

...a holistic  
day spa

Dedicated to the  
art of wellness...

SIMPLY BLISSSED was created to enhance your journey of well-being by nourishing your body, mind and soul. We practice timeless techniques in our massage and European facials and offer the latest technology in our healing full-spectrum infrared saunas. Only the best organic and natural products are used and offered so you'll be sure to leave feeling renewed, refreshed, relaxed and replenished.

Welcome to the world of Bliss!



1380 Liberty St SE  
Salem OR 97302  
Near the corner of Myers & Liberty  
503.587.9997

#### HOURS OF OPERATION

Mon. – Fri. 11am – 7pm  
Sat. 11am – 5pm

Early appointments available upon request.

#### APPOINTMENTS & CANCELLATION POLICY

We highly recommend a reservation. However, we will always do our best to accommodate urgent requests. If you need to cancel or re-schedule an appointment, please provide at least 24 hours notice (48 hours for packages or group appointments) to avoid late-cancellation fees. If you fail to show up for your appointment you will be charged 100% of the booked service amount. Please see our website for policy details. Late arrivals will result in a shortened service.

A 15% service charge will be added to groups of four or more in lieu of a gratuity.

Gift Certificates available at the spa and on our website.

Want more bliss?  
See our Add-on Menu.

simplyblissed.com

#### SPA PACKAGES

These enchanting escapes will leave you blissed from the top of your head to the tips of your toes. Request a complimentary sauna session with any package.

#### TOUCH OF BLISS \$115

You'll be begging for more after this harmonious combination which includes our 30 minute *swedish massage*, our *bliss essential facial* and our *bliss my sole* foot treatment. (allow 2.5 hours)

Add pedicure to foot treatment. \$125

#### SIMPLY BLISSSED \$180

Our most popular package....an irresistible indulgence! A 60 minute *swedish massage*, our *organic spa facial* and our *bliss my sole* foot treatment. A light snack will be served. (allow 4 hours)

Add pedicure to foot treatment. \$190

#### TOTALLY BLISSSED OUT \$245

The ultimate spa luxury! Includes a 90 minute *swedish massage*, our *ultimate organic facial* and our *blissed beyond measure* foot treatment. A complimentary light lunch will be served. (allow 5 hours)

Add pedicure to foot treatment. \$255



rejuvenate

## FEET

**BLISS ESSENTIALS PEDICURE** \$35  
Complete natural nail & cuticle care. Finish with the polish of your choice. (allow 45 minutes)

**BLISS MY SOLE** \$40  
A detoxifying soak on river rocks, an exfoliating scrub followed by a lower leg and foot massage. (allow 45 minutes)

Add pedicure. \$50  
(allow 60 minutes)

**BLISSED BEYOND MEASURE** \$65  
When extravagance calls... a detoxifying soak on river rocks, an exfoliating scrub, a personalized organic masque followed by a lower leg and foot massage. (allow 75 minutes)

Add pedicure. \$75  
(allow 90 minutes)



# refresh

## HANDS

**GEL POLISH MANICURE** \$30  
Brilliant color that lasts up to 21 days! Zero dry time with a mirror finish! (allow 45 minutes)

**BLISS ESSENTIALS MANICURE** \$20  
Complete natural nail and cuticle care. Finish with the polish of your choice. (allow 30 minutes)

**BEYOND THE BLISS MANICURE** \$40  
A decadent treat! Enjoy an organic exfoliant, a deeply nourishing warm masque, a skin booster selected just for your skin's unique needs, and a relaxing hydrating massage. Finish with complete natural nail & cuticle care and the polish of your choice. (allow 60 minutes)



# relax

## MASSAGE

### COUPLES

Share the bliss with your sweetheart, friend, sister or mother. Combine any of our massages (and/or facials) and enjoy our deluxe couple's suite. An infrared sauna is available, in room, as an add-on service. Simply add the cost of the services together – there is no surcharge.

### SWEDISH MASSAGE

Promotes general relaxation, relieves tension, soothes sore muscles and improves circulation.

