, reducing the depth of wrinkles helping to recover from *past* UV damage and preventing *future* damage.

*Not recommended for those allergic to aspirin, or for women who are pregnant or lactating*

#### The SkinCeuticals® Super Anti-oxidant Facial

60 min \$125 Add LED Hand Rejuvenation \$35

SkinCeuticals' Vitamin-C treatments feature high doses of stabilized L-ascorbic acid. This full facial treatment is great protection from the photoaging affects of sun and pollution. Over time, these products help build collagen, minimizing the appearance of fine lines, leaving skin firmer, smoother, and younger. Great for everyone!

#### The CS Oxygenating Trio Treatment

45 min \$95 Deeper exfoliation with Oxy Peel add \$35

This treatment is ideal one or two days prior to that special occasion when you want to look radiant and fresh with a healthy glow! The deep oxygenating trio helps to rejuvenate tired, sluggish skin caused by pollutants, allergens, and all environmental concerns. If you smoke, you will benefit greatly.

*Not recommended for women who are pregnant or lactating*

### Pigment Correction

#### The CS Skin Brightening Treatment

60 min \$125 Add hand brightening treatment \$35

Accelerate brightening, improve skin clarity and create a fresher, luminous appearance! Targeted botanical extracts help treat and prevent cellular pigmentation. Powerful exfoliants help to minimize the appearance of sun and age spots. Intense moisturizing helps smooth fine lines, protects and nourishes skin and shields against further environmental damage.

### Clarifying Treatments

#### The CS Clarifying Acne Treatment

45 min+ \$110 Deeper exfoliation with Oxy Peel add \$35

This treatment is perfect for breakout prone skin or skin that has recently broken out due to stress, hormones or environmental factors. Using Dermalogica's MediBac skincare system, the skin is exfoliated through enzymes of pineapple and papaya. This is not only a purifying treatment, but also a calming treatment, which makes it great for those with rosacea.

*Not recommended for those who are allergic to pineapple or papaya.*

#### Purifying Back Treatment

45 min \$95

This is perfect for those who may be prone to breakouts on the back region and want control over it. We take care of this with a double cleansing and professional exfoliation and extractions. Your back will never feel so smooth and look so clear. Highly recommended, especially during the warm months.

### Skin Ultra-Calming Therapy

#### Anti-redness Facial Treatment

45 min+ \$105 Corrective Sensi-Peel add \$35

For reddened skin due to rosacea or environmental triggers, using Dermalogica's new UltraCalming linewe offer this gentle skin calming treatment. We use products that soothe sensitized skin and reduce or eliminate redness to even skin tone, including an oatmeal masque to reduce facial inflammation and irritation. Your skin will emerge refreshed, restored and full of zen-like coolness.

### Healthy Skin Maintenance

#### The Continuum Studio Signature Facial

60 min \$90 Add Brow Shaping for \$15

Our skin care professionals consult with you to determine your skin condition and goals, and then customize a treatment using professional grade therapies. Your treatment will include professional exfoliation & extractions (if beneficial), facial massage & masque. We then target any skin concerns with specific serums. This is a healthy and classic treatment for everybody!

## continuum studio | menu of services

### Continuum Studio Ultra Hydrating Facial

60 min \$95 Add Brow Shaping \$15

This intense hydrating facial will ward off the effects of dry indoor & outdoor air! You'll see less redness, better moisture, and increased elasticity of your skin. This one-hour service includes exfoliation & extractions (if beneficial), plus the benefits of a deeply hydrating masque. This treatment is recommended even for those with oily skin who might be experiencing seasonal dryness.

Facial add-ons    Brow Shape \$15 | Lip Wax \$10 | Line-minimizing LED Eye or Lip Treatment \$30

## LED skin therapy

Continuum Studio has teamed up with Revitalight® Skincare Systems, one of the leaders in LED Photopulsation Therapy to bring you amazing therapies for the treatment of acne, psoriasis, aging, minimizing sun damage and pain management. Each treatment uses cool light, with no pain and no down time. Each pulsating colored LED (Light Emitting Diodes) penetrates the skin to specific depths:

- Blue    Treats acne and psoriasis by killing foreign bacteria, oxygenate skin, and fight infection.
- Red    Minimizes fine lines & wrinkles, treats sun damaged skin, hyperpigmentation or rosacea.
- Amber    Treats joint inflammation and helps manage pain.

