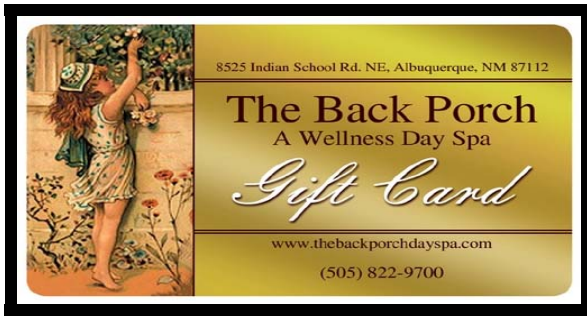


### Gift Cards Available

A gift card from The Back Porch Day Spa is perfect for any occasion.



\*Gift cards expire one year from the date of purchase  
\*Gift cards are not replaceable if lost or stolen and are non-refundable



### Business Hours

Monday-Tuesday 9:30 am-6:00 pm  
Wednesday-Thursday 9:30 am-7:00 pm  
Friday-Saturday 9:30 am-9:00 pm  
Sunday 11 am-5:00 pm  
(On demand)

Closed in observance of  
Thanksgiving & Christmas Day



# The Back Porch Day Spa

## 505-822-9700

8525 Indian School Road NE  
Albuquerque, New Mexico  
87112

[www.thebackporchdayspa.com](http://www.thebackporchdayspa.com)



*Dear Valued Customer,*

The Back Porch Day Spa is a tranquil oasis located in the heart of Albuquerque where both your body and mind can be pampered to perfection. A place to renew one's strength and sense of self, a place that is all about you! We believe only in the highest quality of personal services and our highly trained professional staff will enhance your sense of beauty and well-being. To achieve maximum benefits between treatments our spa store offers a variety of take-home products for your consideration. We realize that good health is a matter of choice and not chance, therefore we thank you for choosing The Back Porch Day Spa. Your experience awaits you.

*Regards,*  
**Chris Rockett**  
*Owner*

## Spa Etiquette

**Scheduling:** We highly recommend that you schedule appointments one week in advance. For weekends, retreat packages, and holiday bookings we suggest two weeks to a month in advance. Credit card information will be taken on all bookings.

**Cancellation:** To ensure the highest level of service we ask that all cancellations be made at least 24 hours prior to scheduled appointment times to avoid a 50% cancellation fee.

**Arrival:** Please arrive 15 minutes early to check in and enjoy the amenities including tea, cookies, and soothing music in the garden area. Arriving late will limit your treatment to the remaining time available.

**Attire:** Most clients will need to change into the provided spa robes and slippers. You will be draped for privacy for the duration of your treatment. We provide lockers for your personal belongings but are not responsible for lost or misplaced items. No cell phones please!

**Tipping:** While tipping is optional, please note that gratuities are not included in the cost of our services. A typical gratuity is 15%. Envelopes are provided for cash tips at the front desk and are appreciated by your therapist.

## Packages

### **The Back Porch Retreats For Two People**

Our retreat packages are perfect for office gatherings, bridal parties, baby showers, anniversaries, birthdays, holidays and more!

#### **Sweet Surrender** **1 1/2 Hrs** **\$175.00**

Spend some time with us in this retreat and your stress will melt away. Begin with the therapeutic Foot treatment to relax and revive you. Follow with a candlelight Swedish massage.

#### **Evening Encore** **2 Hrs** **\$235.00**

Start your evening with a Therapeutic Foot and Hand treatment designed to soften and soothe the most ignored parts of your body. Then, retreat for a candlelight Swedish massage.

#### **Mystic Evening** **2 Hrs** **\$255.00**

The ultimate evening for you and someone special begins with Perfection or Gentlemen's facial and ends with a one hour Aromatherapy Therapeutic massage to relax tired muscles.

#### **The Moonlight Rose Garden** **2 1/2 Hrs** **\$300.00**

Lying on a bed of rose petals, start the evening together with a Vanilla Body Buff, then enjoy the hot oil 'Wrapture', followed by a candlelight Swedish massage to ease away any remaining stress.

#### **The Touch of Love** **1 1/2 Hrs** **\$125.00**

Learn the basics of massage. A hands-on training experience that is lots of fun for you and someone special!

**Menu Pricing**  
**Subject to Change**  
**Without Notice**

## Waxing Services

The waxing policy at The Back Porch Day Spa states that we are not responsible for sensitive skin or the tearing of skin due to excessive waxing or the use of Retin-A and other similar products.

