

YELOSPA IS SPA 2.0
WE HELP URBANITES DEAL WITH
THE PRESSURES OF MODERN
LIFE THROUGH A UNIQUE
COMBINATION OF SPA AND
SLEEP THERAPY TREATMENTS.
NO FUSS. JUST REAL WELLNESS.



 yelospa

Upon arrival you are immediately wrapped in a warm and peaceful color scheme inspired by the robes and sash of Tibetan Monks. Sip artisanal tea and refresh with a scented towel as you embark on your Yelo journey.

Your session takes place in a cocoon-like treatment room called the YeloCab. You will be able to customize your aromatherapy, sound and lighting. Enjoy a mini-vacation in the heart of the city!



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

Yelo Spa offers the following services:

MASSAGE
REFLEXOLOGY
SKINCARE
POWERNAPS
DETOX
WAXING



MASSAGE



DEEP TISSUE MASSAGE 60 min \$ 150 | 90 min \$ 195

This treatment focuses on the deepest layers of muscle tissue, tendons and fascia.

- Reduces chronic muscle tension
- Reduces inflammation
- Eliminates scar tissue
- Relieves knots

SPORTS MASSAGE 50 min \$ 115

- Minimizes fatigue
- Enhances recovery and alleviates pain
- Prevents injury
- Rehabilitates or restores muscle function
- Session can include heat and ice treatments
- Stretching
- Range of motion techniques
- Focuses on up to two areas of the body

SWEDISH MASSAGE 30 min \$ 80 | 50 min \$ 99 | 90 min \$ 185

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.

YELO SIGNATURE MASSAGE 90 min \$ 185

The Best of Reflexology and Massage

A unique treatment you can only receive at Yelo Spa. This session combines 45 minutes of our world-renowned reflexology on the feet, hands or ears followed by 45 minutes of Swedish Massage. Feel better inside and out with this powerful and rejuvenating treatment!

AROMATHERAPY MASSAGE 50 min \$ 135

This technique 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. Ease away the day's stresses and pains and bring your body and mind back into balance.

LAVA SHELL MASSAGE 75 min \$ 160

Lava Shell Massage is a relaxing massage that uses heat, like a 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 followed by Swedish Massage technique. The perfect solution for deep relaxation and muscle relief.

PRENATAL MASSAGE 60 min \$ 145

Yelo Prenatal Massage is a therapeutic treatment that targets 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. These cushions allow you to lie face-down with proper spinal alignment or in a "side-lying" position with your body fully supported.

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 principal 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, migraines, asthma, IBS, PMS symptoms, back pain, arthritis, smooth muscle pain, digestive and circulatory disorders, fertility issues and many more.*

Choose Feet, Hands or Ears: **30 min \$ 80** | **50 min \$ 99** | **90 min \$ 185**

The following customized Yelo Reflexology sessions include Aromatherapy and a gift to take home:

CLEAN SLATE

40 min \$ 115

Feeling slow, heavy, even puffy lately? Unburden and release unwanted toxins with our Yelo Reflexology Massage and cleansing treatment.

IMMUNITY

40 min \$ 115

It's tough out there. This Yelo Reflexology Massage will help strengthen your metabolism and assist your immune system in fighting pollution & toxins.

PEACE AND CALM

40 min \$ 115

Surrender to total relaxation. This Yelo Reflexology Massage will help you slow down, soothe tensions and achieve a more restful sleep.

