



At The Bonsai you will experience relaxation and rejuvenation. We offer a unique combination of Holistic Health Care, Day Spa Services, Fitness Programs and Classes for Body & Mind. Our beautiful and tranquil atmosphere allows you to experience “sanctuary” while achieving optimal health and well being. Our focus is on providing an environment where you can balance your physical, mental and spiritual health. You will find a knowledgeable and caring team of professionals who reflect the spirit and purpose of the holistic center. We believe that each of us can create balance & wellness through physical, emotional and spiritual healing.

**Our goal is to create an environment where people can make choices about their health by nurturing the whole person, Mind- Body and Spirit, as nature intended.**

## Spa Services Available

### NATURAL SKIN CARE

#### Spa Facials – 1 hour

The Bonsai Facial	\$65.00
Complex C Facial	\$65.00
Glycolic Facial	\$80.00
Collagen Hydrating Facial	\$65.00
Aromatherapy Facial	\$65.00
Gentleman’s Facial	\$65.00
Back Facial	\$65.00
<b>Mini Facial-30 minutes</b>	<b>\$40.00</b>

**Add-On-Waxing** eyebrows, lip, chin, ea. \$10.00

#### Paraffin Treatments with Facial

<b>Hand/Elbows/Knees/Feet</b>	<b>\$10.00</b>
<b>Hand Paraffin w/ Massage</b>	<b>\$15.00</b>

#### Waxing

Eyebrow Arching/shaping	\$20.00
Entire Face	\$40.00
Upper Lip	\$10.00
Chin	\$10.00 & up

#### Pedicure

Spa Pedicure- Trim & shape nails And cuticles, exfoliation, callous Softening, mask, foot massage And polish*	\$35.00
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Sport Pedicure-Trim & shape Nails and cuticles-no polish	\$20.00
Dry Sport Pedicure	\$20.00

#### Manicure

Spa Manicure-Exfoliation, trim & Shape nails & cuticles, hand Massage, mask, polish*	\$25.00
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Sport Manicure-Trim & shape Nails and cuticles-no polish	\$15.00
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Basic Manicure	\$18.00
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Polish Change-hands or feet	\$6.00
French Polish-hands or feet	\$8.00

\*French Polish included w/ Spa Manicure or Pedicure

## THERAPUTIC BODY WORK

Chair Massage 10, 15, 20 minutes \$1.00/min.  
1 hour \$60.00

### Relaxation/Stress Reduction Massage

1/2 Hour \$40.00  
1 Hour \$55.00  
1 1/2 Hours \$85.00

### Therapeutic/Deep Tissue Massage

1/2 Hour \$45.00  
1 Hour \$65.00  
1 1/2 Hours \$100.00

### Reflexology

1/2 Hour \$45.00  
1 Hour \$65.00

Shiatsu – 1 hour \$60.00

Spinal Touch Therapy \$60.00

Craniosacral Therapy-45 min. \$50.00

Reiki – 45 min. \$50.00

Emotional Freedom Technique \$60.00

Thai Massage – 1 hour \$65.00

### Aromatherapy Massage

1/2 Hour \$45.00  
1 Hour \$60.00  
1 1/2 Hour \$90.00

### Active Isolation Stretching

Specific Area - 1 hr. \$65.00  
Full Body - 1 1/2 hrs. \$80.00

## BODY/MIND FITNESS

### Personal Training

1 Hour \$60.00  
1/2 Hour \$40.00

Exercise Prescription Consultation \$80.00

### Private Qi Gong Instruction

1/2 Hour \$35.00  
1 Hour \$60.00

Private Meditation -1/2 Hour \$35.00

### Private Tai Chi

1/2 Hour \$35.00  
1 Hour \$60.00

Private Karate Instruction \$60.00

Herbal & Nutritional Consultation \$80.00

Tai Chi Classes/8 week/per person \$99.00

Yoga Classes/8 week/per person \$99.00

Lypossage \$65.00

Homeopathic Ear Candling \$45.00

## SPA MEMBERSHIPS

3 Month Membership \$108.00

6 Month Membership \$204.00

1 Year Membership\* \$384.00

\*Entitles Member to 10% off Body Work & Skin Services

## GUEST PASSES

Day Pass \$8.00

To schedule an appointment or for  
More information call  
**(727) 518-6008**

### Center Hours:

**Monday – Friday**  
6:30 AM – 8:00 PM

### Saturday

9:00 AM – 2:00 PM

**Sunday - Closed**



400 Lake Avenue, NE  
Largo, FL 33771

The Bonsai Holistic Spa is registered with the State of  
Florida as a Health Studio, Registration No. HS8018  
License #MM22455