

a petite retreat



305 No. Main Street ~ Tactician Building
Andover, MA 01810
(978) 475-1639
jeannie@apetiteretreatandover.com
www.apetiteretreatandover.com

Menu of Services

Welcome, Your Retreat Awaits!

A Petite Retreat is a comforting oasis from everyday demands and stresses. A Petite Retreat offers holistic skin & nail care, reflexology and reiki. The perfect synergy of effective treatment and relaxation designed to renew the body and refresh the mind. I invite you to set aside a small snippet of time to replenish the spirit with well-deserved and well-needed relaxation.

Jean E. Theberge

*"Slow Beauty; An attitude that
Real beauty comes from deep care
of one's inner self"*

NAILS & PEDI

Jean selects the finest high-quality professional products designed to support and improve the health of the nails and hands.

Essential Manicure

Leaves hands silky and beautiful.

Warm aroma hand soak, nail shaping, cuticle grooming, relaxing hand massage, polish application.

Signature Manicure

Nourishment for problem nails and dry hands.

Warm jasmine oil bath, aromatherapy sugar scrub, ginger essential oil mask, relaxing hand massage and polish application.

Gentleman's Manicure

Nourishing hand soak, nail shaping and cuticle grooming, relaxing hand massage finished with a gloss nail buff or matte clear lacquer.

NAIL ENHANCEMENTS

Gel Polish

The latest innovation in nail polish.

LED light cure system yields an instantly dry, high shine chip-free finish that lasts 14 days. Perfect finish for natural nails and extensions. Salon removal recommended.

Nail Extensions

Nail tips with non-acrylic overlay to lengthen natural nails.

PEDI CARE

Essential Pedicure

Classic care for the feet and toenails.

Warm scented whirlpool soak, nail clipping, cuticle grooming, corn and callus care, delightful tropical sugar scrub, foot and lower leg massage, polish.

Signature Pedicure

Advanced care for rough, tired feet

The Essential Pedicure with the addition of a grape peel extract to soften and exfoliate rough skin, extended callus work, creamy pomegranate masque, warm towel wrap, polish.

Aromatherapy Pedicure

A luxurious, relaxing sensory experience. Choose Awaken, Escape, or Revive essential oil synergies.

Essential oil and milk foot soak, nail, cuticle and callus care, essential oil sugar scrub, lower leg and foot massage, polish.

Gentleman's Herbal Foot Treatment

Routine foot care especially for men. Featuring the familiar, energizing aroma of peppermint.

Mineral bath foot soak, nail, cuticle and callus work, peppermint exfoliation scrub, lower leg and foot massage, herbal moisture masque, warm towel wrap, natural buff finish.



SKIN CARE

Each skin care treatment incorporates professional, high quality botanically based skin care products designed to create a facial service that is both a high-performance skin care treatment and a thoroughly relaxing spa experience. Each facial is customized to reflect the needs of the client. For lasting results, seasonal facials, appropriate home care and sun protection are highly recommended. A makeup refresher and home care consult completes each facial service.

Essential European Facial

A facial specifically designed for routine maintenance of the face, neck, and decollete. Leaves skin completely cleansed, perfectly hydrated, supple and radiant. Featuring high-quality professional skin care products, each facial is customized to the needs of the epidermis and the concerns of the client.

The skin is treated to a three-stage cleansing and exfoliation, skin analysis, warm aromatic steam towels, massage of the face, neck, hands and arms, treatment cream and cream mask.

Anti-Sensitivity Facial

An ultra-gentle treatment well suited for clients with fragile skin in need of relief from the effects of rosacea, sensitivity and redness. The skin feels cool, calm and soothed.

Using gentle technique and essential oil extracts, the skin is completely cleansed of rough or flakey skin. Soothing serum, St. John's Wort oil extract, treatment cream, cooling gel mask and delicate massage complete this gentle and effective treatment.

Omega3 Treatment Facial

A luxurious anti-aging facial treatment with omega 3 essential fatty acids from flaxseed oil improves cellular function and strength for clients with dry, sun damaged and prematurely aged skin.

The skin is cleansed with a Shira Esthetics Omega 3 foaming cleanser followed by a light exfoliating peel. The skin is bathed in Vitamin F extract, a Vitamin F veil mask is applied over the face and extensively massaged to allow active substances to deeply penetrate the skin surface. An application of Omega 3 Firming Serum and Omega 3 Replenishing Cream completes this youth preserving treatment.

Gentleman's Rebalancing Facial

A unique facial treatment tailored to the needs of the male client. Restores balance to all skin types. Please shave two hours prior to appointment.

A treatment that provides soothing relief from the irritating effect of shaving and razor burn. Deeply cleanses, tones, hydrates and repairs the skin of the face and neck.

Eye Treatment

An intensive hydration treatment for the delicate skin of the eyes. Gentle exfoliation, eye serum and a micro-collagen mask rejuvenates, hydrates and brightens the skin of the eyes.

COLLECTIONS

Relaxation Package

Essential manicure & aromatherapy pedicure

Tranquility Package

European facial & essential pedicure

Serenity Package

European facial & foot reflexology

Classic Day of Beauty

European facial, essential manicure, essential pedicure, foot reflexology, light make-up

SPECIALTY SERVICES

A Petite Retreat offers expert waxing for the face and body and individual eyelash extensions.

