

# ShenSpa

a medically-based  
spa experience



Enjoy the Tranquility and Services of ShenSpa located in the beautiful Shenandoah Valley of Virginia. We offer relaxing spa treatments, as well as safe, results-oriented, aesthetic medical spa treatments. All in a beautiful spa setting.

ShenSpa operates under the supervision of Tania Damavandy, MD who serves as the medical director and is an active practitioner in our spa, so you can be confident in the highest standard of care.

Medical spa treatments at ShenSpa have minimal to no downtime, so you can book an appointment at lunch and head right back to work. Consultations are complimentary. We invite you to stop in or call today.

**540.459.4916**

**[www.shenspa.com](http://www.shenspa.com)**

Medical Director: Tania Damavandy, MD

1066 Hisey Avenue, Suite 101  
Woodstock, VA 22664

Monday: 10 am - 6 pm

Tuesday, Wednesday & Thursday: 10 am - 7 pm

Friday: 9 am - 5 pm

Saturday: 10 am - 3 pm

## VISIA SKIN ANALYSIS

To get an understanding of your skin's condition, we begin by using photo imaging. We take several up-close photos of your face using different phases of lighting, to make an evaluation.

The skin analysis machine compares your face against baseline averages (based on skin type and age), and then provides a score for pigmentation, pores, evenness, wrinkles, and sun damage.

We discuss the results you'd like to see, and results-oriented recommendations - just for you!

**Skin Analysis Complimentary (\$85 Value)**

## FACIAL LINES

### **BOTOX® Cosmetic**

BOTOX® Cosmetic is approved by the FDA to treat lines between your eyebrows caused by facial expressions. It is also commonly used to soften the lines on your forehead, and crow's feet around your eyes. BOTOX® Cosmetic is safe and requires no downtime. Benefits typically last about four months. (10 unit min.)

### **BOTOX® for Perspiration Management Therapy**

Hyperhidrosis (excessive perspiration or sweating) that does not respond to topical antiperspirants may be treated with BOTOX®. Underarms, palms, soles and forehead may be treated; relief is provided for approx. 6 months.

### **Restylane®**

If you are bothered by fine lines and wrinkles, dermal fillers may be the right treatment for you. With age, we experience a depletion of collagen in the skin and consequently a loss of volume.

### **Juvéderm™**

A smooth gel filler that eases under the skin to instantly smooth out "Parentheses Lines" on the sides of your nose and mouth. May also be used to enhance lips and correct smokers lines.

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## FACIALS

*All facials are designed by our Estheticians for your specific skin care needs.*

### Express Facial

Relax and learn about your skin and how to care for it while rejuvenating your complexion. This facial offers an analysis of your skin, cleansing, gentle exfoliation, toning and moisturizing; leaving skin with a smoother, softer appearance. (30 min.)

### Acne Facial *Oily & Acne Prone*

Our Acne Facial is an in-depth cleansing of the skin, exfoliating blocked pores as well as addressing concerns such as active acne, dryness and redness. Acne Facials can reduce breakouts and excess oil which then will improve acne and dryness and help reveal a younger, clearer, more radiant complexion.

### ShenSpa Signature Facial *Normal to Combination Skin*

The ShenSpa Signature Facial is a therapeutic, in-depth skin rejuvenation treatment. Skin analysis, gentle cleansing, facial massage, exfoliation, and mask renews your skin. This is complimented by a relaxing hand treatment. This facial is finished with an ultimate UV defense SPF protection leaving your skin radiant, reconditioned and renewed.

### Reconditioning Facial *For mature skin*

This treatment is ideal for dehydrated, aging and environmentally damaged skin types. The use of specific cleansing, toning, mask and protective products will help to leave your skin healthier and firmer.



### Add on: Hydrating Lip & Eye Treatments

Our Eye & Lip treatments increase hydration and cellular turnover through a deep cleansing, exfoliation, and hydrating mask. This treatment can help diminish fine lines and wrinkles providing excellent age management results.

