

Ahlara

International

Established in 2005

Renew... Restore... Replenish...

SPA MENU

READERS' CHOICE
BEST OF
2016
LAKE NORMAN

The Charlotte Observer
charlotteobserver.com



Welcome to Ahlara, the premier spa and boutique located near beautiful Lake Norman in Mooresville, NC. Ahlara's mission is to provide a place of tranquility for the mind, body and spirit. The Ahlara environment has been heralded as the finest in the area with its appealing and restful décor. The specially-trained and highly-skilled practitioners offer a broad range of services to fit your every need. Renew, restore and replenish at Ahlara!

Appointments

To receive your full service and ensure other clients are not inconvenienced, please arrive on time for your appointment. We request new clients arrive 15 minutes prior to their scheduled appointment. To ensure the best choice of appointment availability, it is suggested you schedule your next appointment prior to leaving the spa.

Cancellations

When scheduling an appointment, a credit card number will be required to hold the reservation. Should a cancellation or date change be necessary, we request a minimum of 24-hours notice for any single service or 50% of the total service will be charged. A 48-hours notice is required for any multiple services, spa package or a weekend cancellation.

Gratuities

Tipping is always left to the discretion of our clients. Gift certificates do not always include gratuities.

Servicing Minors

Our Minor Consent Form must be signed and dated by a parent/guardian of any child under 18 years of age prior to the minor receiving a massage, facial, waxing, body treatment, manicure or pedicure.

Credit Cards

We accept Visa, Mastercard, Discover and American Express.

We are a locally owned and operated business.



Denotes new service to spa menu



Let us "take you away!" You'll be comfortably cocooned in a Sensory Dry - Float Bed and suspended in water (without getting wet). Enhanced with heat, our body wrap treatments and products work on the skin to help it recover and rejuvenate. All body wraps include a 20 minute scalp massage while floating in our dry float bed. Weight limit is 275 pounds.

Organic Sea Salt and Honey Renewal Body Scrub

Exfoliating and Hydrating - Begin with a succulent shea butter and sugar coconut scrub to refine and smooth the skin. Next, a powerful Sunflower Honey Butter Serum, rich in Vitamin A and antioxidants, is painted on to help skin deeply repair itself, improving the appearance and health. After floating effortlessly in our dry float bed a scrumptiously scented lotion with soothing notes of sandalwood and tonka bean is applied to the skin.

60 min - \$90 * 90 min - \$125

Toasted Coconut Chocolate Body Wrap

Nourishing and Rejuvenating - Start with a creamy foot bath with coconut milk and chicory root to soothe you before a thorough body exfoliation. A dip in our dry float bed with a chocolate mask provides antioxidants and nourishment-breathing new life into your skin. A shea and cocoa butter application leaves warm, sweet notes of coconut lingering.

60 min - \$90 * 90 min - \$125

Peat Purity Holistic Body Wrap

Calming and Soothing - We begin with a warm Nectar Milk foot soak infused with skin-calming chicory root and sweet almond oil. Next, skin is exfoliated and then wrapped in nutrient – rich vegetative peat mud flush with organic bio-nutrients that developed over thousands of years from plants and minerals. After a dip in the dry float bed enjoy a light application of Agave Nectar Oil.

60 min - \$90 * 90 min - \$125

Prickly Pear Caramel Body Wrap

Toning and Firming - We'll whip, dip and slather you through this delightful treatment. Skin is thoroughly smoothed and polished with a Triple Shot Caramel Scrub infused with caffeine and Arabic bean extract to invigorate and exfoliate.

A Prickly Pear Cactus Toning wrap warms on skin, tightening and toning the look of surface texture as you float weightlessly in our dry float bed. A glistening application of Sweet Cream Body Milk helps replenish your skin's softness while bringing out its best glow.

60 min - \$90 * 90 min - \$125

Sugarberry Wine Down Body Wrap

Restoring and Healing – This delectable berry-wine treatment is full of vitamin delight! Begin with a rasmopolitan sea salt scrub with organic vodka and fresh raspberry extract to clear away any rough spots. Then you will be painted with a super antioxidant resveratrol serum blend made from Texas winery grapes – a cocktail of powerhouse vegetables and fruits. After a float in our dry float bed, you will be hydrated with a Whoopie white velvet buttercream scented shea butter.

60 min - \$90 * 90 min - \$125

Bali Escape

Dry Float Dip - Become almost weightless as you relax in a heated-dry float bed. This passive immersion finds you wrapped in a warm cocoon of soft sheets. Feel renewed in just 25 minutes.