Make Up

Personal, private make up consultation or instruction. Jean takes great care in designing make up regimes with ease of application for those with little to no prior experience with cosmetics. Trendy or timeless Jean will assist you in creating a look that suits you! Seasonal make up updates, application lessons and professional make up application for special occasions and bridal parties featuring Jane Iredale Mineral Cosmetics-“The Skin Care Make up.”

BODYWORK

Foot Reflexology

Deeply relaxing. Restores vitality and refreshes the mind.

Reflexology is an ancient art and science used today as an effective complimentary healing modality. Reflexology works on the principle of stimulating the reflex points on the soles of the feet through rhythmic acupressure. This stimulates thousands of nerve endings, which correspond to the whole body. Reflexology is helpful in relieving pain and produces an extremely deep relaxation. An herbal footbath and soothing music combine to enhance the reflexology experience. (Reflexology is not a substitute for medical treatment).

Reflexology Pedicure

Total joy for the feet!

The Petite Pedicure combined with the stress reducing benefits of foot reflexology.

Reiki

An ancient Japanese practice. A gentle, non-invasive, hands-on healing modality. Through a sequence of hand placements, the Reiki practitioner facilitates a transfer of Universal Life Energy to the recipient. Reiki serves to support, strengthen and accelerate the bodies' natural self-healing abilities. Reiki is a complimentary therapy that supports traditional medicine.

BODY CARE

Sugar Scrub Body Polish

Warm aroma therapy or tropical scented scrub is gently massaged on the body to exfoliate dry skin and improve circulation. Sugar is then removed with warm herbal steam towels, followed with a soothing application of emollient body lotion.

Bronzing Body Polish

The perfect special occasion tan.

A gentle exfoliation of the body followed with a flawless application of self tanner which is then buffed to achieve a sunless tan.

EXPRESS SERVICES

Perfect when time is short.

Petite Manicure

Quick and complete.

Nail shaping, cuticle care, lotion and polish application.

Petite Pedicure

An abbreviated version of the Essential Pedicure.

Whirlpool soak, nail and cuticle work, sugar scrub, polish.



ABOUT JEAN



Jean E. Theberge C.R.T.

Jean is a licensed Aesthetician, a nationally certified Reflexologist, Reiki II practitioner and nail technician.

Jean received her reflexology certificate in 1999 after completing a course of study with Val Voner at the New England Institute of Reflexology and Cape Center for Universal and Holistic Studies in Onset, Ma. Jean obtained national certification in foot reflexology in 2003.

Jean studied Reiki for two semesters at North Shore Community College where she received a Liberal Arts degree and a certificate in Wellness and Healing Arts. Jean is currently pursuing her BA in Sociology at Southern New Hampshire University.

Jean is a member of the Reflexology Association of America and the New England Holistic Health Association. Jean takes great care to provide each client with holistic personal care services in a relaxing and comfortable environment.



PETITE DETAILS

Hours by appointment
Tuesday through Saturday

In order to preserve a peaceful environment, please silence cell phones.

Kindly leave children with a care giver.

Scheduling Suggestions

Scheduling appointments two weeks in advance is recommended for the widest range of availabilities. Multiple services may require longer especially during high demand seasons. I make every effort to accommodate your schedule. Your patience is appreciated.

Cancellations

Appointment time is valuable and reserved just for you. In order for others to enjoy services, kindly allow 24 hours notice in the event of cancellation or rescheduling of your appointment. Late cancellations or “no shows” may incur a cancellation fee

Gift Certificates

Gift certificates are available in monetary amounts online. For collections or services of your choice, gift certificates may be ordered by phone and mailed, or call to establish a convenient pick up time.

Please visit
www.apetiteretreatandover.com
for additional service details and product information.

Visa and Master Card accepted

PRICE LIST

Nails & Pedi

Essential Manicure	\$20	Signature Manicure	\$25
Gentleman's Manicure	\$20	Gel Manicure	\$35
Nail Extensions Set.....	\$55	Extension Repair	\$25
Petite Manicure	\$15	Essential Pedicure	\$40
Signature Pedicure.....	\$45	Aroma Pedicure	\$50
Gentleman's Herbal	\$40	Petite Pedicure	\$30
Reflexology Pedicure	\$75		

Bodywork

Reiki.....	\$50	Reflexology	\$55
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Skin Care

Essential European Facial ...	\$65	Anti Sensitivity Facial...	\$75
Omega Three Facial.....	\$90	Sculptura 3D Facial.....	\$90
Gentleman's Rebalancing	\$65		

Body Care

Sugar Scrub Body Polish....	\$60	Bronzing Body Polish ...	\$60
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Specialty Services

Make-up Application.....	\$45
Waxing prices and details regarding wedding work available online	

COLLECTIONS

Relaxation Package

Essential manicure & aromatherapy pedicure	\$60.00
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Tranquility Package

European facial & essential pedicure	\$95.00
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Serenity Package

European facial & foot reflexology	\$110.00
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Classic Day of Beauty

European facial, essential manicure, essential pedicure, foot reflexology, light make-up	\$215.00
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