**Chin**  
**Lip**  
**Eyebrows**  
**Cheeks**  
**Sideburns**  
**Hairline**  
**Full Face**  
**Basic Bikini**  
**Brazilian**  
**Chest**  
**Back**  
**Stomach**  
**Under Arms**  
**Half Arms**  
**Full Arms**  
**Half Legs**  
**Full Legs**  
**Toes**

## Body Wraps

Each of the following full body wraps will hydrate, heal, protect, and soften the skin. These wraps produce a gradual and intense detoxification of the body for several hours following your treatment.

**'Wrapture'                      ½ Hr                      \$35.00**

An essential oil, hot herbal wrap designed to sweat away a multitude of sins. *This treatment provides a great pre-massage muscle warm-up.*

**Sea Garden Wrap                      \$75.00**

The skin is first exfoliated with a natural bristle dry brush and then enveloped with a nourishing algae blend that is an excellent source of vitamins, minerals, trace elements, and enzymes. While you relax, algae cools your body and releases trapped toxins and excess fluids.

**Garden Mint Sensation                      \$75.00**

The skin is first exfoliated with a natural bristle dry brush and then a unique combination of algae, essential oils, and cooling herbal extracts are applied to stimulate circulation and cell regeneration. Furthermore, this signature mint masque detoxifies the skin and the body while restoring moisture.

**Down & Dirty Mud Wrap                      \$75.00**

Following a natural bristle dry brushing of the skin, natural mud is applied to draw impurities from the body. The natural properties of the mud ease muscle and joint tension while softening and nourishing the skin.

**Warm Chocolate Delight                      \$75.00**

An application of rich, shea cocoa butter is applied to enhance and soften your skin. You are then wrapped to keep warm while allowing the moisturizing properties of this treatment to pamper your body and your senses.

**Hot Herbal Wrap                      \$75.00**

Your entire body is wrapped in detoxifying, herbal soaked linens which aid in the elimination of toxins, leaving the skin naturally soft. While wrapped you are treated to a relaxing head and neck massage with herbal oil.

## Brow & Lash Tinting

This popular treatment will give your eyes and your expression immediate definition! The exceptional product is formulated with natural ingredients for long-lasting results that are sure to please. We recommend that you return every 6-8 weeks to keep you looking your best.

**Brows                      \$15.00**  
**Lashes                      \$15.00**

# Body Treatments

The following **one hour** full body scrubs offer many different ways to make your skin look and feel healthier. Each is designed to exfoliate and hydrate, leaving your skin feeling velvety smooth. These treatments are complete with intensely hydrating moisturizers applied using gentle massaging strokes.

## **Citrus Salt Glow \$60.00**

Recommended for all skin types our classic salt glow uses a traditional blend of natural oils and Dead Sea salts along with aromatic citrus essential oils to reveal freshly polished skin that lasts for weeks.

## **Brown Sugar Scrub \$60.00**

Recommended for both normal and sensitive skin this scrub is crisp and sweet. A blend of pure brown sugar and essential oil exfoliates and balances the skin.

## **Oh So Gentle Body Polish \$60.00**

Designed for the most sensitive skin, this naturally fragrant-free body treatment polishes and buffs the skin.

## **Rosemary & Peppermint \$60.00**

Indulge yourself in this cooling exfoliation that uses aromatherapy to revitalize the senses and reenergize both the body and the mind.

## **Vanilla Body Buff \$60.00**

Enjoy the warm scents of pure vanilla when combined with salt crystals to provide a deep exfoliation. This treatment is recommended for those with ultra dry skin.

## **Calm the Senses \$60.00**

An exfoliating treatment using chamomile extracts to penetrate pores for an ultimate cleansing that leaves the skin soft and supple. The unique properties of chamomile naturally calm the body and the mind.

# Hand & Foot Treatments

## **Therapeutic Hand Treatment ½ Hr \$35.00**

A luxurious treatment including a thorough hand and forearm massage, exfoliating scrub, and paraffin wax therapy.

## **Therapeutic Foot Bath ½ Hr \$35.00 1 Hr \$60.00**

Your feet are treated to a soaking bath followed by an exfoliating scrub, a vigorous massage, paraffin wax therapy, and a skin soothing moisturizer.

## **Therapeutic Hand & Foot 1 Hr \$60.00**

A luxurious treatment including a thorough hand and forearm massage, exfoliating scrub, and paraffin therapy. The feet are treated to a soaking bath followed by an exfoliating scrub, a vigorous massage, paraffin wax therapy, and a skin soothing moisturizer.

