



Mayo Clinic Healthy Living Program

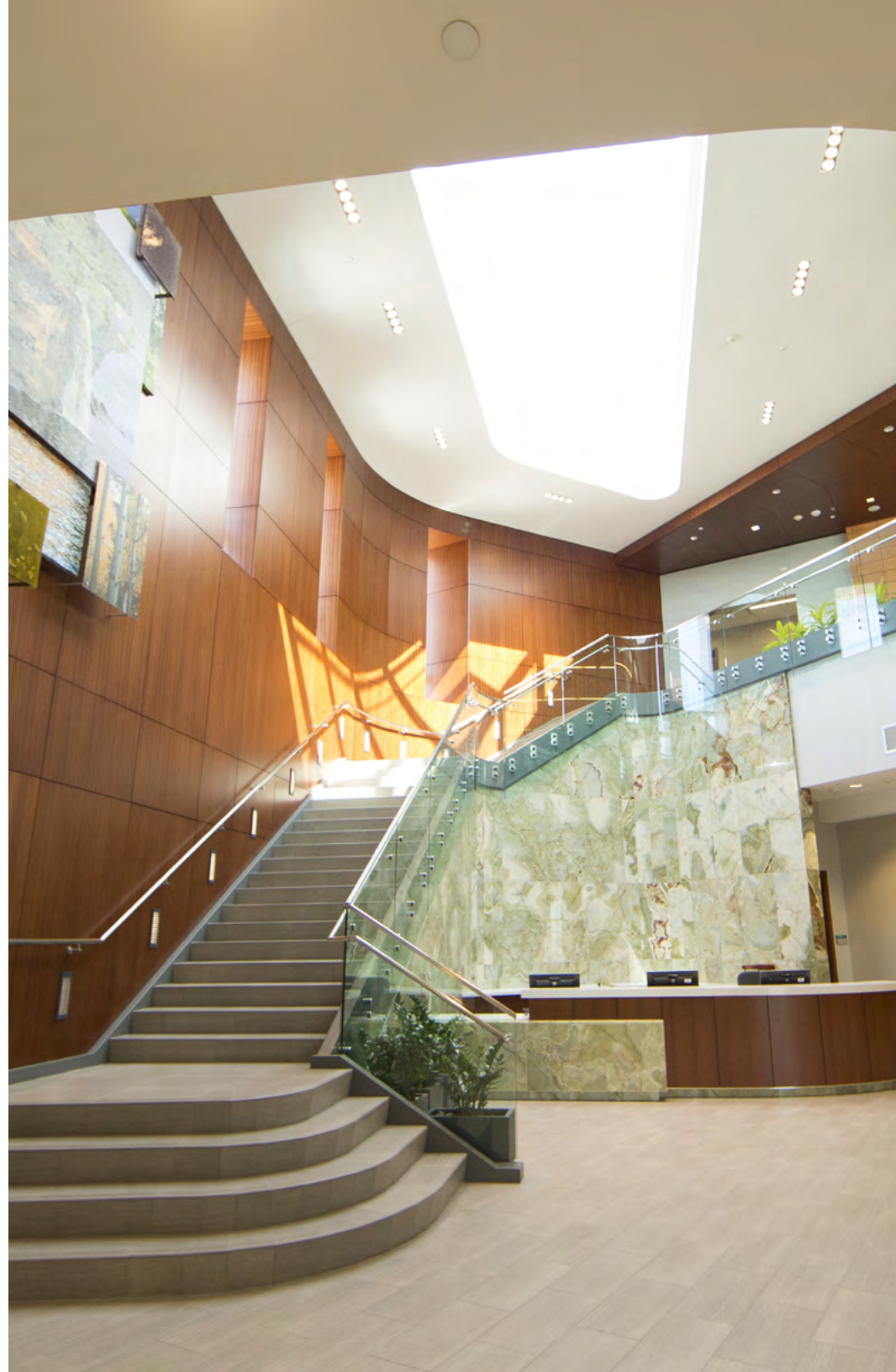
Rejuvenate

Welcome to Rejuvenate at the Mayo Clinic Healthy Living Program, a tranquil spa environment that embodies the essence of wellness, where you are invited to experience renewal of mind, body and spirit.

Rejuvenate honors the history of spas as places of wellness, while relying on the most current research to infuse evidence-based medicine into the therapies we provide.



Brent A. Bauer, M.D., Medical Director
Rejuvenate at the Mayo Clinic Healthy Living Program
Complementary and Integrative Medicine Program





Rejuvenate offers an array of esthetic treatments and integrative therapies designed to enhance quality of life. Our services can be the perfect complement to your broader wellness experiences at the Mayo Clinic Healthy Living Program, or can be enjoyed on their own.

Available to all visiting patients, travel companions, and community members, our services are customized for each guest's personal needs. At Rejuvenate, every service we provide respects the integrity of your wellness goals, and reflects Mayo Clinic's collaborative approach to caring for the whole person.



