



# Whole. Body. Wellness.

At Spa One Nineteen, we offer a unique approach to pampering by providing our clients with a whole body wellness approach. By combining our tranquil day spa experience with the medical and wellness expertise of Ascension St. Vincent's and One Nineteen, we're able to extend the traditional benefits of our clients' spa services.

Stress management services are vital to whole body wellness. Whether it's incorporating stress reduction services through nail, facial or massage services, our medically trained service experts are state board certified; providing professional expertise in addition to helping clients achieve their wellness goals. Whether you are seeking relaxation or results, clients receive a customized spa experience.



Ascension  
St. Vincent's

To learn more,  
call 205-408-6510

Services available  
Tuesday and Thursday 9 a.m.-7 p.m.  
Wednesday, Friday and Saturday 9 a.m.-6 p.m.

Ascension St. Vincent's One Nineteen  
7191 Cahaba Valley Road  
Birmingham, AL 35242

One Nineteen  
Spa



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610908 (11/18/21)



One Nineteen  
Spa



## Nails

### Manicures

- Manicure .....\$30
- Restorative spa manicure .....\$40
- Gel manicure.....\$45

### Pedicures

- Express pedicure .....\$30
- Restorative spa pedicure.....\$50
- One Nineteen spa pedicure .....\$75

### Nail upgrades

- Nail trim..... \$10
- Nail polish change ..... \$10
- Gel nail soak-off ..... \$10
- Gel polish application.....\$25
- Parrafin hand or foot treatment..... \$10



## Skin

### Facials

- Custom facial  
30 minutes .....\$65  
50 minutes .....\$85  
80 minutes .....\$119
- Back facial .....\$85
- Men's ultimate facial .....\$85
- Multi-acid peel with facial .....\$100
- Correcting facial 50 minutes .....\$95
- Deep cleansing facial  
60 minutes .....\$100

### Facial upgrades

- Lip treatment (scrub and mask) ...\$15
- Collagen mask for  
neck and décolleté .....\$20
- Scalp treatment.....\$25
- Eye rescue treatment .....\$25
- Dermaplane .....\$50  
With facial \$100
- Microdermabrasion..... \$60  
With facial \$110
- Radiant peel treatment.....\$150

### Brows

- Brow tweeze.....\$15
- Brow tint .....\$20
- Brow wax.....\$15

### Waxing

- Face .....\$40
- Lip/chin wax.....\$15 each
- Ear .....\$15
- Sideburn .....\$15
- Full arm .....\$60
- Half arm.....\$30
- Chest .....\$55
- Leg.....\$75
- Partial leg .....\$50
- Toe.....\$15
- Back .....\$60
- Bikini .....\$30
- Partial Brazilian .....\$45

Ask us about package pricing to save 25% each visit.



## Body

### Massages

- Aromatherapy massage  
30 minutes .....\$50  
45 minutes .....\$70  
60 minutes .....\$90  
90 minutes .....\$135
- Custom massage  
30 minutes .....\$50  
45 minutes.....\$70  
60 minutes .....\$90  
90 minutes .....\$135
- Prenatal massage  
60 minutes .....\$90  
90 minutes .....\$135

- Deep tissue massage  
60 minutes .....\$95  
90 minutes .....\$140
- 79-minute One Nineteen  
signature massage .....\$119
- Hot stone add-on .....\$10

### Reflexology

- 30-minute reflexology .....\$50

### Stretching

- Assisted stretching  
30 minutes .....\$45  
45 minutes.....\$60  
60 minutes .....\$70

