

YELOSPA WAS CREATED &  
DESIGNED TO BE A SANCTUARY  
TO HELP URBANITES DEAL  
WITH THE PRESSURES OF  
MODERN LIFE THROUGH A  
UNIQUE COMBINATION OF SPA  
& WELLNESS TREATMENTS.



 yelospa



Whether experiencing a Yelo Reflexology or Nap session in our zero gravity Yelo Chair or rejuvenating your mind and body with a Swedish Massage and Glow Facial, you will emerge feeling revived, refreshed and balanced.

Yelo Spa offers the following services:

MASSAGE  
REFLEXOLOGY  
SKINCARE & FACIALS  
POWERNAPS  
DETOX  
WAXING



# MASSAGE

A close-up photograph of a woman with dark hair tied back, lying on a massage table. Her eyes are closed, and she has a relaxed expression. A therapist's hands are visible, gently massaging her neck and shoulder area. The background is softly lit with warm, ambient colors.

## SWEDISH MASSAGE

Swedish massage is the most popular massage technique for those with sore muscles or in need of relaxation or stress relief. During your session, your massage therapist will use oil to facilitate smooth, gliding strokes called effleurage. Other classic Swedish massage techniques include kneading, friction, and stretching. Swedish massage uses firm but gentle pressure to promote relaxation, ease muscle tension and create other health benefits.

*30 min \$ 80* | *50 min \$ 99* | *90 min \$ 170*

## **SPORTS MASSAGE**

**45 min \$ 95**

This session will focus on one or two structures/areas of the body.

### **Benefits include:**

- Minimizes fatigue, enhances recovery and alleviates pain
- Prevents injury, rehabilitates or restores muscle function
- Session can include heat and ice treatments
- Targeted stretching as well as range of motion techniques

## **AROMATHERAPY MASSAGE**

**50 min \$ 125**

The "Aromatherapy Associates" Real Aromatherapy Experience is a traditional aromatherapy treatment using carefully applied spinal pressures and foot reflex sequences to target the nervous system, easing away the day's stresses and strains and bringing body and mind back into balance.

The aromatherapy massage enables essential oils to be absorbed through the skin, working at a physical level, while the aromatic effects of each blend balance the mind and emotions through the sense of smell. An Aromatherapy Associates blend is custom selected as part of the treatment to specifically assist the individual's main problem zones.

## **DEEP TISSUE MASSAGE**

**60 min \$ 140**

The focus of this treatment is on the deepest layers of muscle tissue, tendons and fascia.

### **Benefits include:**

- Reduce chronic muscle tension
- Reduce inflammation
- Eliminate scar tissue
- Relieve knots

## **LAVA SHELL MASSAGE**

**75 min \$ 145**

Lava Shell Massage is a relaxing modality that incorporates heat, like hot stone massage and La Stone Therapy. During a Lava Shell Massage, the therapist uses real Tiger Clam Shells from the Philippines to gently massage your body for 15 minutes followed by 60 minutes of Swedish Massage technique. The perfect solution for deep relaxation and muscle relief.

## **PRENATAL MASSAGE**

**60 min \$ 130**

Yelo Prenatal Massage is a therapeutic session that addresses the muscles and joints, improves circulation, relieves fatigue and also benefits the mind and spirit. All Prenatal Massages are performed by NY Licensed Massage Therapists with specific certification in prenatal massage tending to the unique needs of mothers-to-be. Prenatal massage is performed utilizing a "Body Cushion" support system which allows you to lie face-down with proper spinal alignment or on a cushioned table in a "side-lying" position with your body fully supported with pillows.

A combination of modalities including Swedish massage, acupressure and mild stretching are used to relax and soothe the body, ease tensions and ensure you leave feeling restored, relaxed and comfortable in your new body.

# REFLEXOLOGY

## REFLEXOLOGY

Yelo Massage Therapists proudly specialize in Ingham Style Reflexology, and we are delighted to introduce it to those who have never experienced it before. Yelo Massage Therapists are New York State Licensed with advanced Reflexology training.

The principle goal of Ingham Reflexology is to facilitate equilibrium or balance throughout the body resulting in a state of deep relaxation.

