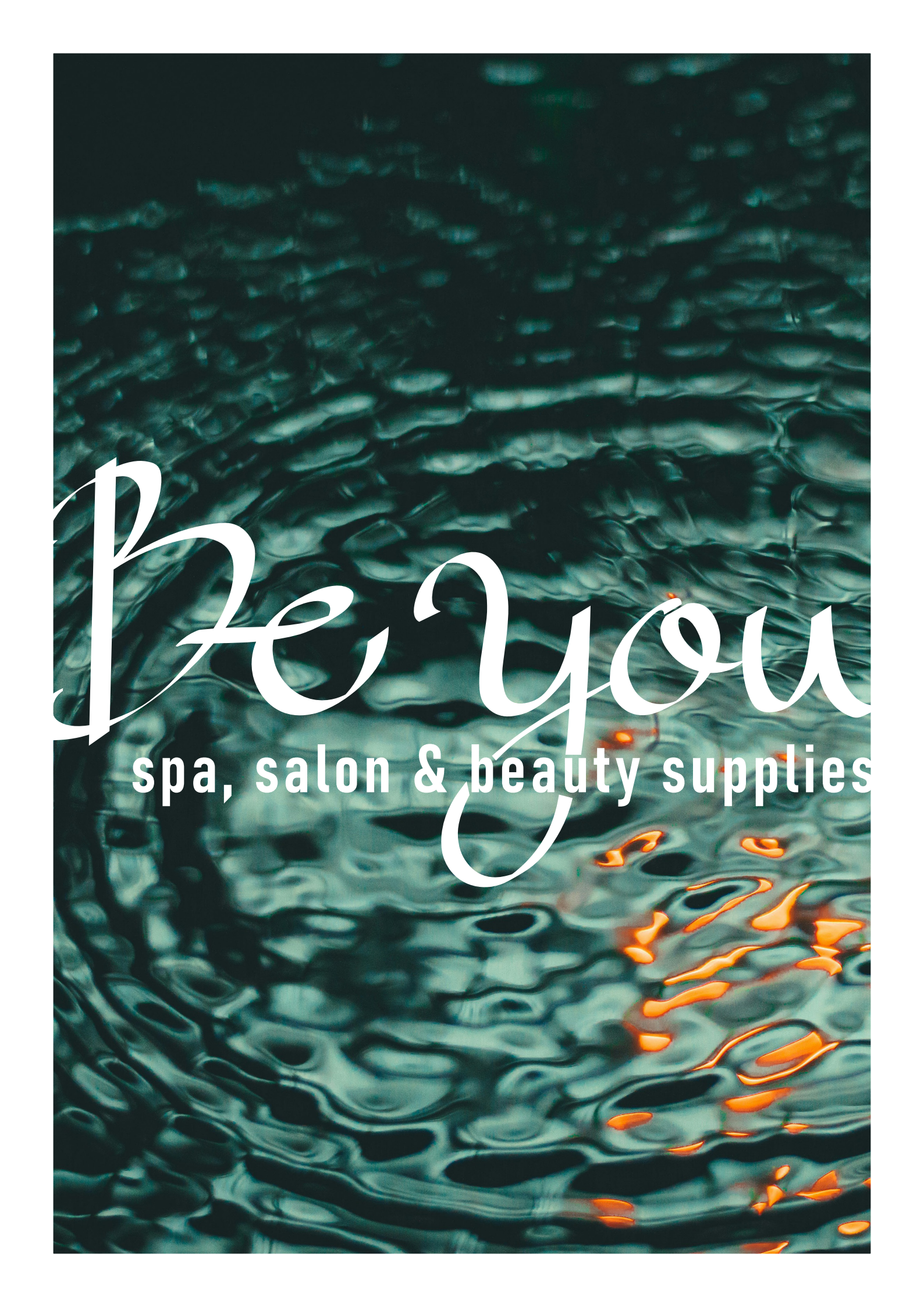
