



Ahlara
International
Renew...Restore...Replenish...



Spa Menu

Massages of Ahlara

CHI MASSAGE

Swedish Massage - Our signature full body massage uses long gliding strokes with gentle pressure to relax the mind and increase circulation.

60 min - \$70 • 90 min - \$105

SHIVA MASSAGE

Custom Massage - A massage personalized to fit your body's needs. Using gentle to firm pressure, this massage includes a variety of healing modalities that will regenerate and transform your body and spirit.

60 min - \$75 • 90 min - \$110

PACHA PAPA

Deep Tissue Massage- This specialized massage addresses tight, overworked muscles using stronger strokes and neuromuscular therapy techniques to release tension and stress. Available for both men and women.

60 min - \$80 • 90 min - \$120

HIMALAYAN

The Upper Regions of Relaxation - Tension releasing relaxation for the head, neck, back and shoulders.

30 min - \$45

YIN-YANG

Romantic Experience for Two - Our intimately private couple's room allows synchronized, relaxing massages.

60 min - \$140

THE ANDES

Head and Scalp Massage - A deeply calming and relaxing massage leaving you feeling energized and revitalized. Good for relieving stress, tension, fatigue, headaches and migraines. Select this massage as a great "add-on" to another treatment.

30 min - \$45

\$30 with purchase of another hour service

A-MAIZING SOLE

Reflexology - Ancient technique in which specific pressure points on the feet are massaged in order to re-establish the flow of energy throughout the body. Relieves stress and releases energy and pressure throughout the body.

60 min - \$65 • 30 min - \$40

\$30 with purchase of another hour service

PACHA MAMA

Pregnancy Massage - Nurturing massage for the expectant mother in her second and third trimester. Mother-to-be will relax while lying on her side, surrounded by pillows for support and comfort.

60 min - \$70



MANI STONE MASSAGE

Warm Stone Therapy - Combination of traditional Swedish massage with the use of heated lava stones. The heat enhances the benefits of the massage by warming the muscles and the joints creating a deeper state of relaxation.

50 min - \$75 • 90 min - \$110

BINDI MASSAGE

Aromatherapy Massage - An ancient science of healing, relaxing and energizing the body using essential oil and long soft strokes. Choose from three oils.

60 min - \$75

KANTI MASSAGE

Anti-Cellulite and Rejuvenating - This skin smoothing massage works to eliminate toxicity, stimulate your skin's metabolism and smooth cellulitic accumulations with a high concentration of nature's best extracts. Full body massage for all skin types.

60 min - \$75

PRANA MASSAGE

Energy Massage - Using massage and touch release techniques, energy blockages are opened/released, realigning the vital healing force of your body.

60 min - \$70

SIAM MAHA

Herbal Bandle Massage - Try something unique! Herbal Thai bandles, filled with ginger, turmeric, lime and camphor, are steamed and used as heated compresses in your relaxing massage.

60 min - \$80 • 90 min - \$120

LOMI LOMI

Hawaiian "Loving Hands" Massage - This ancient treatment from Hawaiian lineage helps restore body alignment, rejuvenate the mind and empower the soul. The therapist utilizes prayer, breath and energy while moving the palms, thumbs, knuckles, forearms and elbows in rhythmic, dance-like motions.

60 min - \$70



COMPASSION TOUCH MASSAGE


A Gentle Massage for Cancer Patients - Using a light and loving touch, our certified therapists offer a compassionate massage for anyone who is experiencing cancer. This treatment is good for releasing muscle tension; decreasing sensations of pain, nausea and anxiety; offering emotional/spiritual support; improving immune function and improving quality of life. Appropriate for any time during the treatment of cancer.

60 min - \$75 • 30 min - \$45

ABHYANGA

Two Therapists Working in Harmony - Embrace a perfectly synchronized and rhythmic massage for the entire body using 100% warmed sesame oil.

60 min - \$140



Spirit of Ahlara

SHIRODHARA

Ancient Indian Therapy - Our most meditative and relaxing treatment in which a soothing stream of warm oil is poured over the forehead and onto the sixth chakra, your intuitive energetic center. It calms the central nervous system and integrates the mind and body.

45 min - \$65

SHIRODHARA WITH CHI MASSAGE

90min - \$110

REIKI

The Universal Life Force within You - A gentle rebalancing of the body's energy. With this ancient method, healing energy is transferred by lightly placing hands on various parts of the body.

60 min - \$70

CHAKRA BALANCING

Correct Energy Flow from Head to Toe - Alignment and balance of the body's seven energy centers with the use of colors and crystals. Helps the mind and body function at its highest level.

30 min - \$40

SINGING BOWLS

Positive Vibrations - Tibetan singing bowls are 'struck and sung' in specific rhythmic patterns to create harmonic vibrations. These vibrations gently nudge you back to your natural state of blissful tranquility and alignment.

30 min - \$45

THE RITUAL

Healing and Nurturing Bliss - Let our therapist take you on a divine journey with the powerful fragrance of incense, the mystical energy of crystals, the soothing vibrations of Tibetan singing bowls, and the spiritually guided life force of Reiki. For those seeking the most healing, balancing and transformative experience, this treatment is the pinnacle.

