

FACIAL ADD-ONS

Serums \$10 each

Choose from a special selection of problem-solving face serums like: anti-acne serum to clear up irritated skin, anti-aging serum to reduce wrinkles, lighten up serum to reduce unwanted spots and many more!

Pore Workout \$20

Heat & Ice give your pores a workout, expanding and contracting your skin to expel any unwanted gunk, leaving your pores shiny and new!

Polishing Grains mixed with cleanser \$10

Choose from Emerald, Russet or Goat Milk to exfoliate, smooth and hydrate your skin.

You're so beautiful acne spray \$10

Penetrates deeply to banish blemishes before they begin, or boot the ones you've already got.

Zit Zapper \$10

Apply our blend of proprietary herbs and watch those annoying zits disappear.

Spa Hours

10am-6pm: monday
10am-8pm: tuesday - sunday

sumtime spa accepts cash, atm, visa, and mastercard, sumbody gift certificates and Spa Finder gift certificates.

Prices reflected as of June 2010 and are subject to change without notice.

SPA PACKAGES

All packages can be done with the hand and foot heaven with an additional 15 minutes of treatment time.

total bliss \$165/105 min.

Stressed out? Too busy? Your time is sacred and what better way to spend it than in total bliss. This treatment starts with a pre-treatment cordial and warm neck beanie to melt your cares away. This is followed by an hour massage enhanced with the mood aromatherapy of your choice and followed by a back pampering. Your treatment will end with your choice of therapy or relief zapper add-on that's sure to follow you into the rest of your day.

couples getaway \$285/105 min.

Enjoy a romantic getaway as you relax side-by-side in our cabana for two. A rare treat for those who don't get enough quality time together. Perfect as a surprise or special date. You both deserve it! This one hour couples massage getaway includes our back pampering and is enhanced with our sumpassion mood, an essential oil blend of Cinnamon, Cardamom, Damiana, Valerian, and Kava Kava - an aphrodisiac odyssey.

men's recharge \$175/105 min.

We know how hard it is to get you in here! AND we hear on a daily basis from our male clients that they don't take care of themselves nearly enough. Well guys...this is just for you. This treatment starts with a 75 minute deep tissue massage to release tension as well as toxins, and back pampering. Our headache zapper completes the treatment and sends you off, ready for anything.

SUMTIME SPA PARTIES

Transport yourself and sum friends to the sumtime spa, a retreat with endless relaxing possibilities. For parties of 8 or more, each party is customized to your request, talk to us about options. Great for showers, birthdays, bachelorette parties, company retreats, teen parties and more!

How to make the most of your sumtime.

We ask that you come 15 minutes before your treatment to check-in and spend sumtime relaxing. Here you'll unwind in a comfy robe, drink sum tea, and feel your stress dissolve - making your treatment even more enjoyable. Please understand that arriving late for your appointment means getting an abbreviated treatment, as a courtesy to the client after you.

Booking an appointment.

You can call 510.523.2639 or stop into our sumbody store to book an appointment. We have walk-in appointments available almost every day. At the time of booking, we require a major credit card to hold your appointment.

Cancellation Policy

We require 24 hours notice to cancel or reschedule an appointment. If an appointment is missed or canceled in less than 24 hours, your credit card will be charged for your full treatment.

Tipping

If you enjoyed your treatment, it is customary (and appreciated!) to tip 15-20% to your therapist.

sumtime spa
retreat yourself.

As a friend of sumbody, you may already know the pleasure of using spa-quality natural products at home, everyday. But what do you do when you crave a really special treat? Why not take sumtime for yourself, and spend sum quality time with us? We've taken sumbody to a whole new place. And that place is sumtime spa. Here you'll experience decadent treatments using only sumbody products and adding fresh ingredients straight from their source.

There are so many ways and reasons to indulge yourself here. A mid-day energy-boost. Some after-work stress relief. A special occasion with friends and loved ones. Perhaps you can't always achieve at home, the serenity you crave. So make sumtime yours. An oasis where you can rejuvenate, relax and renew.

For appointments call 510.523.2639
1350 Park St, Alameda California 94501

BODY

We cater EVERY treatment with aromatherapy to create a great experience and a great end result - a happier, calmer, more energized, or passionate YOU!

massage therapy

A great massage becomes incredible with the sumbody signature. A Swedish massage is customized to your mood with a 'Dew Me' spritzer and our handmade, all natural massage oils. You'll soon consider this treatment weekly therapy!

\$80/60 min. \$100/75 min. \$115/90 min.

deeptissue massage

Enjoy this highly therapeutic technique that uses firm finger pressure and slow massage strokes to focus on relieving chronic patterns of tension that create painful conditions and structural misalignment. We do recommend 75 or 90 minutes to get the most beneficial results.

\$87/60 min. \$107/75 min. \$122/90 min.
\$185/120 min.

mother-to-be massage

We specialize in combining safe pregnancy massage techniques for each stage of pregnancy and use handmade oils that are safe for the mother-to-be. We have a special pillow for the comfort of the mother which also gives the ability to lay face down in a position that will release stress and tension in the body. This treatment connects mother to child and mother to bliss!

For the safety of you and your baby, sumtime spa does not offer first trimester massage.
\$110/75 min. \$125/90 min.

Remember to drink plenty of water
before and after your massage!

