Spa Packages

Looking for a gift for that special someone, or want to reward yourself? Book one of our Spa packages and melt your stress away.

Massage Packages

- (5) 30 Minute Massages
  $140/ $160/ $175
- (5) 60 Minute Massages
  $240/ $270/ $300
- (5) 90 Minute Massages
  $360/ $405/ $450

Facial Packages

- (5) Acne Face/Back or Anti-Aging Facials
  $320/ $360/ $400
- (5) Corrective Facials
  $300/ $335/ $375
- (5) Lip, Eyebrow or Chin Waxing
  $56/ $63/ $70

Nail Packages

- (5) Basic Manicures
  $80/ $90/ $100
- (5) Basic Pedicures
  $140/ $160/ $175
- (5) No-Chip Manicures
  $140/ $160/ $175
- (5) No-Chip Pedicures
  $150/ $170/ $180

What is Massage Therapy?

Massage Therapy is a treatment in which the soft tissues of the body are manipulated through various massage techniques.

Benefits of Massage Therapy include:
- Minimizes stress and anxiety
- Improves flexibility and range of motion
- Helps athletes prepare for and recover from strenuous workouts
- Improves blood circulation to the muscles resulting in more oxygen and nutrients to these tissues
- Promotes deep relaxation and restorative sleep while minimizing stress and anxiety
- Alleviates pain caused by muscle imbalance and weakness, while enhancing your body’s immunity

Relax and rejuvenate at The Bridge Spa.

Centegra Health Bridge Fitness Center - Crystal Lake
200 Congress Parkway
Crystal Lake, IL 60014

Centegra Health Bridge Fitness Center - Huntley
10450 Algonquin Road
Huntley, IL 60142

(815) 444-2900
healthbridgefitness.com

Cancellation, No-Show & Late Policy: Credit card information is taken at time of booking. No-Shows, appointments arriving 15 minutes late or greater and cancellations inside 24 hours of scheduled appointment will be charged a $25 fee (or the full value of the service if less than $25). Policy includes Spa gift card bookings; prices are subject to change.

We commit to serving with genuine respect, passionate caring and a joyful spirit.
Massage Services

Bridge Massage
Our signature massage customized to fit your body’s needs—Swedish, sport, deep tissue, trigger-point or any combination of them all. Discuss problematic areas with your therapist to best suit your needs.

- 30 Minutes: $31/ $34/ $38
- 60 Minutes: $52/ $58/ $65
- 90 Minutes: $78/ $87/ $97

Hot Stone Massage
Smooth stones are placed on the reflex points and along the muscles of the back in this unique and warm massage. A combination of the therapist’s hands and heated stones enhances your relaxation.

- 60 Minutes: $82/ $92/ $103
- 90 Minutes: $123/ $138/ $155

Prenatal Massage
Touch is vital to the mother’s physical and emotional well-being as she adapts to her new body. Massage gives special attention to the mother-to-be which, in turn, nurtures the new life that grows within her. Available after 1st trimester.

- 60 Minutes: $75/ $83/ $93

Scalp & Foot Treatment
Enjoy a relaxing foot scrub with hot towels, followed by a moisturizing lotion and a scalp massage for your face, head, neck and shoulders.

- Price: $55 (one flat fee)

Facial Services (Crystal Lake only)

- Designed for your exact skin, these customized Bioelements facials start with a personalized skin assessment. Experience deep pore cleansing and thorough exfoliation under steam to sweep away dulling surface cells. Enjoy a de-stressing massage for the face, neck and shoulders. A custom blended moisturizer is applied, followed by a complexion-calming massage.

Corrective Facial
$65/ $72/ $81

Acne Clearing Facial
$69/ $78/ $86

Anti-Aging Facial
$39/ $44/ $49

Mini-Facial
$39/ $44/ $49

Back Treatment
$65/ $72/ $81

Acne Back Treatment
$69/ $78/ $86

Don’t forget about your back! This customized treatment will cleanse, exfoliate and restore moisture to that hard to reach area. For acne prone backs, try our clearing back treatment.

Additional Services

- Lip Treatment: $10/ $12/ $13
- Eye Treatment: $9/ $10/ $11

Waxing Services (Crystal Lake only)

- Lip, Chin or Eyebrow: $12/ $14/ $15
- Bikini: $26/ $29/ $32
- Under Arm: $17/ $19/ $22
- Brazilian (women only): $52/ $58/ $65
- Half Arm: $22/ $24/ $27
- Half Leg*: $35/ $39/ $43
- Full Arm: $26/ $29/ $32
- Full Leg*: $56/ $63/ $70

* Price may vary depending on amount of hair.

Men’s Services

- For the modern man who wants to look and feel his best. Manicure/Pedicure treatments include all the relaxing perks of a Spa Manicure minus the color polish.

Business Manicure
$17/ $19/ $22

Sports Pedicure
$30/ $34/ $38

Additional Services (Crystal Lake only)

- Men’s Facial: $65/ $72/ $81
- Mini-Facial: $39/ $44/ $49
- Back or Chest Wax*: $39/ $44/ $49

Don’t forget to book your relaxing Bridge Massage available in 30- 60- or 90-minute treatments.

To schedule your appointment, please call (815) 444-2900 today.

- Childcare is available while you enjoy your service (fees may apply)
- Enjoy access to the facility for the day of your appointment
- Gift cards are available
- Centegra Health Bridge Fitness Center reserves the right to refuse service

The Spa accepts Charge to Account (CTA), cash, Mastercard, Visa and Discover as payment. All gratuities may be paid directly to the therapist/clinician in cash. We proudly recruit and train our staff to be the most qualified spa professionals in the industry. Our recommended standard gratuity for spa treatments is 18-20%.

Brochure Pricing Format

- First Price: Premiere Member
- Second Price: Classic Member
- Third Price: Community/Non-Member

Example: $76/ $85/ $90

For more information, or to schedule an appointment, please call (815) 444-2900.

Waxing Services

- Full Leg: $56/ $63/ $70

No-Chip

- Come get a manicure that can last up to two weeks. Your nails will look fabulous and we know you will love it!

Basic No-Chip Manicure
$30/ $34/ $38

Spa No-Chip Manicure
$36/ $38/ $42

Basic No-Chip Pedicure
$33/ $37/ $45

Spa No-Chip Pedicure
$43/ $46/ $51

To add French Tip to any Manicure or Pedicure, add $5 for each service.

Nail Services

- Basic Manicure: $17/ $19/ $22
- Basic Pedicure: $30/ $34/ $38

Spa

- All the grooming of a basic nail maintenance plus a gentle exfoliating treatment to remove dead skin, a de-stressing massage from your knees to your toes as a nourishing mask smooths and softens your skin. To finish, your nails will be perfectly polished with the color of your choice.

Spa Manicure
$26/ $29/ $32

Spa Pedicure
$39/ $44/ $49

Gift cards are available

Nails Trimmed/Filed
$12/ $14/ $15