Conditions that have responded well to Reflexology include: *stress induced illnesses, insomnia, migraine, asthma, I.B.S, PMS symptoms, back pain, arthritis, smooth muscle pain, digestive and circulatory disorders, fertility issues and many more.*

Choose Feet, Hands or Ears:    **30 min \$ 70** | **50 min \$ 95** | **90 min \$ 160**

*The following customized Reflexology sessions include Aromatherapy and a gift to take home.*

## PEACE AND CALM

**40 min \$ 95**

Surrender to total relaxation. This Yelo Reflexology Massage will help you slow down, soothe tensions and achieve a more restful sleep. This session includes Aromatherapy and a gift to take home.

## WAKE UP CALL

**40 min \$ 95**

If you are tired or depressed, this energizing Yelo Reflexology Massage will help improve your mood and boost your energy level. This session includes Aromatherapy and a gift to take home.

## IMMUNITY

**40 min \$ 95**

It's tough out there. This Yelo Reflexology Massage will help strengthen your metabolism and assist your immune system in fighting pollution & toxins. This session includes Aromatherapy and a gift to take home.

## CLEAN SLATE


**40 min \$ 95**

Feeling slow, heavy, even puffy lately? Unburden and release unwanted toxins with our Yelo Reflexology Massage and cleansing treatment. This session includes Aromatherapy and a gift to take home.

## TRAVELADE

**40 min \$ 95**

Enjoy your trip! This rejuvenating Yelo Reflexology Massage will help adjust your body and mind to the ideal time zone. Ideal for those battling jet lag or the ordinary stress of the jet-set age. This session includes Aromatherapy and a gift to take home.



YELO MASSAGE  
THERAPISTS  
PROUDLY  
SPECIALIZE IN  
INGHAM STYLE  
REFLEXOLOGY

# SKINCARE

## MINI GLOW FACIAL

30 min \$ 65

This mini treatment offers just enough attention for a lunchtime tune-up or as an *Add-On* to any Yelo relaxation service. The Mini Glow includes a skin analysis and cleanse followed by a mild peel to restore your 'glow'; and then you're out the door!

## YELO SIGNATURE GLOW FACIAL

60 min \$ 125

If your skin is lacking luster this high performance facial offers to restore your skin's radiant glow through the use of exclusive *Sonya Dakar* products. You will receive an extensive skin analysis to tailor the facial to your skin's specific needs. Then cleansing, a gentle peel, extractions, a relaxing face and décolleté massage, and a customized treatment masque will round out our signature service. Your skin will instantly look brighter and feel softer, smoother, and revitalized.

## DETOXIFYING BACK TREATMENT

60 min \$ 150

Treat your back as you would the skin on your face with this detoxifying treatment designed to target back & shoulder acne. Our back treatment includes a deep pore cleansing and steam to lift impurities, followed by gentle extraction, a relaxing massage and a specialized treatment mask. Feel confident with radiant skin from front to back.

## INTENSE PORE CLEANSING FACIAL

65 min \$ 150

This facial is recommended for oily, acne prone and congested skin. Your skin will receive a deep pore cleansing, followed by exfoliating enzymes, extractions, and an incredibly clarifying masque to help address blemishes and to prevent future breakouts. This treatment is gentle enough for sensitive skin while improving and correcting skin concerns. Following treatment, your skin therapist will recommend a YELO SPA skin therapy program and an at-home regimen for you.

## GENTLEMAN'S FACIAL

65 min \$ 150

This exclusive men's treatment includes all of the elements of the YELO SPA Signature Glow facial with additional attention paid to men's skin concerns such as ingrown hair. Your treatment masque will help to soothe skin after extractions while providing immediate hydration and long-lasting nourishment for the skin. Each gentleman receives a scalp and shoulder massage during this service and will exit YELO SPA feeling like a million bucks!

## ANTI-GRAVITY LIFT & FIRM FACIAL

75 min \$ 250

This complete facial is recommended for women and men in need of total skin rejuvenation. If the lack of elasticity, fine lines, and dull looking skin are getting you down; this no-nonsense Anti-Gravity facial will 'exercise' your facial muscles to reveal toned and younger looking skin. Treatment includes cleansing, a peel, extractions, lifting micro-current therapy, collagen enhancing LED light therapy, facial massage, and a customized masque & serum. You will begin to see skin transformation with just one session; however ask your YELO SPA skin therapist about our recommended series package to maximize results.

## THE YELO 'ULTIMATE!'

120 min \$ 275

YELO has combined its core treatment options into one package to bring you the ultimate relaxing, Head to Toe experience. Enjoy a YELO Signature Glow Facial (with Add- On Hands & Scalp Massage); followed by 30 minutes of Reflexology; and finish with a 20 minute Povernap for 'the Ultimate' in total relaxation! Emerge refreshed, revitalized, and (YELO) mellow! Just request 'the Ultimate' and know that you're in for a treat!

