

Paula Widstrom

At Skincare and Wellness on the Thames, LLC, clients receive the utmost tender care and consideration...and more than enough time to unwind and ease into their treatments. This is why Paula Widstrom opened her spa in 2004: to ensure clients' skin care and wellness goals are met with the finest, results-oriented treatments possible. She also loves making her clients feel special, pampered and relaxed with quiet nurturing massage and delicate aromatherapy. Combined, these elements bring skin to glowing health and lift the heart with contentment that lingers.

To keep her custom-designed treatments fresh Paula attends professional conferences each year to learn about breakthrough products, ingredients and massage therapy techniques from France, Japan, Australia and elsewhere in the world. Insured and licensed, she has a wealth of knowledge, skill and experience uncommon in her field.

An Honors Therapist accredited by the International Dermal Institute (one of less than twenty practicing in the United States) as well as the Boston Conservatory of Esthetics, Paula has more than 400 hours of professional post-graduate training in skin care therapy, ingredient technology, massage, Reflexology, Reiki and more. A Connecticut native, Paula lives in Gales Ferry with her husband Dennis and her precocious Miniature Pinschers, Lucy and Ricky.

Skincare and Wellness on the Thames, LLC

Custom Blended Skincare & Reflexology

PAULA WIDSTROM

Licensed Esthetician

Certified Reflexologist

Certified Reiki Practitioner

Certified Manual Lymphatic
Drainage Practitioner

Certified Cranio Sacral Therapist

Associate Member of
BodyWorks Massage Professionals

By Appointment
860-464-7906

1026 Long Cove Road
Gales Ferry, CT 06335
We are located just off of Route 12

www.spaonthethames.com



SERENE,
GLOWING,
CONTENT
...it becomes you



Skincare
and Wellness
ON THE THAMES
LLC

Custom Blended Skincare & Reflexology

Pulled in a thousand directions?

Reconnect with the reposed, relaxed inner you! When you visit Skincare and Wellness on the Thames, you're nurtured with natural, custom-blended skincare products, exquisite aroma and gentle massage. Enfolded in private comfort, your cares retreat. Clutter ebbs. Time slows. And as your skin is nourished to supple health, restful pleasure infuses your spirit, leaving you ready to face the world with calm vitality.

Which treatment calls to you?

Muse over our menu then dial 860-464-7906 to schedule your appointment today.

"Best of Both Worlds" Facial

Reach your skin care goals with pure relaxation! First discover your skin's bio-type then soak up the luxury of a double deep pore cleansing, exfoliation, extractions (if you wish), and a customized masque...accompanied by a soothing European Style Massage. A custom blended moisturizer protects your skin and a Shiatsu acupressure massage — plus choice of foot reflexology or scalp massage — wrap up this retreat to heaven on earth.

80 Minute Treatment ~ \$89

"Trot the Globe" Foot Retreat

Spa pedicure paradise! Hydrotherapy whitening soak with essential oils, exfoliation, nail care, polish, masque, reflexology massage and hot stones...it's rapture for your legs and feet. You'll sparkle and stride with pride!

90 Minute Treatment ~ \$75

"Back West" Treatment

Savor all the steps in the "Best of Both Worlds" facial...for your back! Custom blended skin care products that cleanse, smooth and beautify — plus glorious massage — help you get ready for the beach or that "little black dress"!

60 Minute Treatment ~ \$75

"International" Acne Clearing Facial

Take aim at acne's true trigger factors, not just the symptoms! This effective, power packed facial employs Dermalogica® bacteria fighting ingredients — combined with gentle Shiatsu acupressure massage — to reduce inflammation and deliver smooth, healthy skin that helps you look and feel your confident best.

80 Minute Treatment ~ \$95

"Inner Glow" Revitalight Treatment

Seeking soft, smooth skin? Rejoice! Revitalight gently diminishes fine lines, wrinkles, age spots, redness, acne and more with non-invasive, therapeutic LED...evenly directed light energy precision tuned to meet your needs. Revitalight has no side effects and provides brighter, lovelier, more youthful skin. **Add Revitalight to any treatment on this menu!**

~ \$65

"Ocean's Away" Body Wrap

The transcendent body retreat! Your torso, arms and legs revel in a warm, enzymatic sea mud wrap — to promote optimum exfoliation and detoxification — as your scalp is tenderly massaged. Essential Oil Aromatherapy massage brings your retreat to a delicious, peaceful close.

90 Minute Treatment ~ \$95

"Here from Japan" Reiki

"Reiki" means Universal Life Force...it's the free flow of energy vital to your health! When negative thoughts and feelings disrupt your flow of life energy, physical and emotional stress and ailments occur. Japanese Reiki restores this energy balance and allows your life force to flow in a healthy, natural way. A non-invasive method of healing — you stay fully dressed — Reiki is a safe, effective way to bring clarity and wellbeing into your life.

**30 to 40 Minute Treatment ~
Priced Accordingly**

"River Jordan" Salt Scrub

Surrender to Hydro Active Mineral Salts and smooth your skin with a gentle, full body exfoliation! Aromatherapy oil restores your skin to suppleness and sunscreen keeps you safe in the sun. Bonus: your daily moisturizer works better plus you'll float home relaxed and ready for anything!

75 Minute Treatment ~ \$85

"Universal" Reflexology

Practiced for centuries, reflexology is a gentle healing art that reduces stress, anxiety and pain, strengthens immunity to disease and builds capacity to self-heal. Using precise massage treatment to reflex points on your feet, reflexology helps you relax and get rid of stored toxins and negative emotions. With the renewed, free flow of energy your physical and emotional wellbeing is enhanced and restored. A brief health history is required before treatment.

60 Minute Treatment ~ \$65

"The Bon Voyage" Manual Lymphatic Drainage Treatment

Away with toxins! Delicate massage and pressure applied to the lymph nodes of your face and neck allow toxins to drain away with the free flow of lymph. This restful treatment improves your skin tone and keeps you looking and feeling wonderful. A brief health history is required before treatment.

45 Minute Treatment ~ \$60

Love the products in your treatment?

Bring them home and relive the healthful pleasure each day! Contact us for details.