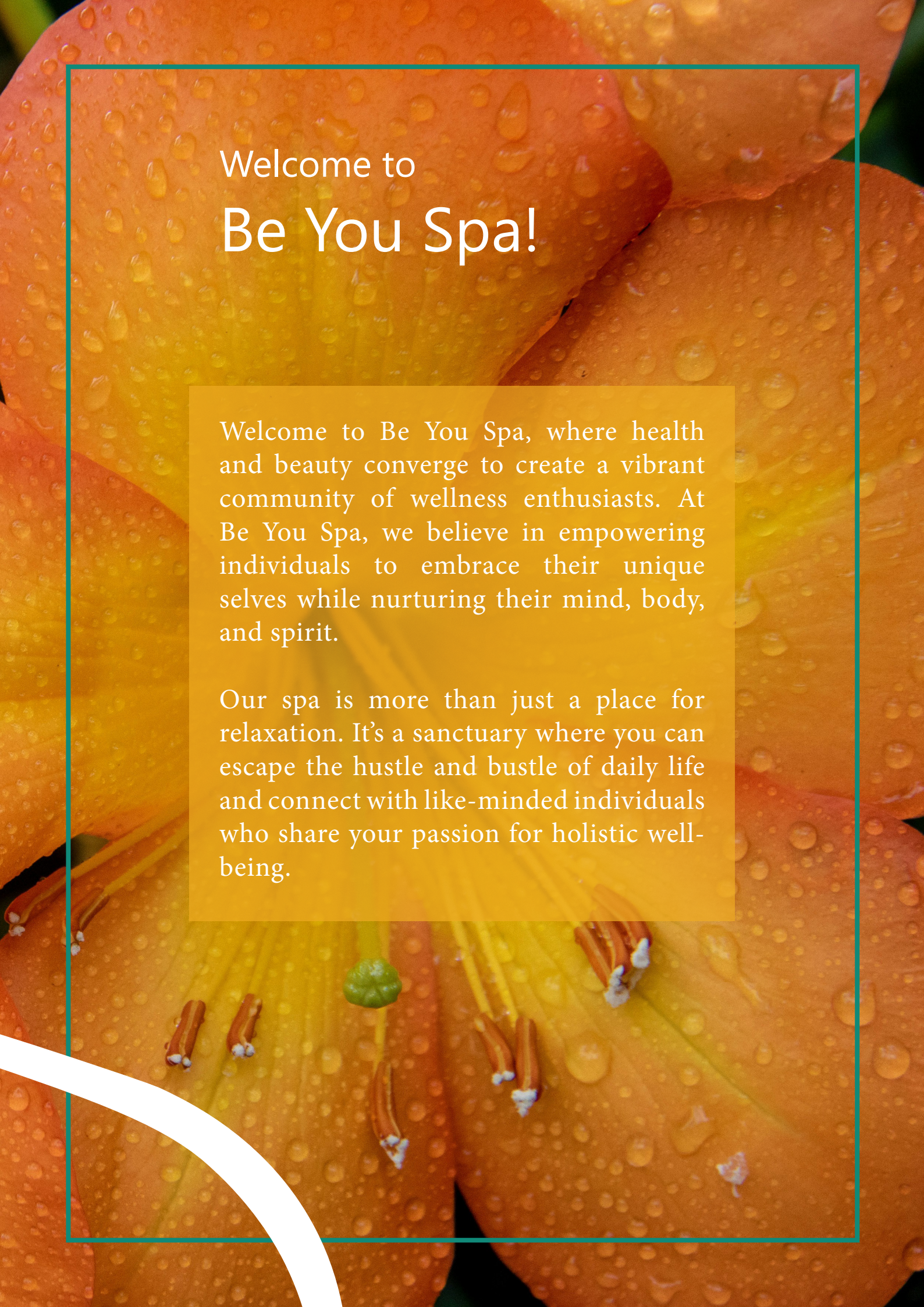