25 min - \$38

\$29 with purchase of another hour service



Chi Massage

Swedish Massage - Ahlara's signature. Long, gliding strokes apply gentle pressure as the mind relaxes and circulation increases. This is the lightest form of massage.
 60 min - \$75 * 90 min - \$106

Shiva Massage

Custom Massage - A massage personalized to fit your body's needs. Using gentle to firm pressure, this massage includes a variety of healing modalities that will regenerate and transform your body and spirit.
 60 min - \$79 * 75 min - \$ 96
 90 min - \$111

Pacha Papa

Deep Tissue Massage - This specialized massage addresses tight, overworked muscles by using stronger strokes and neuromuscular therapy techniques to release tension and stress. Available for both men and women.
 60 min - \$83 * 90 min - \$121

Himalayan

The Upper Regions of Relaxation - Releases tension and provides relaxation for the head, neck, back and shoulders.
 30 min - \$49

Yin-Yang

Romantic Experience for Two - Enjoy a romantic interlude with synchronized massage from two therapists in our private couple's room.
 60 min - \$150

A-Maizing Sole

Foot Massage - Using a variety of techniques, your therapist will take away the aches and pains accumulated from too much time on your feet, leaving you ready for your next performance.
 60 min - \$70 * 30 min - \$49

Pacha Mama

Pregnancy Massage - Nurturing massage for the expectant mother in her second and third trimester. Mother-to-be will relax while lying on her side, surrounded by pillows for support and comfort.
 60 min - \$75 * 90 min - \$106

Mani Stone Massage

Warm Stone Therapy - Combination of traditional Swedish massage with the use of heated lava stones. The heat enhances the benefits of the massage by warming the muscles and joints thus creating a deeper state of relaxation.
 60 min - \$81 * 90 min - \$111



Jing Massage

Cupping Massage - This technique creates suction and negative pressure using clear silicone cups which drain excess fluids and toxins; bring blood flow to stagnant muscles and skin.

Especially effective for tightness, chronic pain, and for reducing the appearance of cellulite.

60 min - \$79

Kanti Massage

Anti-Cellulite and Rejuvenating - This skin smoothing massage works to eliminate toxicity, stimulate your skin's metabolism and smooth cellulitic accumulations with a high concentration of nature's best extracts. Full body massage for all skin types.

60 min - \$79

Prana Massage

Energy Massage – Combine the physical healing benefits of a therapeutic massage with the energy balancing effect of Reiki.

60 min - \$75

Massage Enhancements

Add any of these enhancements to an hour or longer massage for these special prices.

Neti Massage

Sinus Release - Essential oils, hot towel compresses, acupressure points and a focused massage to the face and head, all work in concert to open the sinuses and relieve pressure.

15 min - \$16

The Andes

Head and Scalp Massage - A deeply calming and relaxing massage which leaves you feeling energized and revitalized. Good for relieving stress, tension, fatigue, headaches and migraines.

30 min - \$31

A-Mazing Sole

Foot Massage - Using a variety of techniques, your therapist will take away the aches and pains accumulated from too much time on your feet, leaving you ready for your next performance.

30 min - \$31

Stupa

Warm Towel Compresses - Start your massage with warm towel compresses over the entire body. Layers of hot towels are compressed in to your muscles releasing knots, tension and fatigue. Oil blends are selected and soaked into the towels before this treatment begins to offer you a moisturizing and refreshing experience.

15 min - \$16

Pada Paradise

Foot Soak – Pamper yourself and allow your troubles to melt away while soaking your feet in a creamy milk bath rich in essential amino acids and vitamins.

15 min - \$16





Bring out your natural glow with treatments that cleanse, tone and revitalize your skin. We feature Dermalogica, Osmosis, Image and Farmhouse Fresh skin care.

The Sphinx

This is an excellent introduction to our facial treatments. It combines skin-type specific cleansing, exfoliation, extractions and an individualized treatment mask chosen to renew and soothe. A gentle head and neck massage is part of this relaxing treatment.

30 min - \$55 * 60 min - \$85

Sphinx Deluxe - 75 min - \$98

Mt. Fuji

Facial for Teens - Our expert estheticians will focus on a highly effective treatment for adolescent skin, leaving the skin toned, balanced and free of excess impurities. Advice on a home care regimen is discussed.

45 min - \$68

Siwa Oasis

Image Oxygen Lift Facial - This luxurious oxygen skincare treatment infuses oxygen, plant-derived stem cells, peptides and a high concentration of enzymatic botanicals into the skin leaving it luminous, refreshed and rejuvenated.

