

Our facials combine organic and wildcrafted ingredients with bio-active nutrients, pure aromatherapy and a gentle, balancing touch. We will guide you and your skin into a happy state as nature intended. Our facials include skin analysis, cleansing, exfoliation, herbal face steaming, pore cleansing (extractions), mask, and a soothing massage of the face, neck, shoulders, hands, arms and feet.

HERBAN CLASSIC ORGANIC FACIAL

Break away from mainstream skin care and experience the difference with our one hour organic, non-toxic facial. Your skin will thank you! Plant extracts, herbs and essential oils are combined to match the nature of your skin and your lifestyle. *\$75 / 60 min*

THE CAT NAP- A MINI FACIAL

Take just 30 minutes from your hectic day to stretch and unwind. This mini restorative facial includes cleansing, exfoliation, mask, hand, arm and face massage. *\$40 / 30 min*

ACNE RESCUE FACIAL

Relax and zone out while we transform your pores with a deep pore cleanse and a naturally healing, anti-inflammatory and antimicrobial mask. A gentle yet clarifying mix of herbs and balancing essential oils will deliver relief to your troubled skin. *\$90 / 75 min*

ROSACEA RELIEF FACIAL

We take special care and a gentle approach to reduce inflammation, calm redness, and strengthen and tone blood vessels with an effective blend of herbs, marine extracts and minerals. Also great for those with sensitive skin! *\$90 / 75 min*

LIGHTEN UP!

Too much time in the sun, certain medications, harmful product ingredients and hormonal changes can result in hyperpigmentation (discolored areas with darker pigment than usual) Skip the controversial toxic ingredients and allow us to normalize your complexion naturally. *\$85 / 60 min*

PUMPKIN ENZYME AND WILDYAM SMOOTHING DETOX FACIAL

This yummy facial with a natural enzyme peel targets weathered skin that has braved the environmental elements and also, skin with fine lines / wrinkles, and skin in need of a little extra exfoliation and detoxification. *\$95 / 75 min*

LOTUS MOON FACIAL WITH GLY-LACTIC PEEL

When your skin needs some extra oomph, this special treatment goes beyond the basics. A combination of glycolic acid and lactic acid help to safely and effectively retexturize the skin and stimulate the rate of new cell turnover and natural collagen production. Full of powerful antioxidants, herbs and pure essential oils- your skin will have a fresh start! *\$100 / 75 min*

HERBAN DREAM

Lapse into a dreamy state while we help your skin and body unburden themselves of the daily stress and grind. This intoxicating 90 minute treatment includes all the elements of our classic facial plus an exfoliating chamomile scrub applied to the upper chest, hands, arms and feet. Tailored to all skin types. *\$125 / 90 min*

THE MEN'S FACIAL...

Because guys have skin too! Quite often a man's skin can become neglected and stressed due to the shaving routine, the environment, and a lack of daily care, so leave it all to us with an organic facial that zeros in on his specific needs. One hour of facial cleansing, exfoliation, steam, pore cleaning, facial masque and massage. Calming, clarifying and hydrating. *\$75 / 60 min*

Suggested add-on... Brow grooming \$6 (regularly \$12)

INTEGRATIVE MASSAGE

Allow us to ease muscle tension, encourage circulation and promote relaxation with our integrative massage. Swedish, deep tissue and myofascial techniques are combined with aromatherapy to create a massage designed to meet your specific needs. Organic massage oil and/or cream infused with pure essential oils complete this soothing, therapeutic experience. Choose from the following aromatherapy options: *\$110 / 90 min*
\$75 / 60 min

Lavender Geranium Tension Reliever - Temporarily leave the planet as French lavender, geranium and marjoram essential oils blend to calm, relax and melt your muscles as you've never before experienced.

Seven Trees - Let your spirits soar through the forest with our uplifting synergy of spruce, pine, fir, cedar, cypress, eucalyptus and birch essential oils.

Nerve Rejuvenate - Are your nerves shot? The rejuvenating effect of ginger, grapefruit, eucalyptus, lemongrass, juniper and peppermint is like putting your nervous system in the ICU.

Cool Citrus - Too many troubles to explain? The health benefits of citrus essential oils cover all the bases. From anxiety to digestion, our blend of neroli, red mandarin, orange, lemon, bergamot and petitgrain will get you back on track.