Reyou

spa, salon & beauty supplies





Welcome to Be You Spa!

Welcome to Be You Spa, where health and beauty converge to create a vibrant community of wellness enthusiasts. At Be You Spa, we believe in empowering individuals to embrace their unique selves while nurturing their mind, body, and spirit.

Our spa is more than just a place for relaxation. It's a sanctuary where you can escape the hustle and bustle of daily life and connect with like-minded individuals who share your passion for holistic well-being.

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Massages

Deep Tissue Massage

Deep tissue massage is a therapeutic technique that focuses on realigning deeper layers of muscles and connective tissue. It is especially beneficial for individuals who experience chronic pain, muscle tension, or are recovering from injuries.

Deep tissue massage is often recommended for individuals with specific muscle-related issues, those who engage in heavy physical activity, or those who have sustained physical injuries.

60 Minutes

90 Minutes

Targeted Massage

Targeted massage, also known as focused or specific area massage, is a therapeutic approach where the massage therapist concentrates on particular areas of the body that are experiencing pain, tension, or discomfort.

Targeted massage is ideal for individuals dealing with specific aches, pains, or injuries, as well as those seeking quick and effective relief from localized discomfort. It provides a focused approach that can lead to significant improvements in physical health and overall well-being.

30 Minutes

Rocks Massage

A rocks massage, often referred to as hot stone massage, is a therapeutic technique that involves the use of smooth, heated stones to enhance the massage experience. This type of massage combines the benefits of heat therapy with traditional massage techniques.

Hot stone massage is ideal for individuals looking to alleviate muscle tension, reduce stress, and improve overall relaxation and well-being.

60 Minutes

90 Minutes

Mama Mia Massage

Mama Mia massage, also known as prenatal massage, is a specialized form of massage therapy designed to support and comfort expectant mothers throughout their pregnancy. It focuses on the unique needs and concerns of pregnant women, offering physical and emotional benefits during this significant period.

Mama Mia massage is typically recommended for women in their second and third trimesters, but it can also be beneficial in the first trimester with appropriate modifications and precautions. Always consult with a healthcare provider before starting any new therapeutic regimen during pregnancy.

60 Minutes *90 Minutes*

Restorative Massage

Restorative massage is a therapeutic practice focused on promoting relaxation, reducing stress, alleviating pain, and improving overall well-being. It combines various massage techniques to restore physical and emotional balance.

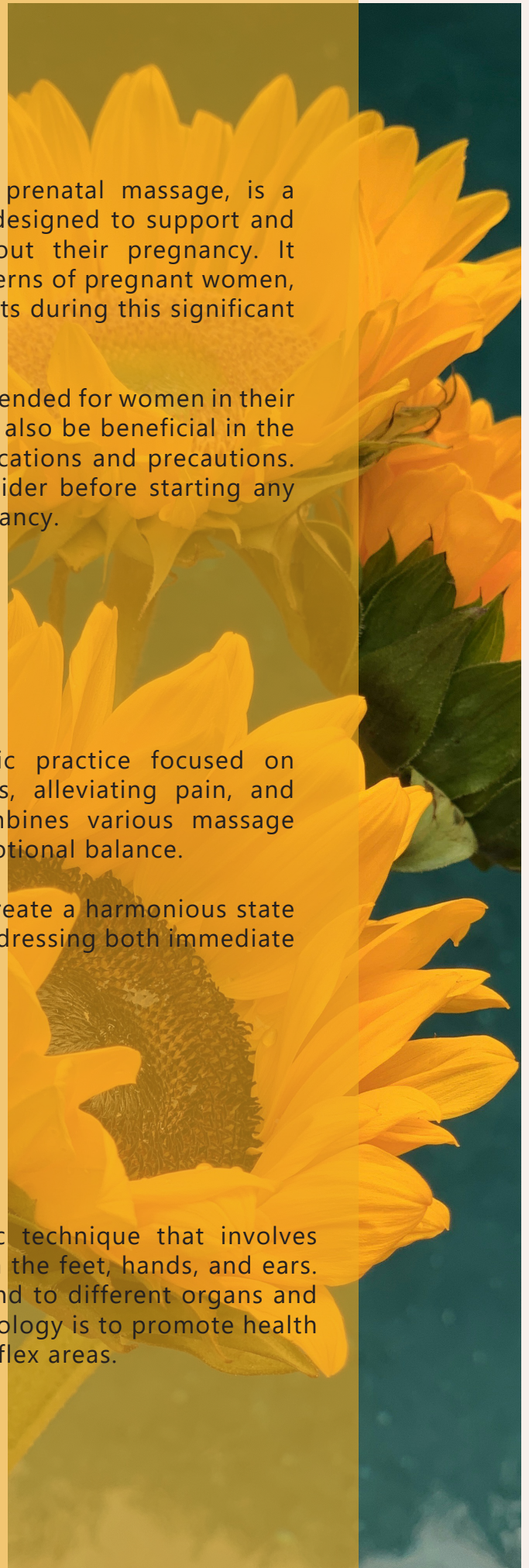
Overall, restorative massage aims to create a harmonious state of physical and emotional health by addressing both immediate discomforts and underlying stressors.