### Add-On Services

20 -Minute YELO Nap	\$ 15	15 -Minute Hand, Neck, Scalp, or Shoulder Massage	\$ 35
Revitalizing Eye Treatment	\$ 25	Hands Peel & Mask	\$ 45
Additional extractions	\$ 25	30 -Minutes Reflexology	\$ 80
Décolleté Peel & Masque	\$ 45		



# POWERNAPS

## **NAP**

The YeloNap is our proprietary version of the power nap. It may be experienced on its own for rest and rejuvenation or combined with a Yelo Reflexology or massage treatment to balance, heal and energize your body and mind. Emerge feeling relaxed, refreshed and ready to go.

Your session takes place in a cocoon-like treatment room called the YeloCab where you can completely customize your aromatherapy, sound and lighting. Lay back in the zero-gravity experience YeloChair where your knees are lifted above your chest allowing your heart rate to slow down. This helps to induce a deep state of relaxation.

YeloNaps are available in five-minute increments from 20-40 minutes, priced from \$15-\$28.

**20 min \$ 15 | 25 min \$ 18 | 30 min \$ 22 | 35 min \$ 25 | 40 min \$ 28**

## **NAP & MASSAGE COMBINATIONS**

This is the best of both of our worlds. Combine a totally relaxing massage with a rejuvenating and dreamy 20-minute nap. The massage will lead your body to let go while the Yelo Nap will bring your mind to a higher level.

## **NAP PLUS**

**30 min \$ 40**

10 minutes of shoulder or foot massage followed by 20 minutes of YeloNap. This 30-minute treatment is our improved version of the powernap. Feel our relaxing touch before falling into blissful sleep.

## **20/20**

**40 min \$ 60**

20 minutes of shoulder or foot massage followed by 20 minutes of YeloNap. This 40-minute treat is the best of both worlds and our best value! Don't you wish they did this at your kindergarten?

# DETOX

Efficient and powerful DETOX sessions utilizing Yelo Reflexology and Bio-Ion Cleansing technology.

## TOE-TAL DETOX

**30 min \$ 50**

Experience a total body detox through your feet. Without fasting or chemicals, Ion Cleanse technology will rid your body of harmful toxins through the pores of your feet. Relax in our YeloChair, with your feet in warm water followed by an invigorating freshening of your feet. Your body's natural balance and clarity of mind will be restored as the water changes colors. To provide the full benefits of this detox treatment, we offer – Purchase a series of 5 sessions for \$200 – the 6th one is on us.

## CLEAN SLATE

**40 min \$ 95**

Feeling slow, heavy, even puffy lately? Unburden and release unwanted toxins with our Yelo Reflexology Massage and cleansing treatment. This session includes 30 minutes of Yelo Reflexology on the feet along with 10 minutes on the shoulder, neck and head. The session includes Aromatherapy as well as a gift to take home.

Our massage therapists can customize your session based on your specific needs.

*This session includes essential oil aromatherapy.*

# WAXING

Brow	Shape	<b>\$ 45</b>	Chest Or Back	<b>\$ 50</b> & Up
	Touch-Up	<b>\$ 20</b>	Lower Back	<b>\$ 20</b>
Lips Or Chin		<b>\$ 20</b>	Shoulders	<b>\$ 25</b>
Cheeks		<b>\$ 20</b>	Brazilian Bikini	<b>\$ 55</b>
Under Arms		<b>\$ 30</b>	Regular Bikini	<b>\$ 25</b>
Half Arms		<b>\$ 25</b>	Half Legs	<b>\$ 40</b>
Full Arms		<b>\$ 40</b>	Full Legs	<b>\$ 70</b>
Belly		<b>\$ 20</b>		

## RESERVE YOUR SESSION

You can reserve sessions by calling us at **212.245.8235**, Or book online at **www.yelospa.com**  
Walk-ins are welcome. Gift cards and memberships are available.

## RESERVATION POLICY

We have a 24-hour cancellation policy. Same day cancellations will be charged for the session. Lateness may cancel or reduce the length of your session, but you will be charged for all time and services reserved.

## YELO REWARDS

Sign up for free and start earning discounts and points for every dollar spent at Yelo Spa.

## LOVE YELO?

Tell a friend. You will both receive **\$10 off** your next session.



## HOURS

Monday – Friday 10am to 9pm

Saturday 12 to 8pm

Sunday 12 to 7pm