



continuum studio menu of services

body work services

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.

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**.

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.

professional skin care treatments for everyone

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 Age smart 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.

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 Continuum Studio Signature Facial

60 min \$90 Add paraffin hand treatment 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!

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.

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.

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

** not for those allergic to aspirin | ** not for women who are pregnant or lactating*

revitalizing body treatments

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)

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.

Ear Candling

30 min \$40 Additional candling 30 min \$20

Ear candling is a good example of how a simple, natural therapy, may be used to effectively solve many ear problems by naturally assisting the body to rid itself of wax and bacteria, hence cleansing the ear canals and clearing sinus passages.

wellness suggestions for men (but great for anyone!)

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 men who just want a deeper touch

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.

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.

Purifying Back Treatment

45 min \$95

This is perfect for those men 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.

Hand & Foot Hydrating Scrub

30min \$50

It's time for men to make sure they're 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 PCA chemical peels

PCA Peels * **

The PCA Peel® is a blend of AHAs and lighteners. This solution addresses problems of **hyper-pigmentation** resulting from sun damage or hormonal changes. It helps **soften the depth of surface lines**, being especially effective around the eyes and the creases around the nose and mouth. The drying action of the PCA Peel® makes it very effective in the **treatment of acne**. These peels are available with or without hydroquinone

Retinol Treatments **

Esthetique Peel™ treatments are appropriate for all patients in need of facial rejuvenation of all skin types. The addition of L-lactic acid and L-retinol makes this a great treatment for **improving skin texture and clarity**, while keeping the skin moist and hydrated. This is an excellent anti-aging treatment.

The Smoothing Body Treatment * **

Chemical peels can improve specific skin concerns of the body such as **psoriasis and acne**. These peels are 45% lactic acid which is highly moisturizing and firming.

TCA Peels (Trichloroacetic Acid) **

Ultra Peel® I and Sensi-Peel® are appropriate for all skin types and conditions. It will effectively treat **acne, pigment disorders, aging skin, smokers skin, and photo-damaged skin**. It offers skin smoothing, strengthening and hydration to many who previously would not have been candidates for chemical exfoliation, especially those with rosacea. It is very effective with virtually no irritation.

Price List for all PCA Peels®

Consultation + Prep-skin Kit	\$30 20 min+
Any single treatment + Post-care Skin Kit	\$125 30 min+
Any Series of 3 Peels (2-3 layers)	\$340
Any Series of 3 Peels (4-5 layers)	\$400
Any Series of 6 Peels (2-3 layers)	\$625
Any Series of 6 Peels (4-5 layers)	\$745

** not for those allergic to aspirin | ** not for women who are pregnant or lactating*

LED therapy [NEW]

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 is with cool light, no pain and no down time.

Each pulsating colored LED (Light Emitting Diodes) penetrates the skin to specific depths to either:

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

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

The Continuum Studio Signature Photo-facial

75 min \$165

We will target each facial towards 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 Hand Rejuvenation Treatment

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

Continuum Studio can help you attain smoother, more youthful looking hands through photo rejuvenation! You'll see a difference after a few short sessions!

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 + Paraffin Hand Treatment

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 treatments alike, save 10%;
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 or call us for pricing.

Continuum Studio
5671 N. Clark Street
Chicago, IL 60660
773-728-7883

continuumstudio.com

Monday-Friday	10-8
Saturday	10-6
Sunday	10-6