



*Providing only the finest  
treatments and service*



**Hydrotherapy      Acupuncture**  
**Facials              Peels**  
**Massage              Waxing**  
**Body Wraps          Microderm**  
**Therapy shower    Detox programs**  
**Skin Scanner Skin Analysis**

**100 S Scenic Hwy. Suite 105  
Lake Wales, FL 33853  
863-676-CARE**

I have a passion for health and wellness and as such I personally designed a facility to promote relaxation, rejuvenation and wellness. A place where you can achieve the “*Good Life*”. Buona Vita means just that “*Good Life*”.

My Buona Vita Spa offers a true spa experience. We are staffed by Anthony Faro, *Doctor of Chiropractic Medicine*, massage therapists, and an Esthetician and have been certified as a *Therapeutic Lifestyle Changes* Center of Excellence. We specialize in utilizing spa procedures, and Lifestyle Changes to improve your overall health and well being.

Our treatments include patented SaniJet hydrotherapy baths, a therapy shower, wet table treatments, massage, body wraps, hot stone therapy, salt glows, acupuncture, micro-derm, peels, facials, and body composition programs. By combining quality treatments, a lounge area for relaxation, complimentary use of robes, slippers and towels, I assure you will have a relaxing & rejuvenating spa experience.

Furthermore, I have pledged to use only the finest organic skin care products and have secured an exclusive arrangement with Eminence of Hungary. Eminence organic skin care embodies half a century of herbal craftsmanship and experience. All Eminence products are organic, and hand made in small batches. They contain no chemicals, preservatives, or dyes. These are the purest products I could find.

I invite you to schedule time for yourself, a much deserved time for you to relax and be pampered with treatments designed to de-stress, detoxify and promote wellness. Come see, feel, and even smell the difference a quality organic spa experience can make.

*Buona Vita*  
*Kellie Faro*



## Table of Contents

Signature Facials:	4
Wraps:	6
Massage Therapy:	7
Peels and Microderm	8
Hands and Feet:	9
Special Events:	9
Acupuncture:	10
Body Composition:	10
Spa Policies & Tipping:	11

## Signature Facials

I have assembled an array of luscious, organic fruits, vegetables and herbal skin care products specifically for use in facials. My organic treatments have an incredibly fresh aroma, with natural, pure vitamin infusions and high Anti-oxidant properties. These signature facials address a variety of skin concerns such as premature aging, sun damage, loss of vitality, tone, radiance, acne, rosacea, oily skin types and more. All my facials include a skin examination utilizing the skin scanner, to determine your skin type and specific needs, steam treatments and extractions.



Group 1 \$65.00	six for \$330.00
Group 2 \$75.00	six for \$375.00
Group 3 \$85.00	six for \$425.00

### **Group 1 Facials**

#### **“Cherrific” Facial**

All skin types, combats free radicals and includes a lime stimulating treatment. Pore minimizing, moisturizes and firms. Not for sensitive skin.

#### **Chocolate & Cherries Jubilee**

All Skin types moisturizes and enriches the skin, reduces wrinkle depth while it hydrates and plumps the skin.

#### **Citrus Facial**

Purifies and clarifies while drawing out impurities and banishing blemishes. Tones and lifts without drying out the skin, minimizes pores and leaves skin youthful and radiant.

#### **Gentleman’s Organic Retreat**

Steamed towels and organic products specifically for the man including a face, scalp, neck and upper extremity massage.

#### **8 Greens Anti-aging Treatment**

A necessity for hormonally challenged women with blemishes or post menopausal skin. Stimulates cell renewal, tightens, firms and stimulates collagen production. Minimizes signs of aging & reduces acne breakouts.

#### **Very Berry Facial**

All Skin Types. Increases oxygen to the skin while it plumps and hydrates. Wild plum, lemon and sugar plum assure a marvelous aroma as well.

**Ask about discounts for additional services**

**Group 2 Facials**

**Blueberry Bliss Facial:**

Normal to dry skin, Antioxidant facial, stabilizes the collagen and prevents free radical damage.

**Cherry Rose Truffle:**

All Skin types, Packed with Vitamin C reduces irritated skin, prevents eczema type inflammation.

**Organic Hungarian Facial**

Medicinal Herbs and fruits give lasting results for clear balanced Revitalized skin. Opens and cleanses pores, removes dead skin, and hydrates.