60 Minutes *90 Minutes*

Reflexology

Reflexology massage is a therapeutic technique that involves applying pressure to specific points on the feet, hands, and ears. These points are believed to correspond to different organs and systems in the body. The goal of reflexology is to promote health and well-being by stimulating these reflex areas.

30 minutes *60 minutes*





Balinese Massage

Balinese massage is a traditional Indonesian massage technique that combines various therapeutic practices to promote relaxation, balance, and overall well-being. It integrates elements of acupressure, deep tissue massage, gentle stretches, and aromatherapy to provide a holistic treatment.

Balinese massage is ideal for individuals seeking a comprehensive, full-body treatment that addresses both physical and emotional well-being, combining the best of various therapeutic techniques into one harmonious experience.

* 90 Minutes*

Swedish Massage

Swedish massage is one of the most popular and widely recognized types of massage therapy. It involves a variety of techniques designed to relax muscles, improve circulation, and promote overall well-being.

Swedish massage is ideal for individuals seeking relaxation and stress relief, as well as those looking to address muscle tension and improve overall physical and mental health.

60 Minutes *90 Minutes*

Shiatsu Massage

Shiatsu massage is a form of Japanese bodywork based on traditional Chinese medicine principles. The term "Shiatsu" translates to "finger pressure," which aptly describes the technique used in this therapy.

60 Minutes *90 Minutes*

Thai Massage

Thai massage is a traditional form of bodywork that originated in Thailand over 2,500 years ago. It is a unique blend of acupressure, assisted yoga postures, and stretching techniques designed to promote physical and emotional well-being.

90 Minutes

Custom Massage

A custom massage is a personalized therapeutic session tailored to the individual needs, preferences, and goals of the client. Unlike a standard massage, where a set routine or technique is followed, a custom massage incorporates various modalities and techniques to address specific issues or desires of the client. Here are the main features and benefits of a custom massage.

A custom massage is ideal for individuals seeking a highly personalized and effective approach to massage therapy, addressing their unique physical and emotional needs.

60 Minutes

90 Minutes

Prices

Balinese Massage	90 Minutes \$240	
Custom Massage	60 Minutes \$160	90 Minutes \$200
Deep Tissue Massage	60 Minutes \$150	90 Minutes \$240
Mama Mia Massage	60 Minutes \$170	90 Minutes \$250
Rocks Massage	60 Minutes \$180	90 Minutes \$260
Shiatsu Massage	60 Minutes \$160	90 Minutes \$240
Swedish Massage	60 Minutes \$130	90 Minutes \$190
Targeted Massage	30 Minutes \$80	
Thai Massage	90 Minutes \$240	
Reflexology	30 Minutes \$90	60 Minutes \$120

Facial Treatments

Facial lymphatic drainage

Facial lymphatic drainage is a specialized massage technique designed to stimulate the flow of lymphatic fluid within the face. This therapeutic practice promotes detoxification, reduces swelling, and enhances the overall health and appearance of the skin. It is a gentle, rhythmic massage that follows the lymphatic pathways to encourage the natural drainage of the lymph, which can become stagnant due to factors like illness, stress, or lack of physical activity.

