

Massage and Bodywork

Relaxation

A full body Swedish style massage with a gentle intensity designed to increase circulation and promote relaxation. Long, smooth strokes relax muscles, release tension, improve circulation, and restore a sense of well-being.

\$60.00 30min \$85.00 60min \$120.00 90min

20/20/20

An ideal service for someone's first massage or first visit to the spa. It focuses on everyone's favorite areas of stress and tension with a full twenty minutes on the head/neck/shoulders, feet, and back.

\$85.00 60min

Deep Tissue

Focusing on the deeper layers of muscles, this massage uses firm pressure to release chronic pain patterns and tension throughout your body. You can choose full body or target areas where your stress and tension accumulate. For a full-body overhaul, we recommend the 90min service.

\$60.00 30min \$85.00 60min \$120.00 90min

Couple's Massage

A good choice if you want to spend as much time together as possible or if you want to introduce a friend or loved one to their first massage experience. Either way you'll enjoy your massage together, in the same room, at the same time, with two different therapists.

\$185.00 60min \$255.00 90min

Fusion

It's all about you! Experience the ultimate in customized massage with this eclectic blend of intellect and intuition that is "oh so Bumble Lane." Using a variety of massage techniques, your therapist will design a service to suit your needs. This custom full body massage includes an herbal infused back treatment; it will overhaul your senses and leave you feeling absolutely amazing.

\$125.00 90min

Sinus & Headache

This massage is a natural way to relieve tension headaches and promote sinus drainage. A small amount of lavender oil, eucalyptus and peppermint is used to loosen the muscles in the head, face, neck and shoulders. Pressure applied to specific points in these areas triggers the natural healing process to help clear sinus congestion so you can breathe better.

\$60.00 30min

TMJ

This massage focuses on muscles in the jaw, neck, head and shoulders by using a combination of muscle specific massage techniques and trigger point therapy to help release tension and discomfort cause by TMJ dysfunction.

\$60.00 30min

Foot Reflexology

Reflexology involves the massage of certain points on the feet which correspond to specific areas of the body to help relieve tension and maintain the body's natural balance. This special "feet only" massage provides instant comfort and relief from soreness and fatigue for people on their feet all day.

\$60.00 30min

Rolling Stone

A warming full body massage using heated, smooth, hand-held stones and Swedish massage techniques to melt away the tension and stress of everyday life and induce deep relaxation. The heat from the stones helps with poor circulation and the relief of arthritis pain.

\$125.00 90min

Thai yoga - Table

This massage is the happy medium between traditional massage and Thai bodywork. A creative blend of compressions, range of motion exercises and traditional massage techniques help to create space in the body, to harmonize, and to balance.

\$125.00 90min

Motherhood Massage

This supportive and nurturing massage ensures complete relaxation and comfort for the mother-to-be and enhances the well-being of mother and child even late in pregnancy. Relieve stress on weight bearing joints, ease neck and back pain, help reduce water retention and other pregnancy-related conditions. Pillows are provided for added comfort and increased relaxation.

\$65.00 30min \$90.00 60min

Body Scrubs

The Sweetest Thing

This exfoliating body scrub is a blend of all natural sugar, natural essential oils, and moisturizing Shea butter that instantly improves the look and feel of your skin. Following exfoliation, enjoy a warm shower followed by a silky body crème application for deep hydration and a radiant glow. This relaxing sugar scrub is ideal for sensitive to normal skin or for your first body scrub.

\$95.00 60min

Salt of the Earth

Cleansing and invigorating salt scrub restores the skin's pH balance for fresher and smoother skin. After your exfoliation, enjoy a warm shower followed by a silky body crème application for a renewed fresh feeling and a radiant glow. We recommend this service if you have acne-prone skin.

\$95.00 60min

Bamboo Lemongrass Foaming Body Scrub

Refreshing, exfoliating body scrub of zesty lemongrass and bamboo sloughs away dull skin and lifts away impurities. Sea algae extracts, herbal extracts and almond proteins are used to lift away impurities while leaving skin soft and supple. After your exfoliation, enjoy a revitalizing shower followed by a silky lemongrass body crème application that will leave you feeling refreshed, your skin rejuvenated and your spirit renewed.