Facials & Skin Care Treatments

Custom facial

50 minutes

Our customized facial is created for your skin type and desired goals. After a deep cleansing process and massage matched to your skin's needs, we apply a serum and specialty mask to address hydration, soothing, brightening, or anti-aging. Men's products are used to tailor this facial for our male guests.

Rejuvenate facial

80 minutes

To help your skin age gracefully, a specific massage and special treatment enhancements leave your complexion looking and feeling smooth and refreshed. Double exfoliation reveals renewed skin and a unique, warm massage helps boost circulation and improve suppleness. A warm wax mask nourishes and firms for a silky, glowing complexion.

Microdermabrasion facial

50 minutes

Enjoy an intensive exfoliation during a microdermabrasion facial. This high-tech exfoliation process is followed by a soothing serum and calming mask for a renewed complexion.





Facial Enhancements

Eye treatment

This eye zone massage relaxes, drains and smooths this delicate area. A plasticizing eye mask soothes, renews and brightens.

Lip treatment

This gentle exfoliant helps eliminate dry skin and refine skin texture. A rich, creamy mask helps to further smooth and plump the skin with moisture.

Décolleté treatment

This special treatment for the delicate chest area exfoliates the skin to refresh the complexion. A special peel off mask helps hydrate and smooth the skin.

Deep cleansing pre-extraction mask

This self-heating clay mask softens your skin to prepare for extraction. A special face massage activates warmth and gently soothes.

Thermal mud compress

During your facial, recline onto a compress of self-heating, effervescent, marine mud to relax tension zones on your back.



Massage

Custom massage

50 or 80 minutes

Your massage therapist will create a massage service specifically for you, based on your unique needs and preferences. Swedish, hot stone, aromatherapy and sports massage techniques are all options for providing you with a customized experience that enhances your well-being.

Deep tissue massage

50 or 80 minutes

Deep tissue massage is perfect for areas of deep muscle tension or for those who prefer stronger massage.

Rejuvenate massage

80 minutes

Enjoy the ultimate massage experience. Unwind as a waterless seawater crystal scrub polishes your skin to smoothness, bringing a sensation of well-being. Mineral-rich, seawater-infused massage oil is used to perform wave-like massage techniques that release deep muscle tension and energize the body.

Reflexology

25 minutes

Focused techniques on the soles of the feet stimulate nerve endings that correspond to the entire body.

Massage Enhancement

Thermal mud compress

A compress of self-heating, effervescent, marine mud applied to relax tight muscle groups prior to massage.





Body Treatments

Sea scrub body treatment

25 minutes

Mineral crystals from seawater and red algae containing alpha hydroxy acid are massaged over your skin to buff away dead cells, creating a fresh, silky complexion. A finishing body cream seals in hydration.

Renewing body wrap

50 minutes

A firming gel is applied to your body to restore hydration and create a supple skin texture. While cocooned in the body mask, a scalp massage furthers relaxation. Finally, the body mask is massaged into the skin, zone by zone, leaving your skin invigorated and refreshed.

Rejuvenate marine body wrap

80 minutes

A body mask gel, infused with seawater minerals and essential oils, moisturizes your skin and relaxes your senses. After a body scrub, the silky remineralizing gel is applied for a 20-minute rest in a warm wrap. After the mask is removed, a moisturizer is applied, leaving your skin feeling quenched and rejuvenated.

Nails

Moisturizing manicure

50 minutes

This hydrating experience for the hands includes a moisturizing scrub and soak, a massage with rich smooth hand crème, paraffin application and heated mitts to seal in moisture.

Rejuvenate manicure

50 minutes

This unique manicure begins with the application of a self-heating, bubbling marine mud on the hands for instant relaxation, followed by a sea mineral scrub and moisturizing hand and arm massage to soften the skin.

Moisturizing pedicure

50 minutes

This hydrating experience for the feet includes a moisturizing scrub and soak, a massage with rich smooth foot crème, paraffin application and heated booties to seal in moisture.

Rejuvenate pedicure

50 minutes

This unique pedicure begins with the application of a self-heating, bubbling marine mud on the feet for instant relaxation, followed by a sea mineral scrub and moisturizing foot and lower leg massage to soften the skin.

Waxing Services

A complete menu of waxing services is available to meet your individual needs. We ask that your minimum hair length be $\frac{1}{8}$ inch for face and $\frac{1}{4}$ inch for body services at the time of your appointment.



The expert staff at Rejuvenate at the Mayo Clinic Healthy Living Program welcome the opportunity to support your wellness journey with a customized spa experience that honors your body, nurtures your spirit, and enhances your personal sense of well-being. All services are delivered by licensed and certified professionals with extensive experience in esthetics and massage, and an appreciation for the connection between external care for the body and overall wellness. Skin care services at Rejuvenate use the Phytomer product line from France.

For more information and to make a reservation, please call us at **507-293-2966**.

For service prices please see our spa price menu. Visit healthyliving.mayoclinic.org for complete details on our spa policies, and helpful information to prepare for your visit.



Mayo Clinic Healthy Living Program at the Dan Abraham Healthy Living Center, Rochester MN

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