TRAVEL AID

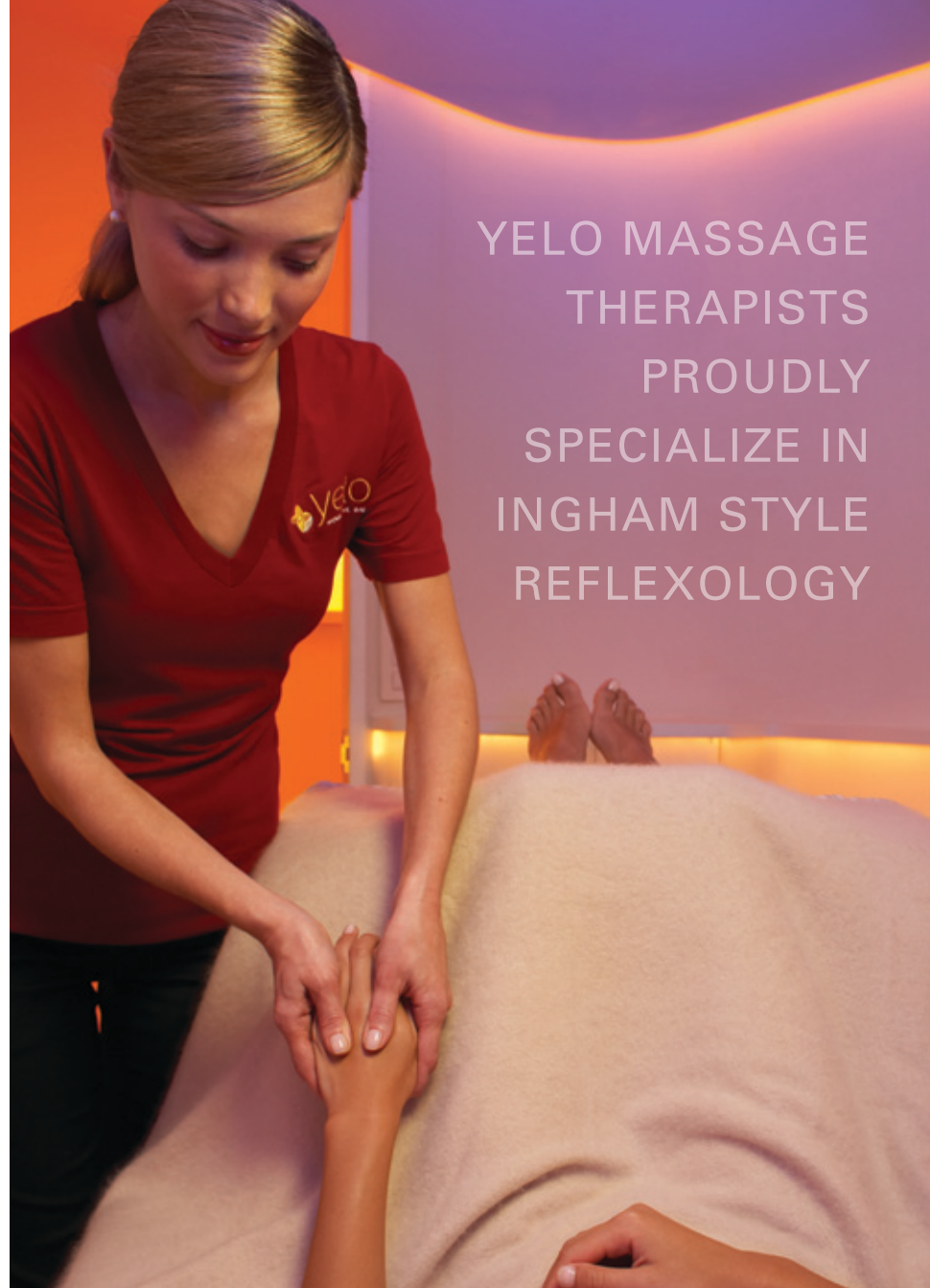
40 min \$ 115

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.

WAKE UP CALL

40 min \$ 115

If you are tired or depressed, this energizing Yelo Reflexology Massage will help improve your mood and boost your energy level.



YELO MASSAGE
THERAPISTS
PROUDLY
SPECIALIZE IN
INGHAM STYLE
REFLEXOLOGY



SKINCARE

MINI GLOW FACIAL

30 min \$ 75

This mini treatment is perfect as a lunch-time tune-up or an Add-On to any YeloSpa service. The Mini Glow includes a skin analysis and cleanse followed by a mild pineapple peel to restore your 'glow'; and then you're out the door!

CLEAR

70 min \$ 150

Experience our Organic approach to correcting problematic skin conditions. Detoxifying enzymes and Hungarian mud work to clear bacterial and hormonal blemishes while a vitamin-rich masque blended with healthy probiotics will reveal a healthy glow and rescue your skin.

RESTORE

60 min \$ 125

Calm and restore your skin with this intense repairing facial. Rosehips are blended with arnica to improve circulation and reduce redness, while soothing calendula will renew the skin to perfection.

HYDRATE

60 min \$ 125

The Stone Crop Classic! Experience this one of a kind treatment using succulent cactus pulps with powerful healing properties that will impart deep hydration. Your skin will be quenched and renewed with this naturally brightening treatment.