### ShenSpa Special: Add on Silk Peel

## ADVANCED SKIN REJUVENATION

### Silk Peel Microdermabrasion

Katie Couric's treatment of choice. This breakthrough procedure utilizes the SilkPeel Dermalinfusion technique; effectively treating a range of conditions. Hyperpigmentation, acne, sun damage, dehydration, and fine line wrinkles. This treatment goes beyond standard microdermabrasion by providing simultaneous exfoliation and skin-specific vitamins, antioxidants and therapeutic ingredients.



### Chemical Peels

Chemical peels improve and smooth the texture of the skin by removing its damaged outer layers. Primarily used for the treatment of acne, sun damage, wrinkles, scarring, rosacea and pigment discoloration. Chemical peels promote the growth of new skin and collagen with an improved texture and radiance that is noticeable in just a few days.

*Salicylic, Glycolic, LHA, TCA, and Jessner's Peels are available. Ask our aesthetician which chemical peel is right for your skin.*

## WAXING

Hair removal using natural wax for your face, eyebrow shape, bikini, underarms, arms and legs. Prevents ingrown hair, minimizes redness and irritation of skin. Slows the re-growth of hair, leaving skin silky smooth for weeks.

*Face, Eyebrows, Upper Lip, Chin, Neck, Bikini, Under Arms, Arms, Legs, Chest, Back, Shoulders, Brazilian*

## MANICURES & PEDICURES

*Pamper your hard-working hands and feet with a ShenSpa treat. Beautify your nails, hands and feet – you deserve it!*

### Manicure

After nails and cuticles are shaped, hands and arms are massaged with hydrating cream. Nails are then polished to perfection! (30 min.)

**Add On: Natural French Manicure**

**Add On: Paraffin:**

### Pedicure

This pedicure starts with a warm foot soak, then dry, rough skin is exfoliated with an relaxing aromatherapy salt scrub. Lower legs and feet are massaged with cream, followed by a long lasting polish of your choice. (60 min.)

**Add On: Natural French Pedicure**

**Add On: Paraffin:**



### Gentleman's Manicure & Pedicure

Especially designed for men. Nails and cuticles are groomed, then nails are buffed for a natural shine.

**Add On: Paraffin:**

## MASSAGE & BODYWORK

### Swedish

Alleviates discomfort associated with tense muscles as well as carpal tunnel syndrome and helps release the body of unwanted strain and stress. Swedish massage uses lighter, rhythmic strokes to leave the body relaxed and rested and your mind at ease.

### Deep Tissue

Deep Tissue, or **Sports Massage**, alleviates discomfort associated with chronic pain, limited mobility and tense muscles. Direct deep pressure or friction is applied across the grain of the muscles for relief. Direct deep pressure or friction is applied across the grain of the muscles for relief. Sports Massage uses painless massage techniques for treating athletes.

## MASSAGE & BODYWORK (CONTINUED)

### Hot Stone

Hot Stone Massage uses hot basalt stones to alleviate discomfort associated with tense muscles. Studies have shown that Hot Stone Massage can relieve tense muscles, improve lymphatic drainage and deeply soothe away tension, as well as increase blood and lymph circulation. The heat from the stones helps tight muscles release more quickly than traditional massage.

### Energy / Chakra Balancing

Healing touch that works with the person's energy or chi to help facilitate the healing of mind, body and spirit.

### Aromatherapy

Aromatherapy Massage alleviates conditions involving stress and improves emotion-related conditions such as headaches, digestive disorders, back pain and premenstrual syndrome. Aromatherapy Massages use essential oil molecules to transmit messages to the limbic system that affect the heart rate, stress level, blood pressure, breathing, memory, digestion and the immune system

### Reiki

(pronounced "Ray – Key") A gentle and deeply relaxing technique, based on an ancient practice of restoring and balancing life energy. Reduces pain and anxiety, and increases a sense of well-being. This bodywork is done while fully clothed.

### Myofascial Release

Works with the fascia (connective tissue) to improve posture and free up the body.