Recommended treatments: 6 treatments, 2 treatments the first week and then once a week for the following 4 four weeks.

Gua Sha Facial

Gua Sha is a natural, alternative healing technique that involves scrapping the skin with a smooth-edged massage tool to improve blood circulation and lymphatic drainage. This technique can produce collagen, decrease puffiness and inflammation, tightens skin, brightens the complexion release tension and shape facial muscles.

Recommended treatment: 2-3 times per week

Facial Cupping

Facial cupping is meant to increase blood circulation and stimulate the facial cells that are responsible for collagen production. In turn, this can brighten your skin, minimize the appearance of scars, fine lines and wrinkles, and tone your chin, jawline, and neck by decreasing puffiness.

Facial cupping is going to bring you fresh blood flow and oxygen to the cells at the base of your skin and all of the tissues and muscles surrounding the face, is going to give you a nice glow healthier skin overall it's going to lift and tone while also draining any lymphatic fluid and activating your lymphatic system.

Recommended treatment: 20 minutes session / 2 times per week

Special face Treatments

LED Therapy

LED therapy, also known as light-emitting diode therapy, is a treatment that uses specific wavelengths of light to address various skin and health conditions. This non-invasive therapy leverages the healing properties of light to promote cellular function, stimulate collagen production, and improve skin texture and tone.

Recommended treatment: 3-4/week for approximately 20 minutes for the whole face.

EMS facial treatment

EMS facial is non-invasive treatment that combines synchronized radiofrequency (RF) and High-Intensity Focused Electromagnetic Energy (HIFES) to rejuvenate the face, targeting both skin and muscle layers. This procedure is suitable for patients looking to address issues like wrinkles, sagging brows and sagging cheeks and jowls.

Benefits:

- +30% Muscle tightening
- 37% Reduce wrinkles
- +23% Lifting effect

Recommended treatments : 4 sessions, each lasting for 20 minutes, with a gap of 5-10 days between each treatment.

Oxy Geneo Treatment

The Geneo facial is a cutting-edge skincare treatment that offers a comprehensive, three-in-one approach to facial rejuvenation. This treatment is designed to exfoliate, infuse, and oxygenate the skin, providing immediate and long-lasting results. The Geneo facial is ideal for individuals looking to improve their skin's overall appearance and address specific concerns such as:

- Dull or uneven skin tone
- Fine lines and wrinkles
- Hyperpigmentation
- Dry or dehydrated skin
- Rough texture

This treatment is suitable for all skin types and ages, making it a versatile option for anyone seeking a rejuvenating and refreshing facial experience.

In summary, the Geneo facial is a revolutionary treatment that combines exfoliation, infusion, and oxygenation to provide immediate and long-lasting skin rejuvenation. Its ability to deliver visible results with no downtime makes it a popular choice for those looking to enhance their skin's health and appearance.

Recommended treatments:

- 1 treatment / week for sun damage and acne concerns
- 1 treatment / month for long-term anti-aging treatments





Face Fitness

Face fitness has been gaining popularity as a non-invasive and natural way to tone, lift, and rejuvenate facial muscles. Just like a traditional gym targets various muscles in the body, face fitness focuses on facial muscles to improve the overall appearance of the face.

Face fitness is a concept that combines facial exercises, massage techniques, and skincare routines to help improve the tone, texture, and appearance of the face. The goal is to stimulate and strengthen the facial muscles, which can enhance circulation, collagen production, and skin elasticity.

Natural Face Lift: Regular face fitness workouts may lead to a subtle lifting effect, making the face appear more sculpted and youthful.

Relaxed Facial Expression: Face fitness massages can relieve tension and stress in the facial muscles, leading to a more relaxed appearance.

No Needles or Surgery: One of the significant advantages of face fitness is that they offer a non-invasive alternative to surgical or injectable cosmetic procedures.