ANTI-GRAVITY LIFT AND FIRM

90 min \$ 225

Ease the signs of aging with this lifting and firming facial for an antigravity effect. We begin with an oxygenating peel to gently exfoliate and increase circulation. To follow, LED light therapy enhances collagen production to prepare the skin for micro-current toning that lifts and exercises muscle tissues. A powerhouse antioxidant mask with Hylauronic acid plumps skin fibers and elasticity in the skin to gift you with a radiant glow. This repairing treatment includes our Bright Eyes care treatment for optimum benefits.

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 and shoulder blemishes. Our back treatment includes a deep pore cleansing Hungarian mud with steam to lift impurities, followed by gentle extraction, a relaxing massage and a specialized clearing treatment mask. Feel confident with radiant skin from front to back!

GENTLEMEN'S ORGANIC RETREAT

60 min \$ 150

Designed to meet the demands of every man's skin care concerns. Gentle rice powder exfoliates while a light steam prepares the skin to receive a face, neck and shoulder massage. We finish with Healing Stone Crop essence to calm and hydrate the skin, leaving a clear and healthy complexion. (Recommended to treat razor bumps and sensitivity.)

NAP + TREATMENTS

RESCUE NAP

25 min \$ 45

Let us provide you party relief with this 25-minute powernap session which includes an icy cool revitalizing eye treatment to freshen even the most spirit induced face. We throw in a dose of homeopathy to help you on the inside as well.

NAP PLUS

30 min \$ 50

10-minutes of neck/head 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.

JETLAG NAP

30 min \$ 55

For the Jetsetter, VIP or Corporate Warrior – we can help you beat jet lag and travel symptoms to the curb in a NY Minute! First we adjust your inner clock through acupressure massage on your ears and neck, then our YeloNap puts you back in the time zone you belong. Finish up with a dose of jetlag busting Travelease Homeopathy to bring you back to, well, now!

ANTI-AGING NAP

30 min \$ 59

Obliterate wrinkles and turn back the clock physically and mentally with this age-defying session. First, a Zen Facial Massage will help to increase oxygen and blood flow to the face leaving you toned and tightened. Then snooze away for a 20-minute beauty nap in our zero-gravity YeloChair. During the nap, our “Eye’s Tea” herbal tea bags will rejuvenate and heal delicate skin around the eyes. A powerful detox beverage on your way out completes this time warp treatment.

DISCO NAP

30 min \$ 59

A stone’s throw from Studio 54 – we couldn’t help Andy Warhol last longer but we got your back! This session features 10 minutes of late night Yelo Massage on the feet or head combined with a custom blend of energy boosting essential oils. Recharge your batteries with our 20-minute YeloNap. Finish the session with a custom blended “Energy Boosting” beverage from Pure Inventions and dance your way to the top!

FACELIFT NAP

35 min \$ 69

Whether heading to a red carpet event or late meeting – this anti-gravity nap is the secret to looking fresher than the competition! First receive a Mini-Micro current facelift to reduce age lines and puffiness while lifting those tired areas. Then let it all sink in as you snooze away in our zero-gravity YeloChair. Enjoy a custom blended Anti-Oxidant drink on your way out - look and feel like a star.

20/20

40 min \$ 70

20-minutes of neck/head 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?



POWERNAPS

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 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 \$17 - \$30.

20 min \$ 17 | 25 min \$ 20 | 30 min \$ 24 | 35 min \$ 27 | 40 min \$ 30



DETOX

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

TOE-TAL DETOX

45 min \$ 85

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 color. To experience the full benefits of this detox treatment, we suggest you purchase a series of 5 sessions and the 6th one is on us!

CLEAN SLATE

40 min \$ 115

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 neck and head. The session includes Aromatherapy as well as a gift to take home.

YELO SIGNATURE FULL BODY DETOX

90 min \$ 225

Buff off the old, in with the new! Our Signature Body Detox begins with ancient Ayurvedic dry skin brushing to stimulate circulation and lymph and remove the outer layers of debris so your largest organ (your skin) can breathe again. After your body's pores are gently cleared and ready to be nourished, we massage your baby soft skin with detoxifying drizzles of warm Red Flower Cardamom Amber Oil. This is the best way we know to relax while getting silky-smooth 'beach-ready' skin year round.