# Nails

All manicures and pedicures include an exfoliating salt scrub followed by a beneficial paraffin treatment. Hands and feet are dipped into warm paraffin which increases circulation while softening and moisturizing the skin. Formulated with a blend of botanical extracts and fragrances our paraffin stimulates and soothes the senses. Finally, choose from a variety of **OPI** nail lacquers which provide long lasting color and shine.

<b>Spa Manicure with paraffin</b>	<b>45 min</b>	<b>\$30.00</b>
<b>Spa Pedicure with paraffin</b>	<b>1 Hr</b>	<b>\$45.00</b>
<b>Spa Pedicure &amp; Manicure with paraffin</b>	<b>1 Hr 45 min</b>	<b>\$65.00</b>

<b>Mud Masque</b>	<b>add \$10.00</b>
<b>French manicure</b>	<b>add \$8.00</b>
<b>Nail Décor</b>	<b>add \$5.00</b>

<b>Polish Change</b>	<b>\$8.00</b>
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# Facials

# Facials

Each facial at The Back Porch is designed for the special skin care needs of the individual with certain environmental factors taken into consideration. Our licensed skin care specialists will help tailor a skin care regimen that is right for you and suggest take-home products from our professional **Dermalogica** product line.

## **Perfection Facial 1 Hr \$70.00**

Our signature facial featuring **Dermalogica** includes cleansing, toning, exfoliating, extracting, steam, and a hydrating mask. This facial also includes a neck, shoulders, hands and feet massage ending with a golden spoons facial massage.

## **Gentlemen's Facial 1 Hr \$70.00**

Very effective on sensitive or razor-burned skin. This includes a deep cleansing to remove impurities, a firming mask, moisturizing and a toning massage of the facial muscles, neck and shoulders. You will be amazed by the results of this facial. *\*Please shave prior to arrival.*

## **Power Regeneration Facial 75 min \$85.00**

Combined multi-vitamin and hydroxy acid, exfoliation, energizing massage techniques that release tension in the facial muscles and Dermalogica's specialized products make this the ultimate in skin therapy for prematurely-aging, dry, devitalized skin. Your skin will be noticeably firmer, smoother and revived.

## **Acne Facial 1 Hr \$65.00**

Breakouts have finally met their match. Our medicated acne clearing treatment will focus on purifying your skin with deep-cleansing, steam to open the pores and extractions. Helps to prevent future breakout activity.

*\*For deeper cleansing follow with glycolic peel.*

## **Skin Brightening Treatment 1 Hr \$75.00**

Help stop your uneven pigmentation at its cause. This treatment, when combined with proper home care, actually regulates pigment production on a cellular level, helping to balance the complexion.

## **Environmental Control Facial 1 Hr \$65.00**

If your skin is looking red, inflamed or feeling itchy, then this is the treatment for you! Our super-soothing cleansing will remove impurities from your skin, followed by a calming oatmeal masque that will instantly calm redness and reduce inflammation.

## **Skin Exfoliant Series 30 min \$50.00**

An intense exfoliation reveals bright healthy skin without the use of chemicals or machines. This treatment is effective in removing the top layer of dead skin cells and is safe for virtually anyone. *\*Recommended in a series of 6 treatments*

## **Glycolic Peel 30 min \$75.00**

**Daniello** maximum strength physician quality facial peels leave skin softer, smoother and younger looking. The treatment includes deep cleansing, toning and careful analysis of the skin. A beneficial nutrient mask is then applied to soothe and desensitize the skin.

## **Manual Microdermabrasion 30 min \$85.00**

Manual microderm eliminates the risks involved with traditional machines. This affordable, easy and safe treatment requires virtually no recovery time and can truly be done during the lunch hour. The process involves even exfoliation of the skin promoting healthy cell turnover.

## **The Fountain of Youth 30 min \$60.00**

The Youth Light 2010 helps reduce wrinkles, fine lines, folds, age spots, sun damage, coarse skin and large pores. This intense light therapy promotes collagen production and encourages natural moisture leading to more youthful looking skin. *\*Best results seen in 6-8 treatments.*

## **Beautiful Back Treatment 45 min \$50.00**

A facial for your back, this treatment includes a deep cleansing followed by an exfoliating scrub. A masque is then applied to soften and tone while extractions rid the skin of impurities. This treatment is finished with a light massage.