Benefits of Face Fitness:

- **Improved Facial Muscle Tone:** Face fitness exercises aim to target specific facial muscles to help improve their strength and tone.
- **Reduced Wrinkles and Fine Lines:** By increasing blood flow and stimulating collagen production, face fitness exercises may help reduce the appearance of wrinkles and fine lines.
- **Enhanced Blood Circulation:** Massage techniques used in face fitness can promote better blood circulation, giving the skin a healthy and radiant glow.

Face Fitness Workouts:

Face fitness workouts consist of a series of facial exercises that target specific areas of the face. These exercises are typically designed to be performed using your fingertips or other facial tools. Common exercises may include cheek lifts, forehead smoothers, chin tucks, and eye squints, among others.

Face Fitness Massage Techniques:

Face fitness sessions may include various massage techniques, such as facial rolling, gua sha, and lymphatic drainage massage. These techniques aim to improve circulation, reduce puffiness, and promote lymphatic drainage to detoxify the skin.

Skincare in Face Fitness:

A proper skincare routine is often an essential part of face fitness practices. Cleansing, exfoliating, moisturizing, and applying sunscreen are typical skincare steps recommended in conjunction with face fitness workouts.

Professional Face Fitness vs. DIY:

While you can find plenty of face fitness exercises and techniques online for a do-it-yourself approach, some beauty centers and spas offer professional face fitness services. These services are usually performed by trained aestheticians who tailor the workout and massage techniques to the individual's needs.

Important Considerations:

Results: Face fitness results may vary depending on the individual and the consistency of their practice.

Expert Advice: If you have any underlying skin conditions or concerns, it's always a good idea to consult a dermatologist or skincare professional before starting face fitness exercises.

Patience: Like any fitness regimen, achieving noticeable results from face fitness workouts may take time and consistent effort.

As trends and practices may have evolved since my last update, I recommend checking more recent sources for the latest information on face fitness. Always seek advice from trusted professionals when considering any new beauty or wellness routine.

Prices

Face Fitness Services

Face fitness services typically focus on exercises and treatments to tone and sculpt facial muscles, improve skin texture, and promote a youthful appearance. Here's a list of possible services:

Signature facial workout hands +tools + EMS	45 minutes (10 minutes consultation)	\$120 / session
Express facial workout targeting certain regions of the face	20 minutes	\$70 / session
Advanced facial workout hands+ tools+ RF+EMS	45 minutes (10 minutes consultation)	\$150 / session
Lymphatic drainage facial massage express	30 minutes	\$60 / session
Gua Sha facial massage	30 minutes	\$60 / session
Facial cupping	30 minutes	\$60 / session
EMS facial toning	30 minutes (10 minutes consultation+20 minutes treatment)	\$350 / session
LED light therapy		\$60 / session

Oxy Geneo Treatment

A 30 minute Geneo Oxygen Facial to exfoliate, infuse and oxygenate the skin.

Single \$130
7 Treatments \$780

Super Facial

A 60 minute Geneo Oxygen Facial with the addition of radio frequency (RF) to tighten the skin and stimulate collagen production.

Single \$175
7 treatments \$1050

Ultimate Facial

With radio frequency & dynamic muscle activation. A 75 minute Geneo Oxygen Facial with the addition of radio frequency (RF) and dynamic muscle activation (DMA) to activate facial muscles, tighten skin & stimulate collagen production.

Single \$200
7 Treatments \$1200



Hijama Cupping Therapy

Cupping therapy is an ancient alternative medicine technique that involves placing cups on the skin to create suction. This suction promotes blood flow, relieves muscle tension, and encourages healing. Cups can be made of various materials such as glass, silicone, or bamboo. The suction creates a vacuum effect, drawing the skin and underlying tissues upward into the cup. Cupping therapy can be stationary or involve sliding the cups across the skin, known as “gliding” or “moving cupping.”

Benefits of Cupping Therapy:

Pain Relief: Cupping therapy is often used to alleviate musculoskeletal pain, including back pain, neck pain, and muscle soreness. The suction helps to release tension and improve circulation, which can reduce discomfort.

Improved Circulation: By increasing blood flow to the treated area, cupping therapy promotes better circulation, delivering oxygen and nutrients to the tissues and aiding in the removal of toxins and metabolic waste products.