WAXING

Brow Shape	\$ 45	Lower Back	\$ 30
Brow Touch-Up	\$ 25	Shoulders	\$ 35
Lips or Chin	\$ 20	Brazilian Bikini	\$ 65
Cheeks	\$ 25	French Bikini	\$ 45
Under Arms	\$ 30	Regular Bikini	\$ 35
Half Arms	\$ 35	Half Legs	\$ 45
Full Arms	\$ 55	Full Legs	\$ 75
Belly	\$ 25	Nose	\$ 20
Back	\$ 65	Ears	\$ 20
Chest	\$ 60		

ADD ONS

S K I N C A R E

PROFESSIONAL GRADE BOOSTERS \$ 20

For targeted concerns. These are highly active concentrates that deliver powerful professional results to your facial.

Choose from:

Açaí Firming Booster – Active hyaluronic acid (from marshmallow plant) and acai berry to hydrate, lift and plump skin.

Arnica Anti-Redness Booster – Soothing arnica and rosehip calm the appearance of rosacea and redness in the skin.

Willow Bark Anti-Blemish – Booster-willow bark and horsetail clarify to reduce blemishes and prevent scarring.

ADDITIONAL EXTRACTIONS 15 min \$ 25

The perfect addition to a Mini Glow Facial!

BRIGHT EYES \$ 30

A four-step eye care treatment designed to truly address the delicate eye area. Naseberry will remove build up of unhealthy cosmetics while repairing dehydration and fine lines. A combination of red clover and evening primrose reduces dark circles and fatigue. A hydrating eye cream is applied to impart moisture.

SUPER HYDRATING COLLAGEN MASK \$ 35

Plump and calm your skin instantly! Soothes irritated skin or skin damaged by excessive sun and wind exposure. Aloe Vera will moisturize and hydrate your skin while the ultimate in collagen synthesis helps to revive tired skin and fine lines – the perfect end to any Yelo Facial. Great after heavy extractions, peels and intense cleansing.

HAND, NECK, SCALP, OR SHOULDER MASSAGE 15 min \$ 35

The perfect compliment to any YeloSpa facial.

LED LIGHT THERAPY 15 min \$ 35

For the treatment of Rosacea, Anti-aging, Hyper-Pigmentation, Sun Damage and Acne. Stimulate skin tissue to regenerate and improve appearance.

ORGANIC PEELS \$ 45

Choose from:

Pumpkin Peel – An organic blend of yams and pumpkins will resurface unhealthy skin cells while plumping and increasing hydration levels, revealing a more youthful you. Recommended for age-defying and non-sensitive skins.

Plumping Pineapple Peel – Pineapple enzymes with gentle lactic acid will plump fine lines and smooth skin texture. Treat yourself and unveil a radiant, glowing skin. Recommended for gentle exfoliation and sensitive skins.

MICRO-CURRENT LIFTING TREATMENT 15 min \$ 45

Give your skin a workout! Restore lost energy to your skin tissue and turn back the hands of time!

ADD ONS

M A S S A G E

YELO LIMONCELLO FOOT SCRUB 20 min \$ 25

An uplifting tootsie scrub with the bright, happy scent of lemon.

YELO MARSHMALLOW HOT CHOCOLATE FOOT SCRUB 20 min \$ 25

This perfect antioxidant treat for your feet will calm your senses with the aroma of toasty cocoa with marshmallows.

SOYAFFIN HEATED GLOVES 20 min \$ 30

Love deliciously soft hands? Add this to any YeloSpa treatment and get smooth hands that look and feel younger.

SCALP MASSAGE 15 min \$ 35

Give your synapses a refresher course in optimum function! This extra time focused on the scalp rejuvenates and gets your mind back on track.

GARSHANA DRY BRUSHING BODY SCRUB 25 min \$ 40

Exfoliate the outer layers of skin to help your largest organ breathe better! Available as an add-on to any massage treatment.

LAVA SHELLS 20 min \$ 40

Heated Tiger Clam Shells are expertly glided over the body with varying pressures, techniques and precision. The perfect addition to any massage treatment.

TECH BUSTER HAND & FOREARM MASSAGE 20 min \$ 40

Unwind the tension in your overworked digits and let go of that “mouse claw” formerly known as your hand. A must for computer and smart phone users everywhere!

W A L K I N . F E E L B E T T E R .

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.

SERIES PRICING

Buy any 5 sessions and receive the 6th on us!

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