## **Gommage Hand Treatment 30 min \$35.00**

Rejuvenation is the key to healthy skin. This anti-aging skin exfoliating treatment for hands is a must for reducing the appearance of fine lines, age spots and sun damage revealing healthy glowing hands. This treatment uses a combo of the finest alpha hydroxy and glycolic products available.

<b>Youth Light 2010 with any facial</b>	<b>add \$35.00</b>
<b>Glycolic with any facial</b>	<b>add \$35.00</b>
<b>Multi-vitamin power exfoliation</b>	<b>add \$10.00</b>
<b>Collagen Eye Mask</b>	<b>add \$10.00</b>

## Packages

### **The Back Porch Retreats For One Person**

Receive multiple treatments on the same day and take advantage of special package pricing. Consider these as special gifts for yourself or for others.

#### **Because I'm Worth It! 2 Hrs \$120.00**

Begin with a Therapeutic Hand and Foot treatment then retreat for a one hour Therapeutic massage.

#### **I Need Pampering! 2 Hrs \$125.00**

Begin with Perfection or Gentlemen's Facial and then enjoy a full hour Swedish or Therapeutic massage.

#### **Corporate World Escape! 3 Hrs \$170.00**

Relieve the tension of the corporate world. This retreat provides you with a Perfection Facial, a full body Swedish or Therapeutic massage and a Spa Pedicure with paraffin.

#### **Afternoon Delight for Her 4 Hrs \$190.00**

Start with a Perfection Facial, and then relax with a one hour Swedish or Therapeutic massage that is sure to release all your tension. Finally, visit the arbor for a Spa Manicure and Pedicure to complete this retreat.

#### **Afternoon Delight for Him 4 Hrs \$190.00**

Begin with a Gentlemen's Facial, choose either a chest, back or stomach wax, and then enjoy a one hour Swedish or Therapeutic massage. Lastly, stop by the arbor for a relaxing chair massage and Spa Pedicure with paraffin.

#### **In The Shade of The Back Porch 4 Hrs \$235.00**

Start with a Therapeutic Hand and Foot treatment in the arbor, then relax with a Perfection or Gentleman's Facial. Next, the Vanilla Body Buff will exfoliate the body and calm the senses. Finish the day with a one hour Swedish or Therapeutic massage.

#### **A Sunny Day Retreat 4 Hrs \$250.00**

This retreat is designed to give your body full revitalization. Begin with a Perfection or Gentlemen's Facial that is specially designed for your skin type. Then, indulge yourself with a Brown Sugar Body Scrub followed by the Garden Mint Sensation body wrap. Lastly, you are treated to a one hour Therapeutic massage to reduce muscle tension and relax your entire body.

## Massage

#### **Head, Neck & Shoulder ½ Hr \$40.00**

Relieve tension and tight muscles during your lunch hour! This massage will relax your mind and energize your body for the rest of the day.

#### **Swedish ½ Hr \$45.00 1 Hr \$70.00**

This classic massage is designed to promote circulation and relaxation. Using long, stroking techniques this is our lightest form of massage.

#### **Therapeutic ½ Hr \$45.00 1 Hr \$70.00**

Our most popular massage using a combination of techniques to give the body restorative release that is guaranteed to please.

#### **Deep Tissue ½ Hr \$55.00 1 Hr \$80.00**

A customized session that will focus on knots and areas of tension in the body. This technical and aggressive style massage is great for athletes and others who need to relieve muscle aches and pains caused by overexertion.

#### **\*Pre-Natal Bliss 1 Hr \$70.00**

Choreographed to nurture the expectant mother with special emphasis on the lower back, legs, and thighs to alleviate discomfort and stimulate healthy blood flow.

*\*Please consult with your physician and schedule your appointment without aromatherapy only after the first trimester.*

#### **Hot Stone Therapy 1 Hr \$85.00**

An ancient ritual using hot stones to relax the body. Stones are strategically placed on the body to decrease muscle pain, restore circulation, increase flexibility, and balance energy.

#### **Four Hands Massage 1 Hr \$125.00**

Experience the symphony of touch while two therapists pamper you with a synchronized massage.

**Add the following to any of the above for the ultimate massage treatment.**

<b>Moist Herbal Hot Packs</b>	<b>Add \$ 5.00</b>
<b>Aromatherapy</b>	<b>Add \$ 5.00</b>
<b>Extra 30 minutes of massage</b>	<b>Add \$30.00</b>