TREATMENT ADD-ONS

hot stone therapy \$20

Our hot stone therapy opens the muscle and provides deep down muscle and stress relief. Loosen your tight sore muscles by adding the hot stones to any massage. with 75 or 90 minutes only.

hand or foot therapy \$25 each

Your hands or feet are rehydrated and moisturized with steam towels, massaged with 100% shea butter, and a dry exfoliating treatment.

back pampering

Frustrated by problem skin in a hard to reach place? Our deep cleansing back pampering works hard to exfoliate old skins cells and reaches deep to unclog pores. This treatment includes: our 'Dew Me' misting, coal train cleanser, loofah exfoliation, a Deep Sea Mud Mask, Cucumber Toner, Jojoba Oil (anti-bacterial) and 'Dew Me' misting to get your back on track.

\$65/45 min.

couples massage

Enjoy a romantic getaway as you relax side-by-side in our cabana for two. A rare treat for those who don't get enough quality time together. Perfect as a surprise or special date. You both deserve it!

\$165/60 min. \$205/75 min. \$235/90 min.

chair massage

Try an abbreviated version of our regular massage with a therapeutic chair massage, perfect for those on-the-go. Get a quick boost of energy, melt stress away in a few relaxing moments, or try out a massage therapist before booking a longer appointment.

\$20/15 min. \$40/30 min. \$60/45 min.

handfoot heaven

Your saintly package includes: hands wrapped in herbal steam towels, skin smoothie hand mask, lavender white sugar scrub and hand massage with 100% shea butter. Feet wrapped in herbal steam towels, peppermint foot mask, cayenne pepper organic sugar foot scrub and foot massage with 100% shea butter.

\$65/60 min.

scalp massage \$35

Ahhh! Designed to stimulate circulation and release excess tension, this 15 min. massage is extremely gentle and calming, relaxing you to the point of no return, well almost....

pre-treatment bliss \$10

Enjoy a Cordial with a customized herbal tincture (to match your chosen mood) and a heated neck and shoulder aromatherapy 'beanie' while you relax before your treatment. Please come 15 minutes early to fully enjoy.

muscle balm therapy \$20

Tight, sore, achy muscles be gone, with our signature muscle balm treatment. At the end of the massage we will go back and apply this amazing balm that will help soothe the muscles and allow for more movement.

zapper therapy \$10 each or 2 for \$15

Zap that headache, stress or fatigue with one of our signature zappers massaged into your temples, chest, or neck -12 zappers to choose from.

FACIALS

Sumbody's signature facial products are 100% natural and at the peak of freshness and potency, alive and active. Each facial includes a gentle cleanser, and exfoliating face scrub, a nourishing face mask and a soothing moisturizer. You'll also enjoy a brief relaxing hand, neck and shoulder massage during every treatment.

Fresh Facial \$79/45 min.

Who needs it? All skin types.
Our freshface mask feeds your skin and restores lost vitamins and minerals. When the signs of poor nutrition show up on your skin this is the treatment for you. Feed your skin and rejoice in the results!

Early Prevention Facial \$79/45 min.

Who needs it? All skin types.
One of the first things to visibly age your skin is the destruction of collagen brought on by free radical damage. Our vital C line is formulated with vitamin C to battle those pesky free radicals and thus preventing premature aging.

Rehydrating Facial \$89/45 min.

Who needs it? Dry Skin.
We use goat milk because it is so easily absorbed, bringing moisture and its many nutrients down to the deepest layers of your skin. Goat milk is deeply hydrating and will leave your skin feeling silky smooth.

Clear Up Facial \$89/45 min.

Who needs it? Oily/Acne Prone.
Formulated to combat current breakouts, prevent new ones and help reduce inflammation, redness and scarring, this treatment could be just the ticket to clean and clear skin. Let us help you get your skin back to its original state of beauty. Our sum skin specialists are here for you and will strategize with you to find a long term plan for clarity.

Deep Cleansing Facial \$89/45 min.

Who needs it? All skin types.
Our skin simply cannot function when our pores are clogged. So, no matter what skin type you have purifying and detoxifying your skin is very important. Our deep sea mask is a powerful and extremely potent deep pore cleanser with profound results. This treatment purifies your skin by unclogging the unwanted gunk, letting your skin breathe easy once more.

Age-defy It's About Time \$89/45 min.

Who needs it? Mature skin.
Turn back the clock with this addictive 'miracle.' DMAE has been dubbed "sumbody's face lift in a jar." This natural substance starts to work 20 minutes after you apply it and is active for 24 hours. It works to decrease the inflammation around fine lines and wrinkles, making them appear to disappear. We have also added anti-oxidants and other potent age-defying ingredients to this treatment, so go ahead and defy.

Age-defy Ageless \$89/45 min.

Who needs it? Mature skin.
Our skin is our largest organ, and our first line of defense. It protects us so we need to protect it. With this treatment you'll be able to give your skin its daily dose of the vitamins and nutrients it needs to be healthy and vibrant. Who could ask for more?

30-minute quickie \$49/30 min.

Who needs it? All skin types.
Fast and effective. Make a lunch date or stop off on the way home from work to be with sumbody. We'll pick out the products you need the most for this completely customized 30 minute facial. Does your skin need a deep cleaning or some anti-oxidants? No problem, we've got it and fast. Quickie facial does not include massage.