**Group 3 Facials**

**Clearly Garlic Treatment:**

For oily to normal, blemished or acne skin types. Naturally treats acne at its source without antibiotics.

**Fire and Ice Facial:**

A stimulating facial leaves your skin glowing, detoxified and firm. Finished with a chilled organic Masque customized for your skin type.

**Lighten Up Stone Crop Facial**

All skin types, Helps reduce pigmentation and lightens the skin while it regenerates and firms stressed skin and tissue.

**Organic Oxygenating Facial**

Oxygenates the skin. This is great for smokers and congested skin types.

**Pumpkin Hydrating Facial**

This treatments includes a pumpkin enzyme peel and AHA treatment. This is not for those with sensitive skin.

**Spa options for group 2 and 3 facials.**

Add a Blueberry Bliss Body wrap \$50.00 or Chocolate Truffle Body wrap \$75.00. Special seasonal wraps are available, so please ask.

*Treatments or packages in the brochure can be scheduled for couples, two friends or family members. Spend some quality time with your loved ones and receive the benefits of our spa at a discount when you book together.*

## ALL BODY WRAPS \$100.00

Includes Hydrotherapy Bath

### **Chocolate Cherry Truffle Body Wrap**

Deeply Hydrating and enriches the skin, fights free radicals, reduces wrinkle depth and is loaded with antioxidants.

### **Blueberry Soy Slimming Body Wrap**

Tones and tightens the skin with antioxidants, skin firming herbs and spices that stimulate circulation while they strengthen the skin and heal irritations. Follow by a delicious organic Blueberry Bliss tea. *Add on a Signature Blueberry Bliss facial for the ultimate experience*

### **Black Baltic Mud Wrap**

This magnificent wrap detoxifies the skin while it extracts pore clogging impurities and improves skin texture. Great for Fibromyalgia, Arthritis or anyone wishing to achieve the benefits of detoxification.

### **European Rose Body Wrap**

Do you suffer from dry skin? If so, this luxurious treatment is for you. We begin with a hydrotherapy bath of organic tea and rose water, followed by our *European Rose Body Wrap* which is hydrating and loaded with Vitamin C.



## LIPS EYES and MASSAGE

### **Salt Glow Package 45 minutes**

A warm dead sea salt massage buffs away dull, dry skin and exfoliates the body leaving it healthy and refreshed. This package concludes with a steamy rain shower. \$65.00 Add a Herbal Therapy Bath for \$25.00

### **Bright Eye treatment**

This super hydrating treatment targets eye concerns, including wrinkles, and minimizes fine lines, and puffiness. Best results with a series of 5.

\$25.00 per session

\$20.00 with signature facial

Series of 5 for \$100.00

### **Luscious Lips:**

This treatment exfoliates while it plumps and hydrates your lips. Includes Exfoliation, Masque and Moisturizer as part of treatment.

\$25.00 per session

\$15.00 when added to a Signature facial

### **Waxing**

Eyes \$10.00 Lips \$10.00 both \$15.00



### **STONE MASSAGE**

The hot/cold stones are used to massage & sooth the body, relax muscles & balances body energy.

1 hour \$85.00

### **RELAXATION MASSAGE**

An all over invigorating massage to enhance circulation and relax tired sore muscles.

1 hour \$60.00

### **THERAPEUTIC/REHABILITATIVE MASSAGE**

For those with specific therapeutic needs we offer Therapeutic massage. Whether for spine, extremities or based on your physicians prescription you will receive a consult and treatment assessment in order to better serve your needs.

1 hour session \$75.00

Add a hydrotherapy treatment prior to any massage for \$25.00

# Microderm and Peels

## Microdermabrasion

Microdermabrasion peels steer clear of harsh chemicals and capitalize on the power of debris-leeching micro-crystals. Microdermabrasion peels should not be painful but relaxing and revitalizing, like a deep tissue massage. This therapeutic, "lunchtime" procedure is convenient and can be done as an outpatient in our wellness spa as it requires a minimal amount of time. Microdermabrasion deeply exfoliates and cleanses the skin's surface with a rejuvenating cleansing device (hand-held machine). Skin treatment regimens consist of a series of six peels spaced at two week intervals followed by a maintenance peel every six weeks or as necessary.

All Microdermabrasion treatments include a customized signature facial selected specifically for your skin type and current goals.