Relaxation and Stress Reduction: Cupping therapy can induce a deep sense of relaxation and relieve stress. The gentle pulling sensation of the cups on the skin can help soothe the nervous system, promoting relaxation and reducing anxiety.

Boosted Immune Function: Some proponents believe that cupping therapy can strengthen the immune system by promoting circulation and lymphatic drainage, which may help the body better defend against illness and infection.

Respiratory Support: Cupping therapy applied to the back can help relieve respiratory congestion and symptoms of respiratory conditions such as asthma, bronchitis, and coughs by improving blood flow and loosening mucus buildup.

Detoxification: Cupping therapy is believed to stimulate the lymphatic system, which plays a crucial role in the body's detoxification process. By enhancing lymphatic drainage, cupping may help eliminate toxins and waste products from the body.

Improved Range of Motion: Cupping therapy can help improve flexibility and range of motion by releasing tight muscles and fascia. This can be particularly beneficial for athletes or individuals with mobility restrictions.

Enhanced Skin Health: Cupping therapy can stimulate collagen production and promote circulation to the skin, leading to improved tone, texture, and overall skin health. It may also help reduce the appearance of cellulite and scars.

Overall, cupping therapy offers a range of potential benefits for both physical and mental well-being, making it a popular choice for those seeking natural and holistic approaches to health and wellness. However, it's essential to consult with a qualified healthcare provider or experienced practitioner to ensure that cupping therapy is safe and appropriate for individual needs and conditions.

Salon

Hair Cutting and Styling

Women's Haircut: Personalized haircuts tailored to individual style preferences.

Men's Haircut: Precision cuts for men, including traditional and modern styles.

Children's Haircut: Haircuts designed for kids, often with a focus on ease and comfort.

Bang Trim: Quick service to trim and shape bangs.

Blowout: Shampoo and blow-dry service for smooth and styled hair.

Updos and Formal Styling: Special occasion hairstyles such as updos, braids, and other intricate styles.

Hair Straightening: Temporary straightening using blow-dry and flat iron.

Curly and Wavy Styles: Styling services for curly or wavy hair, including diffusing and defining curls.

Hair Extensions

Clip-In Extensions: Temporary extensions that can be clipped in and out.

Tape-In Extensions: Semi-permanent extensions attached using adhesive tape.

Sew-In Extensions: Extensions sewn into braided natural hair.

Micro-Link Extensions: Individual strands attached with small beads or links.

Fusion Extensions: Extensions bonded to natural hair using heat.

Hair Treatments

Deep Conditioning: Intensive treatments to nourish and repair damaged hair.

Hair Services

Hair wash and blow dry	\$35
Hair wash with extensions	\$40

Services

Hair Coloring

Single Process Color: One-color application for covering grays or changing hair color.

Double Process Color: Two-step process typically used for dramatic color changes, such as going from dark to blonde.

Root Touch-Up: Color application to cover new growth and match the rest of the hair.

Highlights: Adding lighter strands throughout the hair for dimension.

Lowlights: Adding darker strands to create depth and contrast.

Balayage: Hand-painted highlights for a natural, sun-kissed look.

Ombre: Gradual color transition from dark roots to lighter ends.

Nail Services

Nail Art Design

Manicure Services Basic / Gel

Pedicure Services Basic / Gel

Nail Extensions Acrylic / Gel

Woman regular manicure	\$35
Man regular manicure	\$40
Woman regular pedicure	\$45
Man regular pedicure	\$60
Gel	\$20

Special treatments

Paraffin wax pedicure	\$35
Foot mask treatment	\$30
Spa pedicure	\$35

Hair and nail services can be customized and combined to meet the specific needs and preferences of each client.



Be you



Be You Spa



beyouspatci

For reservations call or WhatsApp us at:

649 231 8000

Monday to Saturday

9 AM - 6 PM

Graphic designers
Visual Artists



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Cancellation Policy:

To avoid a cancellation full charge, please contact us to change or cancel the services at least 3 hours in advance of your scheduled service.