60 min - \$75

QI

Cupping - This ancient technique creates suction and negative pressure using clear plastic cups, which drain excess fluids, toxins, lessens adhesions, lifts connective tissue and brings blood flow to stagnant muscles and skin. Especially effective for tightness, chronic pain, and for reducing the appearance of cellulite.

60 min - \$75

GANGES

Manual Lymphatic Drainage - Using light rhythmic pressure, this technique assists in draining the lymphatic system, improving nutrient absorption and enhancing immune function while reducing inflammation and pain.

60 min - \$75

EGYPTIAN CONING

Ear Candling - Centuries old, candling continues to be used as a soothing and relaxing treatment for the ears. A linen and beeswax cone is gently placed in the ear and lit on the opposite end to create a slow vacuum. With no discomfort, old ear wax and toxins are removed. It aids in relieving pressure, wax build-up and inner ear blockage.

60 min - \$65

AQUA DETOX FOOT SPA

The revolutionary way to detoxify, re-balance and re-energize your body. Each treatment may help increase vitality, circulation, energy levels, nutrient absorption and sense of well-being.

30 min - \$55

SUMMER IN BANGKOK

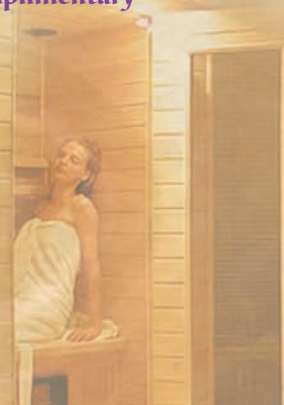
Healing Heat - The infrared heat of Ahlara's sauna feels like the heat of our sun. Excellent for increasing blood circulation, which is essential for beautiful, youthful, glowing skin. This ancient detoxifying ritual firms and improves skin tone and elasticity.

With Another Service: Complimentary

Without Another Service:

15 min - \$10

30 min - \$20



Body of Ahlara

Ahlara is one of a few elite spas in the U.S. where you may experience the powerful benefits of the dry float treatment. These innovative treatments described below allow you to completely unwind while wrapped in a soothing cocoon of warmth and weightlessness.

Add a Himalayan Massage to any of these body treatments for an extra \$40.

KOPI WRAP

Anti-Cellulite - This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism and eliminate water retention. Dark coffee, wok roasted and hand ground, smoothes and enhances skin texture, visibly reducing spongy, dimply, cellulitic areas with a rich aroma.

60 min - \$80

THE AEGEAN SEA

Nourishing and Detoxifying - Marine algae, which includes amino acids and vitamins, are famous for having miraculous benefits such as the ability to detoxify, nourish the skin, reduce water retention and even boost metabolism. Relax while enjoying the comforting effects of this wrap as the algae withdraws toxins from your circulatory system and replace them with nutrients and minerals.

60 min - \$80

THE RED SEA

Heals and Soothes - Aromatic Moor Mud, rich in natural vitamins, minerals and enzymes, is generously applied to your entire body. Sore muscles, aches and pains are alleviated as your body's circulation is stimulated and stress vanishes. Ideal for those prone to chronic pain or fatigue, arthritis pain and sports injuries.

60 min - \$80

MOROCCAN RASSOUL

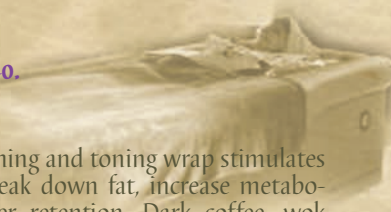
Uplifting and De-Stressing - Natural transformation of residual volcanic lava and rocks, Rassoul contains the earth's most natural health and beauty elements. This treatment delivers mineralizing, replenishing, rejuvenating and smoothing effects, while relieving fatigue and exhaustion.

60 min - \$80

BENBEN BODY SCRUB

Exfoliating and Hydrating - Using a seasonal fragrance of sugarcane crystals, this fabulous body polish exfoliates dead skin, unclogs pores, improves skin tone and increases circulation. The natural sugar scrub renders your skin clean, smooth, revitalized and silky-soft. Followed by a relaxing and hydrating dip in our dry float bed.

60 min - \$70



Skin Care of Ahlara

Bring out your natural glow with treatments that cleanse, tone and revitalize your skin. We feature Dermalogica and Clayton Shagal.

THE SPHINX

An excellent introduction to our facial treatments. This facial combines skin-type specific cleansing, exfoliation, extractions and an individualized treatment mask chosen to renew and soothe. A gentle head and neck massage is part of this relaxing treatment.

30 min - \$45 • 60 min - \$80

DELUXE SPHINX

Our signature facial is uniquely customized to fit all of your needs. An advanced treatment that includes special serums to treat the following skin types:

- Anti-Aging
- Pigmentation
- Sensitive/Rosacea
- Oily
- Acne
- Dry

75 min - \$95



SANDS OF CAIRO

Hydrodermabrasion - New to Ahlara - It combines the excitement and efficacy of microdermabrasion with a new twist and better results. Using a vacuum, diamond disc and aqua fuse jets this treatment offers deep exfoliation, cellular turnover stimulation, blood circulation enhancement, collagen synthesis stimulation and the diminishment in the appearance of fine lines and wrinkles. Safe to use on all skin types.