### Reflexology

Reflexology, also called zone therapy, is based on the notion that each body part is represented on the hands and feet and that pressing on specific areas on the hands or feet can have therapeutic effects in other parts of the body



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## LASER SKIN REJUVENATION

### BBL Photo Skin Rejuvenation

Achieve optimal results by reversing the signs of sun damage and increasing new collagen production to improve skin's elasticity. Laser therapy treats unsightly broken capillaries, rosacea and facial redness. It also reduces sun spots, age spots and uneven skin tone caused by chronic sun exposure.

*Face, Hands, Neck, Décolleté, and Arms*

### The "Weekend Peel"

#### ArticPeel™

The ArticPeel by ShenSpa is a controlled resurfacing peel that takes only 10-15 minutes! It's noninvasive and requires only 2-3 days of downtime. This is a minimal to full epidermal laser peel that precisely removes the outermost layers of the skin. The number of peels depend on your skin's condition and desired results. The Arctic Peel features the use of the zimmer chiller, for a pain-free procedure with less redness.

### Acne Laser Treatment for Active Acne

Finally have clearer, healthier skin. Our laser attacks active acne bacteria on the surface and in the sebaceous gland. We recommend a series of treatments along with a home skincare program designed for acne prone skin.

*Face, Chest and Back*

### ProFractional Laser Skin Resurfacing

Tiny micro columns which heal rapidly, correcting wrinkles, texture problems and mild to severe acne scars; providing a dramatically smoother, younger appearance. This procedure causes collagen remodeling and stimulates new collagen production.

*Face, Neck, Eyes, Mouth and Acne Scars*

### Skin Tyte Laser Skin Tightening

This ground-breaking new technology is used to selectively heat the dermal collagen deep in your skin while at the same time cooling the epidermis (outer layer of skin) prior-to, during, and after treatment. The result is partial coagulation and contraction of collagen which tightens the skin. *Face and Neck*

## LASER HAIR REMOVAL

Carefree, smooth skin. We employ state-of-the-art laser technology by Sciton to permanently reduce unwanted hair. Our laser hair removal system can be used safely and effectively on most skin types and hair colors. And it's FDA approved for permanent hair reduction. A series of treatments is recommended to experience maximum results.

*Face, Upper Lip, Chin, Neck, Bikini, Hands, Feet, Under Arms, Arms, Legs, Chest, Back, Shoulders*



## VEIN THERAPY

### Laser Vein Removal

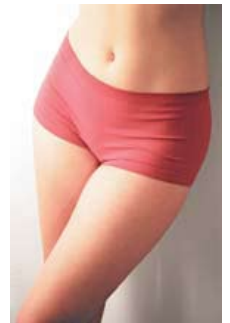
Spider vein treatments are non-invasive and require minimal downtime. Our laser delivers concentrated light at a specific wavelength that is ideal for heating the blood within leg, face or body veins, causing the veins to constrict and eventually fade away. More youthful skin is only minutes away.

*Face, Legs, or Body*

### Sclerotherapy

Small varicose and larger spider veins are injected, using a micro-needle, with a sclerosing solution that causes them to close and fade away.

*Face, Legs, or Body*



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## VAGINAL REJUVENATION

### The G-Shot®

The G-Shot® is a simple, nonsurgical, physician-administered treatment that can temporarily augment the Grafenburg spot (G-Spot) in sexually active women with normal sexual function. The G-Shot® is a painless office procedure performed in our location under local anesthesia. The actual injection usually takes less than 8 seconds and the total office visit time is usually less than 30 minutes. A specially designed speculum is used to assist in the delivery of a specified amount of natural human engineered collagen directly into the G-Spot after local anesthesia. The G-Shot® augments (enlarges) the G-Spot. This results in a G-Spot about the size of a quarter in width, and one fourth of an inch in height (meaning the projection into the vagina).

Please request a consultation for more information about any of the above procedure.

## SPECIAL PACKAGES

### Half Day Getaway

Enjoy a relaxing morning or afternoon at ShenSpa. Start off with a massage, then a signature facial, eye treatment and eyebrow shaping, plus manicure and pedicure. Your favorite music will be available and of course, light refreshments. Be revitalized and renewed!

**Add On:** SilkPeel

### Dynamic Duo Facial Rejuvenation

#### **5 SilkPeels & 5 BBL Photo Facials**

Reverse sun damage, reduce fine lines and wrinkles, melasma and remove the dull skin at the surface. Start with a SilkPeel before an BBL Photo Facial and make way for maximum results.