\$95.00 60min

Coffee and Crème

Awaken your body and your senses with the rich aroma of ground coffee, sea salts, rosemary, mint and citrus oil that gently polishes away dull skin and smoothes the skin. After your exfoliation, enjoy a warm shower followed by a hydrating body crème to leave you and your skin with a radiant glow.

\$95.00 60min

Body Wraps

Our body wraps include a full body dry brushing to stimulate circulation and concludes with a thirty minute massage.

Body Soufflé

A creamy, sumptuous body wrap of either honey almond or mint and sage, blended with fresh yogurt, coats the body creating a deep cleansing mask and gentle exfoliant. Enjoy a face and scalp massage as you are cocooned in warmth for maximum hydration and softness. This body wrap includes a revitalizing shower followed by a moisturizing body crème application. An excellent treatment for dry skin as it replenishes nutrients and rejuvenates skin tone.

\$125.00 90min

Herbal Mud Wrap

Mud masks are as old as mud itself and there's a reason for that - healing power. The body is coated in mineral-rich earth and sea body mud and cocooned in warmth to draw toxins and excess water from the body as your face and scalp are massaged for increase relaxation. This body wrap includes a revitalizing shower followed by a deeply hydrating body crème application.

\$125.00 90min

Facial Services

Organic Facial

A complete facial with cleansing, exfoliation, extractions, soothing massage and deep moisturizing - all customized for your skin type. Using the finest organic professional products available, our highly trained estheticians will tailor a skin care regimen laying the groundwork for achieving your ultimate skin care goals. Your skin will feel and look amazing.

\$60.00 30min (express) \$90.00 60min

Customized Facial

Our customized facial will lay the groundwork for you to achieve your skin care goals. Enjoy a complete facial with cleansing, exfoliation, extractions, soothing massage and deep moisturizing - using professional products customized for your skin type. Your skin will look and feel amazing, and our highly trained estheticians will provide you with a customized skin care regimen that will have you well on your way to loving your skin every day.

\$60.00 30min (express) \$90.00 60min

Microdermabrasion Facial

This service combines our 30 min customized facial with the added benefit of microdermabrasion exfoliation. This painless, nonabrasive procedure removes damaged cellular tissue and stimulates the growth of new healthier tissue. This service improves skin conditions such as sun damage, fine lines, age spots, acne, and superficial scarring.

\$90.00 45min Series of six \$475

Deep Pore Cleansing Facial

Our detoxifying facial is optimal for anyone suffering from oily, congested or acne-prone skin. This facial follows a specific deep cleansing protocol to help balance problematic skin.

\$90.00 60min

Anti-Aging Facial

Give your skin a revitalizing power boost with this facial designed to firm, smooth, nourish, regenerate and energize. Potent vitamins and hydroxy acid exfoliation resurfaces and retenturizes skin, while energizing massage techniques release tension in the facial muscles for the ultimate in skin therapy for prematurely aging, mature or devalitized skin.

\$90.00 60min

BioActive Peel

This peel is a powerful skin resurfacing system that helps reduce acne, pigmentation and signs of premature aging to reveal smoother, brighter and softer skin. This treatment is designed to exfoliate and remove dead skin cells of the outer layers of the skin and helps the skin underneath regenerate for better health and radiance. This treatment includes an aftercare kit of ultra calming products to speed up recovery.

\$125.00 45min Series of six \$600

Yam & Pumpkin Detoxifying Facial

A gentle enzyme peel that exfoliates skin without irritation, deeply hydrates, plumps the skin and stimulates collagen production. Your skin will feel refined and smoothed, with reduced hyper pigmentation.

\$90.00 60min

Back Facial

Treat your back the same as your face. From minor to major breakouts, this relaxing treatment consists of steaming, massage, removal of blemishes, deep cleansing and the application of a therapeutic mask and microdermabrasion.

\$100.00 45min

Make-up Artistry/Consult

From natural to dramatic, for a special event or as the perfect end to a day at the spa, having your makeup done is a treat we rarely allow ourselves. Sit back and watch as our experienced makeup artists bring out your one of a kind beauty.

\$45.00 45min

Special Occasion

\$65.00 60min

Bridal Make-up (2 sessions)

\$90.00 75min

Arctic Berry Peel

This treatment targets aging and hyperpigmentation, as well as sensitive, rosacea and acne prone skin in just three easy steps. This service also awakens your skin's inner beauty.