60 min - \$98

Sands of Cairo

Hydrodermabrasion - It combines the excitement and efficacy of microdermabrasion with a new twist and better results. Using a vacuum, diamond disc and aqua fuse jets this treatment offers deep exfoliation, cellular turnover stimulation, blood circulation enhancement, collagen synthesis stimulation and diminishment in appearance of fine lines and wrinkles.

75 min - \$115

Sands of Cairo with the Siwa Oasis

75 min - \$127

Orchid Infusion

Osmosis Facial Infusion - This non-chemical peel facial delivers long term skin benefits by using the most potent form of Vitamin A to gently resurface the skin. This unique formulation increases circulation, delivers nutrients deep into the skin, boosts immunity and stimulates collagen production.

75 min - \$125

Rezenerate Facial

The Rezenerate facial creates a unique cosmetic solution to skin care by increasing the delivering of nutrients to your skin efficiently without any pain or discomfort. The Rezenerate wand uses nano-technology and microscopic, high-grade silicone pyramids to repair and rejuvenate the skin by improving wrinkles, scars, acne, and sun spots.

45 min - \$125

Orchid Infusion with Rezenerate

75 min - \$175

The Sherpa

Energizing Back Facial - This treatment uses many of our facial elements including, cleansing, extractions, exfoliation, skin type mask, massage and moisturizing, leaving the skin refreshed and glowing.

45 min - \$68

Facial Enhancement

Add one or more of these enhancements to any of our facials.

Lips of Isis

Collagen Lip Mask - An intense hydrating mask that plumps up the lips, reduces fine lines and wrinkles around the mouth.

\$18

Hands of the Nile

Anti-Aging Hand Mask - A nourishing blend of antioxidant vitamins helps revitalize and improve tone & texture.

\$18

Dharma Eyes

Collagen Eye Mask - Smooth away wrinkles while tightening your eye contour with our potent Collagen Cryo treatment.

\$22

Ankh

Neck Treatment - This nourishing neck mask with LED lights firms, lifts and moisturizes to minimize sagging and wrinkles.

\$28

Cleopatra

Collagen Face Mask - Fine lines are diminished, skin is tightened, elasticity is improved and moisture is balanced with an infusion of pure collagen and gold powder.

\$28

Giza

LightStim Therapy - Recapture your glow with our LED light therapy. This beneficial light treatment helps to increase collagen and elastin production, reduce inflammation, speed healing and increase circulation.

\$28

Luxor

Facial Toning and Lifting - Myotonology® is a new facial rejuvenation system that tightens and tones the skin through muscle stimulation, delivering dramatic results. This non-invasive micro current system restores natural contour and a more youthful appearance, while boosting collagen and elastin levels.

\$28

Temple of Thebes - Waxing

For Women

Eyebrow	\$18
Lip	\$15
Eyebrow/Lip Combo	\$28
Chin	\$15
Nose	\$5
Cheeks	\$15
Face	\$45
Face with Brows	\$60
Arms	\$30
Underarm	\$25
Bikini	\$33
Brazilian	\$70/\$55 follow-up
Half Leg	\$40
Full Leg	\$65

For Men

Sideburns	\$15
Arms	\$30 & up
Back	\$45 & up
Chest	\$30 & up
Stomach	\$20

Tinting

Brow Tinting	15 min - \$15
Lash Tinting	20 min - \$15

Shirodhara

To Awaken the Mind - Our most meditative and relaxing treatment in which a soothing stream of warm oil is poured over the forehead and onto the sixth chakra, your intuitive energetic center. It calms the central nervous system and integrates the mind and body.

45 min - \$80

**Reiki**

The Universal Life Force Within You - A gentle rebalancing of the body's energy. With this ancient method, your therapist lightly places their hands on, or just above your body in order to influence the flow of qi (life energy) through your body.

30 min \$49 * 60 min \$75

The Atlantis

Amethyst BioMat - Let your body heal itself while lying peacefully on our new BioMat. This mat is made up of three special components: far infrared light, negative ions and amethyst crystals. The BioMat has been shown to treat chronic pain, support core body temperature, speed the healing of joints and tissue, improve circulation, detoxify, boost the



immune system, promote deep relaxation, improve sleep and reduce stress.

With Another Service: 30 min-\$15 * 60 min-\$30

Without Another Service: 30 min-\$20 * 60 min-\$40

Series Package Available - \$100

Biomat Bliss

Our Atlantis adventure awaits you with a 30 minute Scalp Massage while resting on our Amethyst Healing Bed.