30 Minutes...\$35  
45 Minutes...\$50  
60 Minutes...\$65  
75 Minutes...\$75  
90 Minutes...\$90

### THERAPEUTIC MASSAGE

A variety of styles & techniques are used to address pain or chronic health issues. Pressure may be deeper with focused attention to areas of tension and pain.

30 Minutes...\$40  
45 Minutes...\$55  
60 Minutes...\$70  
75 Minutes...\$80  
90 Minutes...\$95

### HOT STONE MASSAGE

Melts away stress and muscle tension. Smooth, heated basalt stones are used to warm muscles, relieve pain and induce a deep state of relaxation.

60 Minutes...\$80  
90 Minutes...\$100

## FACIALS

Featuring Eminence Organic Skin Care of Hungary. A unique skin care line so pure that you can actually see fresh fruit pulps and seeds and enjoy the aromatics of real fruits and herbs. Each guest will receive a personal prescription card recommending products for continued results at home.

**BLISS ESSENTIALS FACIAL** \$45  
This is a great introduction to the Eminence Skin Care system. Includes skin analysis, deep cleansing, exfoliating and/or masque and moisturizing. Finish with a professional application of our organic mineral cosmetics. (allow 45 minutes)

**ORGANIC SPA FACIAL** \$80  
This treatment is personalized to provide the solution to all your skin care needs. Includes skin analysis, deep cleansing, exfoliation, masque(s), massage and individual booster treatments which address your specific goals. Finish with a professional application of our organic mineral cosmetics. (allow 75 minutes)

**ULTIMATE ORGANIC FACIAL** \$100  
You are lavished with everything above as well as a three step treatment for eyes and lips. Additional booster, masque or treatments, and extended massage time assures that you are ultimately blissed. Finish with a professional application of our organic mineral cosmetics. (allow 90 minutes)



# renew

## BEAUTY

**ORGANIC MINERAL COSMETIC APPLICATION** \$30  
Eminences' new Beauty Collection along with Portland's own Alima Pure use only the purest cosmetic-grade mineral pigments. Goes on easy and feels like nothing at all. (allow 45 minutes)

Add a lesson. (allow 60 minutes) \$50

## BODY

**HERBAL CELLULITE WRAP** \$85  
Yes, it really works. The herbs, spices and bio-flavonoids plump skin and reduce the appearance of cellulite through high blood circulation. Includes a deep-tissue massage with a firming Cinnamon Paprika Lotion. (allow 75 minutes)

**ORGANIC SUGAR SCRUBS** \$85  
A luxurious sweet treat that gently exfoliates the entire body to perfection with a variety of exotic fruit pulps and herbs hand picked specifically for your skin's needs. (allow 75 minutes)

**ORGANIC BODY WRAPS** \$85  
Indulge in exquisite bliss! These delicious body wraps will infuse the skin with transforming organic nutrients that hydrate, tone, purify or soften your body. Choose from blueberry, pumpkin, chocolate and more... (allow 75 minutes)

**COCO-LUSHIOUS BODY TREATMENT** \$110  
The scents of the tropics will take you drifting away to an exotic oasis of hydration and pampering. Infuse your skin with healing coconut, vitamin-rich mango and tropical enzymes to reverse sun damage. (allow 90 minutes)

## WAXING

Special care is given to select the proper waxing products for each guest. Pricing below reflects an average or starting point. Ideally, hair growth should be approximately ¼ inch long.

Brow shaping.....\$20	Half arms.....\$35
Full face waxing.....\$35	Full arms.....\$45
Bikini.....\$35	Half legs.....\$45
Bikini Plus.....\$45	Full legs.....\$65
Underarms.....\$20	Full legs with bikini.....\$95
Facial waxing.....\$10/area (lip, chin, cheeks)	

## SAUNA

Our full-spectrum infrared sauna is recommended for pain relief, weight loss, detoxification, skin purification, relaxation and more.

30 Minutes...\$20      Five 30 min. sessions...\$90  
60 Minutes...\$35      Five 60 min. sessions...\$150