



NAIL SERVICES

Signature Manicure/Pedicure

Includes nail/cuticle grooming, exfoliation, callus removal, moisturizing massage, hot towels and regular polish.

Manicure.....	\$40
Pedicure.....	\$55
Adding Gel, Dazzle Dry or Dip.....	\$10

Ultimate Spa Manicure/Pedicure

Includes Eco-Fin hand/foot treatment to further moisturize, hydrate and soften hands/feet.

Manicure.....	\$55
Pedicure.....	\$70

Sport Manicure/Pedicure

Includes nail/cuticle grooming, exfoliation, callus removal, moisturizing massage and hot towels. No polish is applied. Nails are buffed to shine.

Manicure.....	\$35
Pedicure.....	\$50

Additional Nail Services

Nail Repair.....	\$5 per nail
French Polish.....	add \$10
Regular Polish Change.....	\$15
Dazzle Dry/Gel Polish Change.....	\$25
Nail Trim.....	\$10

Hydro Massage

A dry water massage with a traveling jet system, combining heat, motion, and a variety of options for a soothing full body massage. You control the area of the massage, the amount of pressure, and the speed of the jets. HydroMassage helps with muscle soreness and tension, is an amazing stress reliever and a great post-workout cool-down. For guests 12+.

CHFC Members Monthly Upgrade..... \$25
Upgrade package includes 10% off spa services

The Day Spa is a place of relaxation.

Appointments

Appointments are preferred, but not always necessary. Walk-ins welcome! Members with children on their membership may use childcare while using The Day Spa.

Arrivals

Check-in 10 minutes prior to your session to complete paperwork and arrange payment.

Returns

There are no refunds, returns or exchanges on products.

Cancellation Policy

As a courtesy to our staff and other clients, please note that missed appointments or appointments canceled with less than a 24-hour notice are subject to a cancellation fee. We appreciate you!

SPA ETIQUETTE



THE
Days Spa



THE
Days Spa

280 Fort Sanders West Blvd.
Suite 118
Knoxville, TN 37922



865-531-5772

CovenantHealth.com/Fitness-Center

865-531-5772

Mon, Tues: 10 a.m. - 5 p.m.
Wed, Thurs: 10 a.m. - 6 p.m.
Fri: 9 a.m. - 5 p.m.
Sat: 9 a.m. - 2 p.m.
Sun: Closed





FACIALS

For optimal results, we recommend repeating every 4-6 weeks.

Acne Facial \$100

Deep cleaning with anti-inflammatory, antibacterial, antiseptic and antioxidant products. Helps eliminate excess oil, unclog pores and draw out impurities. Includes scalp and decollete massage. Blue LED Light Therapy is used to kill bacteria under the skin.

Back Facial \$65

Cleanses, exfoliates, clarifies and softens the skin on your back to create a more refined appearance. It includes a back and scalp massage.

Collagen Boosting Facial \$85

Redensifies and plumps fine lines and wrinkles, hydrates, lightens, brightens and improves firmness. Includes a resurfacing cleanse, two masks, scalp and decollete massage, plus lip and eye treatments.

Express Facial \$40

Great for clients short on time! The skin is thoroughly cleansed and treated with a vitamin rich mask.

Gentleman's Facial \$65

Specifically designed for our male clients, this facial includes cleansing, exfoliation, a mask and a relaxing scalp massage.

Signature European Facial \$65

Products are selected for your unique skin needs including cleanser, exfoliation, facial massage, nutritional mask and moisturizers.

Anti-Aging PLUS Facial and Peel \$140

Enjoy all of the benefits of our Collagen Boosting Facial, but we replace the first mask with a Lactic Acid or Glycolic Acid Chemical Peel to promote the growth of new skin cells.

Chemical Peel

Improves fine lines and wrinkles, texture and tone, hyper-pigmentation, acne and scarring. Exfoliates the skin, promoting the growth of new skin cells. Includes a cool calming mask to relieve redness, stinging and irritation.

Salicylic Acid (BHA).....	\$85
Glycolic Acid (AHA).....	\$85
Lactic Acid Peel.....	\$85

TCA Chemical Peel \$100

This chemical peel is used to treat a wide range of skin problems, such as visible signs of aging, sun damage, acne scarring, and hyperpigmentation.

Jessner Chemical Peel..... \$100

This type of chemical peel is performed to help reduce the appearance of acne and hyperpigmentation, smooth out fine lines and wrinkles, and enhance skin texture and tone, leading to an overall improved skin complexion.

Signature Face Lift Peel..... \$100

Our Signature Face Lift treatment features Vitamin C, fruit enzymes, and hyaluronic acid to brighten, hydrate, and soothe the skin. (Best for redness-prone skin, dry dehydrated skin, and sensitive skin.)

O2 Lift Peel \$100

Our signature oxygenating treatment is designed to boost brightness and glow in dull skin. (Best for dull, dry, and dehydrated skin.)

Acne Lift Peel \$100

Our Acne Lift Peel treatment includes a combination of AHA and BHA's that clears and calms blemish-prone skin, helping to reduce blemishes and the appearance of redness. (Best for oily, breakout-prone skin.)

Dermaplane Facial..... \$100 (pkg. of 3 for \$265)

A safe and effective exfoliating method. During this process, a sterile surgical scalpel shaves the skin's surface. The goal of the Dermaplane procedure is to remove dead skin and peach fuzz from the face.

LED Light Therapy Add-on \$25

A safe, non-UV natural process that encourages your body to produce enzymes and collagen that support the skin structure, thus producing a younger, smoother looking skin.

Microdermabrasion \$85

Refinishes the skin by abrading the top layer of dead skin. Removes skin debris, softens scars, blemishes, and wrinkles, and helps to diminish uneven pigmentation for healthy, glowing skin

HydroGlow Facial W/Neck \$160

This ultra-hydrating facial leaves the skin smooth, firm and exfoliated while diminishing the appearance of scarring and discoloration.

Radio Frequency Facial \$90

Reverse the signs of aging with this radio-frequency facial, which encourages cell turnover rate and elastin production, to promote firmer and more youthful-looking skin.

Purchase any combination of 3 chemical peels/facials and receive 15% off your purchase.

SPECIALTY SERVICES

Spray Tanning

We use Norvell Tanning products to ensure a perfect, long-lasting and natural looking tan.

Full Body.....	\$35
Legs Only.....	\$25

Waxing

Brow.....	\$15
Chin.....	\$10
Lip.....	\$15
Full Face.....	\$45
Underarms.....	\$20

Brows and Lashes

Dramatically transform your lashes and brows! Temporarily eliminates/reduces the time spent on daily use of eyebrow fillers, mascara and eyeliner. Lashes may last up to 3-4 weeks. Brows may last up to 2-3 weeks.

Brow Tint.....	\$15
Lash Tint.....	\$20
Trio-Brow Wax, Brow and Lash Tint.....	\$45
Brow Lamination.....	\$65
Lash Lift.....	\$65

Eco-Fin Moisturizing Hand or Foot Treatment

This 100% plant-based paraffin alternative contains shea butter, vitamin E and essential oils to moisturize, hydrate and soothe skin.

Hand or Foot Treatment.....	\$20
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