45 min - \$55

Summer in Nepal

Himalayan Salt Therapy - The Himalayan Salt Cave Sauna is the greatest place on the planet to relax. The increase of oxygen allows for the very deepest breathing and this in turn speeds healing and relaxation. Great for boosting your immune system and enhancing your lung capacity.

With Another Service: 30 min - \$20

Without Another Service: 30 min - \$30

Series Package Available - \$105

Summer in Bangkok

Healing Heat - The infrared heat of Ahlara's sauna feels like the heat of our sun. Excellent for increasing blood circulation, which is essential for beautiful, youthful, glowing skin. This ancient detoxifying ritual firms and improves skin tone and elasticity.

With Another Service: 30 min - \$5

Without Another Service: 30 min - \$16

Series Package Available - \$80



Mudra Manicure

For clients on-the-go - Includes shaping the nails, cleaning the cuticles and gently massaging moisture into the hands. Finish with a fresh coat of polish.

30 min - \$27

Lotus Pedicure

Quick, Simple and Classic - Refreshing soak and gentle exfoliation followed by a cuticle clean up, nail reshaping, buffing and polishing for happy feet.

45 min - \$40

Taj Mahal Manicure

Luxurious Manicure - Transform your hands with a healing spa manicure. You'll receive our classic manicure added with a sugar scrub to thoroughly banish dry skin, followed by a cool, refreshing mask and a dip in paraffin to lock in moisture. A relaxing hand massage makes for a flawless finish to this deluxe manicure.

45 min - \$47

Potala Pedicure

Indulgence Pedicure - Begin your sweet surrender with a warm buttery milk foot bath. Next, slough into smooth sweetness with a sugar scrub that gently exfoliates. Then, you'll be painted in a nourishing mask and cocooned in warm wax. A final primp and polish follows a heavenly massage leaving you renewed and refreshed.

60 min - \$68

Manitoba Manicure - For Men

Quick, Simple and Classic - A clean up, massaging and shaping of your nails.

30 min - \$22

Yeti Pedi - For Men

The Nepalese "Big Foot" Pedicure - First, you will experience our wonderful exfoliation and a rejuvenating masque; then enjoy our creamy heel therapy. Finish with a soothing calf and foot massage.

60 min - \$53

Hand and Feet Enhancements

Anjal

Paraffin treatment for hands or feet. Rejuvenates and hydrates. This treatment can be performed on its own or with any manicure or pedicure.

15 min - \$12

Mani Stone

Hot Stones - Melt away the tension in your feet and legs with this soothing add on. Hot stones can be added to any of our three pedicures.

15 min - \$12

French Polish - \$5

Polish Change - \$12

Shellac Polish with Service - \$15

Shellac Polish w/o Service - \$20

Shellac Removal with Service - \$10

Shellac Removal w/o Service - \$15



Lemon Delight

Custom Massage and Pedicure - Begin with an uplifting 60 minute citrus-shea butter massage as you drift into thoughts of warm

sand and sunshine. Finish with an invigorating pedicure using a citrus grass salt scrub, avocado mask and a vanilla and citrus whipped shea butter leaving your toes feeling fresh and renewed.

1 hour 45 min - \$120

Organic Utopia

Organic Body Scrub and Chi Massage - Break away from the day and escape into a luxurious organic mineral sea salt foot soak. Next, an irresistibly softening organic sugar exfoliator buffs skin to smooth, supple perfection as the scent of fresh coconut and lemon fills the air. Once skin is polished, a rich organic, coconut and pineapple shea butter is applied as you unwind in our heated dry float bed. The final touch is a relaxing 60 minute massage as you dream about ocean waves.

2 hours - \$170

Relax Package

Sauna and Massage - Relax in our infrared sauna before soaking your toes in a warm Nectar Milk bath infused with skin-calming chicory root and sweet almond oil. Unwind with a 75 minute Shiva Massage and a 30 minute A-maizing Sole massage as your aches and pains melt away.

2.5 hours - \$145

Shanti Journey

Create your own spa experience by choosing one service from the following three groups:

- A. The Atlantis, Pada Paradise or Stupa
- B. Chi Massage, Pacha Papa Massage or Mani Stone Massage,
- C. Sphinx Facial, Chocolate Body Wrap, or Wine Down Body Wrap

2.25 hours - \$180

Prickly Pear Body Bliss

Slimming and Detoxing - Start with 30 minutes in our infrared sauna as it purifies and detoxes the skin. Next skin will be tightened and toned with our Cactus Caramel Body Wrap. End with our Kanti Massage as we stimulate and smooth the skin to perfection. With confidence, you'll be ready to face the world.