AROMA-NEUTRAL MASSAGE

Our signature integrative massage without aromatherapy. *\$105 / 90 min*
\$70 / 60 min

HERBAN ATHLETE

We will help you rest and recover with this therapeutic massage that increases circulation and relieves muscle spasms. An analgesic healing salve is applied to trouble areas to treat sore, tired muscles and aching joints. Also beneficial for those suffering with arthritis. *\$85 / 60 min*

MOM'S THE WORD PREGNANCY MASSAGE

Proper positioning and support allow the expectant mother to reap the benefits of massage during this special time in life. The unique demands of the mom-to-be are addressed, easing discomfort and fluid retention. (for 2nd and 3rd trimester only) *\$110 / 90 min*
\$75 / 60 min

HOT STONE MASSAGE

Comforting warmth is delivered to your muscle tissues with heated basalt stones. Warm stones are placed on your body while your therapist incorporates stones into massage strokes. Penetrating warmth relieves muscle tension and will put your body into complete relaxation. *\$95 / 60 min*

HERBAN BLISS

Completely unwind during this 90 minute therapeutic massage that includes an exfoliating chamomile back treatment. Our chamomile exfoliant, composed of millet flour and chamomile herb and essential oil, will leave the skin on your back smooth and vibrant. The exfoliant is followed by a series of lavender steamed towels and topped off with an application of chamomile body oil to your back. This massage and back treatment combination is truly blissful! *\$140 / 90 min*

HERBAN EXPRESS

We will focus on your trouble areas during this customized massage. You will feel rapid relief in just 30 minutes! *\$40 / 30 min*

HERBAN FEET RETREAT

Rid yourself of tension and stress with the therapeutic art of reflexology. We will stimulate reflex areas on your feet to improve your circulation and help your body balance itself. The Herban Feet Retreat includes massage of the lower legs and feet. Begin this one hour treatment with a soothing mineral salt foot soak infused with essential oils while sipping on an herbal tea tonic. *\$70 / 60 min*

Without foot soak... *\$40 / 30 min*

OUR PHILOSOPHY

The creation of Little Herban Spa is a result of our desire to provide you with the feeling of having your own personal spa. Our non-assembly line atmosphere allows you to completely unwind while receiving our undivided attention. We believe personal attention coupled with the finest organic skin and body products are the basis for a remarkable spa experience.

BUSINESS HOURS

Tuesday - Appointments Upon Request

Wednesday - 10am - 8pm

Thursday - 10am - 6pm

Friday - 10am - 8pm

Saturday - 10am - 6pm

GIFT CERTIFICATES AVAILABLE

7203 GERMANTOWN AVE, PHILADELPHIA, PA 19119

215.381.9903

APPOINTMENTS@LITTLEHERBANSPA.COM

A LITTLE SOMETHING EXTRA...

Brows \$18 (with facial \$15)	Full Arms \$40	Bikini \$30 (sorry, no brazilian waxing)
Lip \$8 (with facial \$5)	1/2 Arms \$20	Back \$40 and up
Chin \$8 (with facial \$5)	Underarms \$25	
Cheeks \$10 (with facial \$7)	Full Legs \$60	
	1/2 Legs \$30	

BRIGHT EYES

Get your sparkle back with a regenerating treat and specialty mask for your eyes. \$10

ROSE GOLD LIP TREATMENT

Your solution for dry and chapped lips and fine lines around the mouth. A gentle exfoliation and scrumptious lip mask. \$10

MAKE-UP APPLICATION

Have you examined the ingredients in your cosmetics lately? We have found that most cosmetic lines contain ingredients that we would think twice about coating our floors with, let alone applying to our precious living skin! Truly pure minerals combined with earth natural botanicals make for a beautiful face! We proudly offer you healthy make-up products from Honey Bee Gardens and Monave Minerals free of talc, bismuth oxychloride, cheap fillers, preservatives and harmful dyes. Come see and feel the difference with a natural make-up application! \$55 / 60 min

BODY TREATMENTS

THE "B" SIDE - SPECIAL ATTENTION FOR THE FORGOTTEN BACK

Sometimes we only examine the front side of ourselves while completely neglecting the hard to see and hard to reach back. Treat your back to an hour of pore cleansing, exfoliation, mask and soothing massage. \$80 / 60 min

CHAMOMILE BODY POLISH & WRAP

Get comfy and cozy while your body is polished head to toe with an exfoliating chamomile emulsion. Before you drift off, your body is wrapped in warmth to allow full absorption of the herbs and essential oils. Smoothing, hydrating, and calming. \$115 / 75 min

ANGELICA & MYRRH EXFOLIATING BODY WRAP

This therapeutic mud wrap restores smoothness to the skin and purifies the body with dead sea mud, angelica root, myrrh extract and the essential oils of lavender and patchouli. Just the aroma alone is so satisfying and fulfilling! \$115 / 75 min

BODY QUILT WRAP

Experience our favorite body wrap! Four vital treatments in one! We will immerse you in a nutrient rich, aromatherapeutic, detoxifying and exfoliating wrap full of active ingredients such as ginseng, spirulina, arctic seaweed, chamomile herb, millet flour, mineral rich clay and a special blend of essential oils. Great for all skin types including sluggish skin, body acne, eczema, psoriasis, wrinkles, cellulite and dehydration and all around relaxation. \$125 / 90 min



LITTLE HERBAN SPA

ORGANIC SKIN THERAPY

MASSAGE

REFLEXOLOGY

www.LittleHerbanSpa.com