



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
Purifying Facial	\$65.00
Glycolic Facial	\$80.00
Collagen Hydrating Facial	\$65.00
Aromatherapy Facial	\$65.00
Gentleman’s Facial	\$65.00

Back Facial – 1 hour \$65.00

Mini Facial – 30 minutes \$40.00

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

Enzyme/Glycolic Acid Treatment

With Facial	\$20.00
6 Treatment package w/ facial	\$450.00

Paraffin Treatments with Facial

Hand/Elbows/Knees/Feet **\$10.00**

Hand Paraffin w/ Massage \$15.00

Homeopathic Ear Candling \$45.00

Waxing

Eyebrow Arching/Shaping	\$20.00
Entire Face	\$38.00
Arms-Half	\$20.00
Legs-Half	\$35.00
Underarm	\$15.00
Stomach	\$10.00
Arms-Full	\$25.00
Legs-Full	\$45.00
Bikini	\$25.00

Pedicure

Spa Pedicure- Trim & shape nails
And cuticles, exfoliation, callus
Softening, mask, foot massage
And polish* \$30.00

Sport Pedicure-Trim & shape
Nails and cuticles-no polish \$20.00

Manicure

Spa Manicure-Exfoliation, trim &
Shape nails & cuticles, hand
Massage, polish* \$15.00

Sport Manicure-Trim & shape
Nails and cuticles-no polish \$10.00

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 \$30.00

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

Arthritis Pool Therapy-per class \$6.00

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

ACUPUNCTURE

Initial Visit – Consultation and Treatment

\$95.00

Follow Up Treatments

\$65.00

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

Yoga Classes/8week/per person \$99.00

GYM 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 Ave N.E., Largo, Fl. 33771

*The Bonsai Holistic Spa is registered with the State of
Florida as a Health Studio, Registration #HS8018
Updated 6/22/09*