### The Continuum Studio Signature Photo-facial

75 min \$165

This treatment targets your specific needs, be it the treatment of **acne, rosacea, hyper-pigmentation or anti-aging**. Each facial consists of double cleansing, exfoliation, extractions (if beneficial) & masque. We then use our Revitalight® Skincare System to treat your specific concern with the appropriate serum and colored LED for a 15 minute session. We finish with moisturizers and the best UV protection.

### LED Therapy Treatments

Each relaxing treatment takes approximately 20 minutes - all sessions include cleansing of skin, serum and UV protection. After each treatment you should notice an improvement in the appearance of your skin.

Acne Treatment Series	8 treatments- twice weekly	\$540
Anti-age/ Rosacea Calming Series	6 treatments- every 7 to 10 days	\$405
Sun Damage Repair Series	6 treatments- every 7 to 10 days	\$405
Pain Management Series	5 treatments- when needed	\$335

### LED Hand Rejuvenation Treatment

15 min \$40 | Add to any facial treatment \$35

Attain smoother, more youthful looking hands through photo rejuvenation! You'll see a difference after a few short sessions!

## gentle, effective PCA chemical peels

Continuum Studio partners with PCA, the trusted industry leader in the development of gentle, yet highly effective professional treatments combining aesthetics and science for healthy, beautiful skin that begins at the cellular level. The naturally occurring alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), retinol and trichloroacetic acid (TCA) in these treatments loosen dead cells from the skin's surface, revealing new, healthy cells. The result? Smooth, radiant, glowing skin.

We conduct a full consultation before beginning the chemical peel treatment protocols. These treatments can be layered to help correct one or more of these skin conditions:

- Acne, blemishes and psoriasis
- Uneven skin color and pigment disorders
- Sun damage or smoker's skin
- Surface lines, wrinkles and texture issues
- Rosacea, redness and sensitized skin

### Pricing for all PCA Peels®

Consultation + Prep-skin Kit	\$30 20 min+
Any single treatment + Post-care Skin Kit	\$140 30 min+
Any Series of 3 Peels (2-3 layers)	\$380
Any Series of 6 Peels (2-3 layers)	\$700
Add (1-3 additional layers)	\$25



## skin care for men

### The Men's Skincare Treatment

60 min \$95

Add LED line-minimizing eye treatment \$30

This treatment is specifically designed for men's skincare concerns. With a professional exfoliation, cleansing masque, and a peptide serum; this treatment will help strengthen skin and reduce sensitivity to shaving. It will also dramatically reduce fine lines and wrinkles, minimize pores, and keep your skin clear, firmer and looking younger

\*ask about our extensive list of men's waxing services

## treatment packages

### Continuum Studio Signature Package

3 1/2 hrs \$305

**Indulgent, yet total body health**

Micro-buff Body Polish + Mud Treatment + Continuum Studio Signature Facial + 60 min Signature massage

### Restore Trio

2 1/2 hrs \$225

**All for the Body**

Micro-buff Body Polish + Detoxifying Mud Treatment + 60 min Signature massage

### Refresh Trio

90 min \$160

**Three services short on time, not on wellness**

The CS Express + Multivitamin Hand & Foot Treatment + 30 min massage

### Revitalize Trio

2 1/2 hrs \$240

**Truly our most popular package**

Micro-buff Body Polish + 60 min Signature massage + Continuum Studio Signature Facial

### Re-Energize Trio

2 hrs \$195

**Maximum results, minimum time**

CS Oxygenating Trio Facial + Micro-buff Body Polish + Computer Stress-Relief Therapy massage

### CS Men's Signature Package

3 hrs \$295

**Head-to-toe men's wellness**

The Men's Skin Care Treatment + 60 min Therapeutic massage + Micro-buff Body Polish + Hand & Foot Hydrating Scrub

### CS Men's Express Package

105 min \$175

**For the man on-the-go**

Computer Stress-Relief Therapy massage + CS Express Face Treatment + Hand & Foot Hydrating Scrub



## treatment series

### Build wellness into your busy schedule!

Purchase any three of the same treatments, save 10%; or

Purchase any five treatments alike, and get the sixth one free!

## waxing services for men & women

Continuum Studio provides a full range of waxing services for men and women. Please visit [continuumstudio.com](http://continuumstudio.com) or call us for pricing.

### Continuum Studio

5671 N. Clark Street

Chicago, IL 60660

773-728-7883

[continuumstudio.com](http://continuumstudio.com)

Monday-Friday 12-8

Saturday-Sunday 10-6