*Customized Signature Facial and Microderm*      \$100.00  
**Best results come with a series of treatments 6 for \$525.00**

Consultation is require prior to the peels and Microderm treatments to determine skin sensitivity and your suitability for these treatments.

---

## AHA Peels

Alpha hydroxy acids (AHA's) are Fruit acids, which are weak organic acids derived from various sources such as, grapes, apples, sugar cane, maple, pineapple, papaya, willow bark, lemon, lime, blackberries, yogurt and cider. They play an important role in skin care. Fruit acid's are natural exfoliates that perform a number of functions at the level of the stratum conium on the skin's surface: Loosens and dissolves dead cells from the skin's surface, helps regenerate new skin cells, Aid in the control of acne, smooth rough dry skin, improve the texture of sun-damaged and aging skin. By retaining moisture, this leaves your skin healthy and vibrant. Peels work best when provided in a series as with the Microdermabrasion.

---

## Yam and Pumpkin Enzyme Peel with Facial

Yam and pumpkin contain high amounts of antioxidants and are age deifiers. Yam infuses the skin with Beta Carotene and B6 while Pumpkin works to deliver Vit A, E, and C. These vitamins combined with the natural Fruit Acids (AHA) provide a wonderful and safe peel which stimulate new cell production and growth.

*50 minute treatment*      \$ 85.00  
*Package of 6 treatments for* \$425.00

---

## FEET HANDS and SPA PACKAGES

### **Honeydew and paraffin Cocoon**

We begin your treatment with an herbal Gommage which peels away old skin, followed by a soak in a warm aroma therapy and herbal foot bath. Next a foot/hand massage is performed using organic Hungarian Honeydew Foot Lotion. Hands and feet are then dipped in Warm Paraffin and wrapped to enhance absorption and to seal in moisture.

25 minute session    \$35.00  
\$25.00 when added to any signature facial or body wrap.

---

### **Half Day Package Approximately 3 hours.**

Our half day of relaxation and pampering begins with a 50 minute signature facial including steam and extractions. Follow this with a 20 minute soak in the herbal infused, 28 inch deep, Japanese hydrotherapy tub specially designed by the SANIJET corporation for our spa. This tub includes six computer controlled therapy jets pumping and chromo therapy lighting. After your soak; put on your robe and slippers, and head for your 50 minute massage. After your massage, relax in our relaxation area. Have a cup of tea and enjoy one of our healthy lunch options.

*Half Day Package is \$195.00 per person.*

---

### **Full Day Spa Package Approximately 5 hours \$250.00**

This package is the same as the Half Day package. However, it includes a facial upgrade to a Group 3 facial, a signature body wrap and a Honeydew and paraffin cocoon. You will have the use of the therapy shower and all body and hair care products, hair dryer, towels etc.

We offer a variety of specialty spa packages for Birthday Parties, Bridal Parties or showers, Pampered Princess Parties (6-16yrs).  
Any occasion can be made into a spa experience.

**Guys Sports and Spa parties** are available October to January.

### **LADIES SPA NIGHT OUT**

Book your **Ladies Spa Night Out**. Get your friends together for an evening you will not forget. Your spa party includes dinner, refreshments, Honeydew & Paraffin Cocoon (as above) and any two treatments below:

30 min. massage, body wrap (w/o hydrotherapy), 30 min. facial  
\$750.00 per group of six  
Yes, that's only \$125.00 per person.

*Tipping is not included in the price.*

---

## Acupuncture and Lifestyle Programs

Acupuncture is a diagnosis and treatment system of health care that was first studied and practiced by the Chinese some 3000 to 5000 years ago. The acupuncturist seeks to identify conditions of disharmony or imbalances of energy or (Chi) within the body. When imbalances are present the body cannot function and/or heal properly. Using sophisticated means of computer analysis (EMI) Electro Meridian Imaging, Dr. Faro, *Doctor of Chiropractic Medicine*, can accurately measure the energy patterns of each meridian and treat specific acupuncture points using needles, laser, or electric stimulation.

Acupuncture is safe and effective and can be utilized for a variety of complaints or conditions including arthritis, headaches, sinusitis, nausea, tennis elbow, carpal tunnel, spinal, shoulder, knee pain, and more.

In the wellness spa we utilize acupuncture for relaxation, immune stimulation, facial toning, weight management and improvement of Body Composition. Over time, acupuncture to the face enhances the formation of Collagen while it firms and tones the skin.