\$125.00 60min

Gentlemen's Facial

This facial appeals to the guy's guy, the growing group of men who want products that will not only improve the quality and condition of their skin, but their overall appearance as well. This facial targets the unique needs of a man's skin and ends with a brief consultation with your esthetician outlining the perfect skin care regimen to keep your skin in optimal condition.

\$60.00 30min (express) \$90.00 60min

Alpha/Beta Express Peel

This peel provides microexfoliation to immediately improve complexion. Instantly helps firm skin, eliminate dullness, shrinks pores, calms redness and helps reduce frequency of breakouts in acne prone areas. **\$75 30min**

Back Peel

This peel provides chemical exfoliation on the back and helps clear blemishes and acne while shrinking pores. It also helps reduce the frequency and severity of acne breakouts in acne prone areas of the back. **\$80 30 min**

Facial Service Enhancers

Enjoy as an add-on to any one hour facial of your choice.

Microdermabrasion 10 mins \$25 20 mins \$50

Eye Contour Treatment \$30.00

4- step treatment to soothe puffiness, banish dark circles and firm fine lines

Exfoliating Hand Treatment \$25.00

Masque, scrub and Vitamin E lotion application

Waxing

Warning! Please note that waxing cannot be performed on anyone using prescription or over the counter products containing Retin-A, Accutane, Green Cream, Glycolic, AHA (Alpha Hydroxy Acid), or derivatives of those products. Failure to disclose such information before your service begins will result in injury. If you are unsure please disclose all products. For desired waxing result, hair growth should be approximately 1/4 inch long.

Women's Waxing

Brow w/ shaping	\$25.00	15min
Lip or Chin	\$16.00	15min
Full Face with Brow	\$65.00	45min
Neck	\$25.00	30min
1/2 Arm or Underarm	\$30.00	15min
Full Arm	\$50.00	60min
1/2 Leg	\$40.00	30min
Full Leg	\$75.00	60min
Bikini	\$40.00	30min
Brazilian	\$65.00	30min
Full Brazilian	\$75.00	45min
Sideburns	\$16.00	15min
Lash/Brow Tint	\$25.00	15min

Men's Waxing

Brow	\$20.00	15min
Abdomen	\$30.00	15min
Chest	\$60.00	45min
1/2 Leg	\$50.00	30min
Full Leg	\$80.00	60min
Full Arm	\$55.00	45min
Back	\$60.00	45min
1/2 Arm or Underarm	\$35.00	30min

Manicures & Pedicures

Manicure

Sit back and relax as your hands are given the attention they deserve. Cuticles are treated, nails are shaped and all tension is massaged out of your hands. Choose from a variety of polish colors or have nails buffed beautifully bare.

\$26.00 French Technique \$32.00

Spa Manicure

Our spa manicure incorporates all the essentials of our basic manicure but also includes a warm paraffin treatment, smoothing mask, hot towels and intensive moisture treatment all with seasonal fragrances.

\$40.00 French Technique \$45.00

Pedicure

Pamper and restore your hard working feet as they are exfoliated, massaged and moisturized. Cuticles are treated and nails are shaped to perfection. Choose to have your nails buffed or pick from a variety of colors to match any mood. **\$54.00 French Technique \$60.00**

Spa Pedicure

Put your best foot forward! Our spa pedicure incorporates all the essentials of our basic pedicure but also includes a warm paraffin treatment, hydrating heel therapy, hot towels, moisturizing mask, and relaxing foot massage. **\$70.00 French Technique \$75.00**

Men's Manicure

A tailored manicure will leave even the roughest hands clean and smooth while the specially formulated nail treatment gives the nails a well groomed look. **\$26.00**

Sports Pedicure

Restore those hard working feet with our tailored pedicure just for men. Let us buff out the rough spots and manage those nails with a specially formulated nail treatment that give the nails a well groomed look. **\$54.00**

Spa Packages

Retreat

An ideal package for someone's first spa experience. It includes a one hour massage, manicure and pedicure.