### Lose 5 Years in 5 Weeks

#### **2 SilkPeels & 2 BBL Photo Facials, 25 units of BOTOX®, and 1 cc of Juvéderm™**

Remove 5 years from your face in just 5 weeks with this effective combination. Ideal for a quick lift or special occasion.

### South Beach Peel

#### **2 ArcticPeels & 2 BBL Photo Facial**

Brown spots or freckles are removed, then the MicroLaserPeel removes the outermost layers of the skin. All this in just 20-30 minutes. The Arctic Peel the use of the zimmer chiller, for a pain-free procedure with less redness.

### Tighten & Smooth

#### **1 Skin Tyte & 1 Profractional Skin Resurfacing**

Two of our most popular treatments together. Correct wrinkles, texture problems and scarring, plus collagen building for a smoother, more youthful appearance.

### Mommy Makeover

#### **3 SilkPeels, 3 BBL Photo Facials, Laser Hair Removal for Underarms & Lower Legs & Laser Vein Removal**

Bounce back from pregnancy and motherhood with skin rejuvenating treatments with real results.

**Add On:** Full Legs & Bikini

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## FREQUENTLY ASKED QUESTIONS

We've compiled the answers to some frequently asked questions. So relax and enjoy.

### **Who We Are...**

ShenSpa operates under the supervision of Tania Damavandy, MD who serves as the medical director and is an active practitioner in our spa, so you can be confident in the highest standard of care.

Dr. Tania Damavandy is ShenSpa's Medical Director. She is a Board Certified Obstetrician and Gynecologist and has Level One Board Certification in Aesthetic Medicine. She graduated from The George Washington University School of Medicine in 1999. Her residency training was completed at Tufts University New England Medical Center in Boston, Massachusetts in 2003, after which, she joined the Shenandoah Women's Care practice at Shenandoah Memorial Hospital.

She is a member of the American Academy of Aesthetic Medicine, the Medical Spa Society and the American Academy of Cosmetic Gynecologists. Dr. Damavandy is also the first Associate of the Laser Vaginal Rejuvenation Institute in the State of Virginia.

### **Arrival...**

Arrive approximately 15 minutes before your appointment. This will give you time to settle in and complete any necessary forms. Our clients enjoy prompt appointments, so treatments begin and end on time.

### **Clothing...**

Depending on the type of service, there may not be a need to disrobe. Our professional staff respects your privacy and wants you to feel comfortable. Robes will be provided if needed.

### **Physical Concerns...**

Concerns relating to pregnancy, impaired mobility, allergies, recent surgeries or medical conditions should be discussed with our physician or providers prior to your visit.

### **Soothing Music...**

During your treatments a selection of relaxing music is offered. Please feel free to bring your own IPOD if you prefer.

### **Your Comfort...**

If at any time during your treatment, you do not feel comfortable with the temperature, pressure or technique being used, please do not hesitate to advise your service provider. They will appreciate being able to make your visit more comfortable.

### **Shhh...**

We respectfully request cell phones and PDAs be turned off. It is for your peace of mind as well as those around you. As a courtesy to our guests, we ask that children not be brought to the spa. The minimum age for spa services is twelve. Children under 18 must have a parent present.

### **Valuables...**

Please leave jewelry and any valuables at home so you can completely relax and enjoy.

### **Appointment and Cancellation...**

Please book appointments two weeks in advance when possible. We request that appointments be held with a credit card, gift card or pre-paid credit. We require a 24 hour notice for date change or cancellation. A 50% service fee will be charged if you cancel after this time period or miss your appointment.

### **Gift Cards...**

Available in various denominations at ShenSpa or on our website.

### **Gratuities...**

In appreciation to the staff for outstanding service, gratuities may be given at your discretion.

### **Retail...**

All sales on cosmetics are final. Unopened skincare products may be returned with a receipt for store credit within 30 days.

### **Financing...**

Financing available with Zero Down & No Interest. Payment Plans to those who qualify.