*30 minute session of Acupuncture & electrical stimulation \$65.00  
10 session packages are available for \$500.00*

### **Lifestyle and Body Composition Programs**

Our Lifestyle and body composition programs utilize the RJL Bio Impedance system to determine and track body composition, (FAT & LEAN MASS), fluid volumes, metabolism, and cellular health. A customized Lifestyle Program is developed based on this data, health questionnaire and exam. Dr Faro then custom designs a dietary, exercise, nutrition and lifestyle plan for you. Follow-ups are scheduled every two weeks to help you implement the plan and monitor progress.

***4 week TLC program including 28 servings of medical food, Dr. Faro's own Buona Vita Daily Essentials for Women and 2 BIA Evaluations is \$300.00.***

***Each additional month of Lifestyle counseling including Buona Vita Vitamins and 28 servings of medical foods is \$200.00.***

Join Dr. Faro and staff for our Biannual Wellness Cruises. Package includes 7 day Celebrity Cruise, Lifestyle and Body Composition, blood evaluation and customized TLC program as above, all lectures and programs while at sea.

**Call for dates and pricing 676-2225**

---

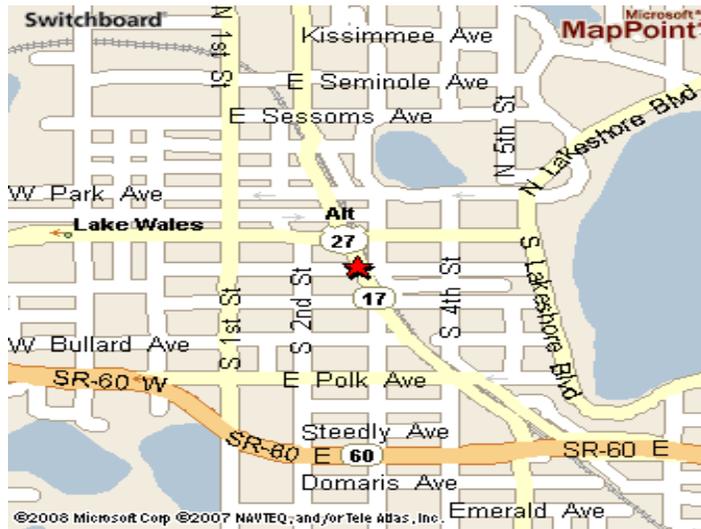
## SPA POLICIES

1. Professional consultation is required before initial dispensing of products.
2. We require a 24 hour cancellation notice on all appointments and a 48 hour notice on all packages of 1 or more hours, and a one week notice of cancellation on special events. If timely cancellation is not received a fee of half the treatment value will be charged. Please See #3.
3. We do not give cash refunds.
4. All services require a credit card or cash deposit to hold appointment time allotted. (Your card will not be charged unless you do not give the required notice of cancellation as per number 2).
5. We reserve the right to refuse treatment due to contraindications, uncleanliness, destructive or inappropriate behavior. Your deposit will not be refunded in cases of un-cleanliness or disruptive behavior. A substitute treatment will be recommended in cases of contraindication.
6. The use of CELLULAR PHONES is prohibited. You may keep them on vibrate, but you must leave the spa area to speak on them.
7. Receiving treatment in the Buona Vita Spa mandates that you keep us informed and updated on any changes in your medical history. As for personal information, such as but not limited to falls, medications, change of address, emergency contacts etc.
8. If you have any problems with products purchased in our facility you must notify us immediately for an exchange. Exchanges will be not be provided beyond what we consider a reasonable amount of time to allow for your usage as directed by your Therapist, Physician, or Esthetician.
9. Robes, slippers, towels, toiletries items, hair dryers, herbal teas etc. are provided for your use in the spa facility. They are not to be removed under any circumstances.

### **Tipping**

**Tipping is usual and customary in the spa industry and is based on the quality of care and individualized attention you received.**

---



**The Buona Vita Spa is located just two blocks from  
the Lake Wales Historic Downtown District**



Dr. Anthony E. Faro, BS, MS, DC  
Kellie A. Faro, LMT, Esthetician  
FS 9727932, MA18884, MM6048  
RCA 4383 CE 9972014

100 S. Scenic Hwy., Suite 105  
Lake Wales, FL 33853  
863-676-CARE

[alternativecaremedicine.com](http://alternativecaremedicine.com)  
[BVNutrition.com](http://BVNutrition.com)