Re "treat" yourself or someone else. You deserve it! **2.5 hours \$165.00**

Guy Thing

A great gift for a great guy whether it's you or someone else. A one hour massage followed by a Gentlemen's Express facial. It's exactly what you or he needs to recharge and get back on track. **1.5 hours \$145.00**

All About Me

This is the perfect spa experience for someone who wants to look as beautiful on the outside as they are on the inside. This package includes a spa manicure, spa pedicure and customized facial. **3 hours \$200.00**

Mommy-to-be

Pregnancy can be emotionally and physically strenuous, and this package is designed to cater to every expecting mother's need. An hour prenatal massage, customized facial, spa lunch, manicure, spa pedicure, topped off with a delicious ice cream treat. This package is sure to bring instant relief for all the aches and pains associated with pregnancy. **4.5 hours \$290.00**

Gentlemen

Before you go fishing or play golf, give yourself an afternoon of rest and relaxation. Begin with a ninety minute massage and a Gentlemen's facial specifically designed to combat the effects of shaving. After your spa lunch, relax and enjoy men's manicure and pedicure that will leave even the roughest hands and feet clean and smooth. **4.5 hours \$305.00**

Un-Thai Me

This package could mark a new direction in your life – a move toward a more serene, more peaceful and more beautiful you. Choose between a ninety minute Thai yoga massage or table Thai to bring balance and harmony to your entire body. This package includes a customized facial, a Bamboo Lemongrass foaming body scrub, and a healthy spa lunch. **4 hours \$325.00**

Rock On

Discover the restorative power of nature's elements: a rolling stone massage (fire), a customized facial (air), a mineral-rich earth sea body mud wrap (earth), a spa manicure and spa pedicure (water). We will also nourish the inner you as well, with a healthy spa lunch. **6.5 hours \$465.00**

Jazz Fest

Celebrate Louisiana culture with the combined fervor of southern hospitality, New Orleans flare and soul-stirring jazz music. This package is a cultural feast for the skin you're in. Soothe the body and soul with an hour massage, a roasted coffee body scrub, a Mississippi River mud wrap, manicure and pedicure. For your spa lunch, you'll enjoy seasonal foods of local flavor such as seafood, gumbo or jambalaya with king cake or pralines for dessert. **5.5 hours \$470.00**

Couple's

Share the harmony and give someone you care about the perfect gift – the gift of time. You'll enjoy an hour couple's massage, manicure and pedicure together, at the same time. This is the perfect package for friends, family and loved ones. **2.5 hours \$345.00**

The Total Package

This is "the" total package - the utmost in luxurious body treatments. Begin your lavish journey with a ninety minute herbal infused full body aromatherapy massage tailored to suit your needs followed by a rejuvenating body scrub and wrap that will leave your skin soft and smooth while awakening your senses from head to toe. You'll also experience a customized facial, spa manicure and spa pedicure and a spa lunch. **6.5 hours \$555.00**

Bumble Lane Spa
7450 Jefferson Hwy., Ste. 350
Towne Center
Baton Rouge, LA 70806
225.932.9522

Please note that your reservation time is the time in which your service begins. We request that all guests arrive 20 minutes ahead of your scheduled reservation in order to check in, prepare for your service and enjoy a spa snack and a cup of tea. For our guests, we provide a robe, slippers and towels. Lockers are available to all guests but please leave valuables at home as we cannot be responsible for lost or stolen items, and items left in lockers or robe pockets. After your service enjoy the bevy of amenities provided in each locker room or have a relaxing soak in the whirlpools, but please shower before entering the whirlpool and we ask that you bring a bathing suit from home for the comfort of all our guests. For the comfort of all of our guest and to keep the serenity of the spa, we do not allow any mobile devices in the building or loud talking in the spa area. Please enjoy the serenity and peaceful environment by keeping conversations to a minimum. Should you forget we will quietly remind you.

Please arrive 20 minutes prior to your reservation and please place all cell phone devices on silent to help maintain our tranquil environment. A credit card is required for reservations.

We greatly appreciate your punctuality, but we do understand circumstances can cause you to arrive late. Please let us know and we will do everything in our power to make sure you get the full time, attention and service for which you are scheduled. In some cases, however, it may be necessary to modify a service in order to keep the schedule of our other guests. Bumble Lane service providers strive to give each client the one-on-one attention they deserve. If circumstances cause you to arrive past your reservation time, you will be charged in full. We will do our best to accommodate your entire service but unfortunately your service may need to be shortened or cancelled to accommodate guests who arrived on time.

A credit card number or gift certificate number is required to make reservations. If an appointment is cancelled with less than 24 hours notice, the credit card on file will automatically be charged for 100% of the services booked.

Est # E2494