2.5 hours - \$170

Ahlara Harmony

Treat yourself to a day at the spa - This rejuvenating treatment begins with a soothing Chi Massage followed by a custom Sphinx Facial. The grand finale is our aromatic Potala Pedicure and Taj Mahal Manicure that leaves you feeling refreshed and renewed. Lunch included.

4 hours - \$275

Men's Retreat

Leave your stress at the door and unwind in our infrared sauna. As the heat detoxes the body it will also loosen and relax the muscles from any built up tension. Next surrender to a 90 minute Pacha Papa massage and end with a 30 minute Andes scalp massage.

2.5 hours - \$150

Romancing the Stones

Couples Package - Let the sparks begin with a 60 minute rhythmic Mani Stone massage followed by a 30 minute A-maizing Sole massage. End with a steamy trip to our infrared sauna while sipping a glass of champagne.

2 hours - \$230

Orchid Membership of Ahlara

Join the Orchid Club, and you'll make a personal promise to yourself to nurture your body, mind and spirit with regular monthly massages, body wraps or facials, while enjoying exclusive special gifts and substantial discounts. Memberships are available for 6 or 12 months. Any of our Massages, Body Wraps or Facials 60 minutes or longer can be made into an Orchid Club Membership. We are happy to customize an Orchid Club Membership for you.



Ahlara Yoga & Fitness offers Yoga, Pilates Mat and Fitness classes for beginner to experience students. Our highly skilled teachers will guide you, allowing your practice to be safe and unfold at your own pace. Our focus is to inspire, empower, and elevate our students not only in their yoga practice, but in their everyday lives.

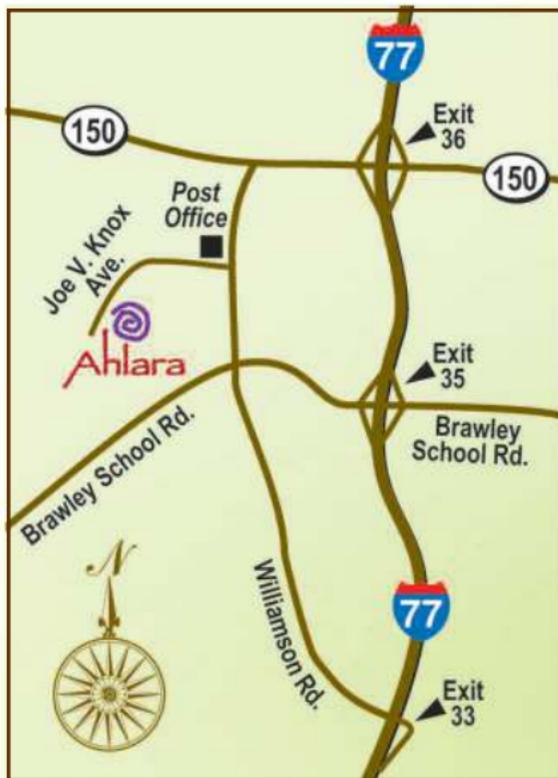
Boutique at Ahlara

Clothing, Handbags & Accessories

Boutique at Ahlara is Mooresville's best kept secret. We feature contemporary, upscale women's fashions with chic personal accessories and handmade jewelry all at moderate prices.

We also offer an assortment of spiritual healing tools and crystals. We feature Dermalogica, Osmosis, Image and Farmhouse Fresh skin care.





Directions

From Charlotte – North on I-77, take Exit 35. Immediate left onto Brawley School Rd. At second stop light turn right onto Williamson Rd. After the second stop light, turn left on Joe V. Knox Ave. Ahlara is located 1/4 mile on the left, across from Lowe's YMCA.

From Statesville – South on I-77, take exit 36. Turn right onto Hwy 150, left onto Williamson Road. Turn right onto Joe V. Knox Ave. Ahlara is located 1/4 mile on the left, across from Lowe's YMCA.

Hours Of Operation

Monday 9:00am - 7:00pm

Tuesday - Friday 9:00am - 8:00pm

Saturday 9:00am - 5:00pm

Sunday 10:30am - 5:00pm

155 Joe V. Knox Avenue * Mooresville, NC 28117
(in Morrison Plantation across from Lowe's YMCA)

704.662.0946

E-mail: Ahlarainternational@yahoo.com

www.ahlarainternational.com