75 min - \$110

MT. FUJI

Facial for Teens - Our expert estheticians will focus on a highly effective treatment for adolescent skin, leaving the skin toned, balanced and free of excess impurities. Advice on a home care regimen is discussed.

45 min - \$65

THE SHERPA

Energizing Back Facial - This treatment uses many of our facial elements including, cleansing, extractions, exfoliation, skin type mask, massage and moisturizing, leaving the skin refreshed and glowing.

45 min - \$65

THE ATLANTIS

Collagen and Elastin Facial - A very progressive hydrating and anti-aging treatment designed to moisturize, firm, increase elasticity, tighten pores and reduce the appearance of fine lines and wrinkles. Suitable for most skin types, but best for under-nourished, mature or dehydrated skin.

90 min - \$110

THE JASMINE

Aromatherapy Facial - A relaxing treatment for all skin types, based on the rejuvenating benefits of essential oils, which work to relax and soothe the body and mind. This facial includes a gentle cleansing, exfoliation, an anti-stress massage and specialized masque that hydrates and renews your skin.

75 min - \$100

BALI PEEL

This naturally derived lactic acid stimulates the skin's natural exfoliation process while hydrating the skin's surface. A perfect treatment to assist in lightening age spots. This mild peel is gentle enough for all skin types.

30 min - \$40 • \$25 with purchase of facial

DHARMA EYES

Premature aging, sun exposure and environmental elements can strip your delicate eye area of its youthfulness and radiance. This potent treatment containing Collagen Cryo, smoothes away wrinkles, while tightening your eye contour for youthful, vibrant eyes.

30 min - \$40 • \$25 with purchase of facial

Waxing & Tinting of Ahlara

TEMPLE OF THEBES - WAXING

For Women

Eyebrow	\$18
Lip	\$15
Eyebrow/Lip Combo	\$28
Chin	\$15
Nose	\$5
Cheeks	\$15
Face	\$45
Face with Brows	\$60
Arms	\$30
Underarm	\$25
Bikini	\$30
Brazilian	\$70/\$55 follow-up
Half Leg	\$40
Full Leg	\$65

TEMPLE OF THEBES - WAXING

For Men

Sideburns	\$15
Arms	\$30 & up
Back	\$45 & up
Chest	\$30 & up
Stomach	\$20

TINTING

Brow Tinting	15 min - \$15
Lash Tinting	20 min - \$15

Ahlara Gift Cards Available



*Give the Ahlara
influence to
your friends
and loved ones.*

Hands and Feet of Ahlara

We use SpaRitual nail products made from naturally-colored vegan ingredients from around the world, including many specially sourced and selected plant essences that are wildcrafted and organic.

MUDRA MANICURE

For clients "on-the-go" - Includes shaping the nails, cleaning the cuticles and gently massaging moisture into the hands. Finish with a fresh coat of nail enamel.

30 min - \$25

TAJ MAHAL MANICURE

Signature Manicure - Transform your hands with our healing spa manicure. You receive our classic manicure combined with an aromatherapy scrub and masque to gently exfoliate and refine the skin. Finish with a nourishing hand massage, paraffin wax dip and perfect polish.

45 min - \$45

LOTUS PEDICURE

Quick, Simple and Classic - Refreshing soak and gentle exfoliation; followed by a cuticle clean up, nail reshaping, buffing and polishing for happy feet.

45 min - \$35

POTALA PEDICURE

A Royal Treatment for the Feet - First, experience a luxurious soak in our pedicure chair, followed by a deep exfoliation and rejuvenating masque, then enjoy our creamy heel therapy. Finish with a soothing calf & foot massage, paraffin wax dip and perfect polish.

60 min - \$65

ANJAL

Paraffin treatment for hands or feet. Rejuvenates and hydrates. This treatment can be performed on its own or with any manicure or pedicure.

15 min - \$10

POLISH CHANGE

\$10

FRENCH POLISH

\$5



SHELLAC POLISH

Say good-bye to chips, smudges, and dry time and say hello to Shellac™ Hybrid Nail Color! This revolutionary polish wears flawlessly for 14 days of high gloss shine and is removed in minutes.

Shellac Polish with Manicure/Pedicure **\$15**

Shellac Polish w/o Manicure/ Pedicure **\$20**

Shellac Removal with Manicure/Pedicure **\$10**

Shellac Removal w/o Manicure/Pedicure **\$15**

Complete & Relaxing Journeys of Ahlara

THE OM

Simple and Uplifting - Restore your well being with these three half hour services: Himalayan massage, 30 minute Sphinx Facial and Mudra Manicure.

1.5 hours - \$100

NAMASTE

Our Signature Package - The Sphinx facial and Chi Massage are complimented with a Lotus Pedicure.

3 hours - \$175

AHLARA HARMONY

Total Mind and Body Release - Beginning with the Sphinx Facial and Chi Massage, your cares will fade away. And after the Taj Mahal Manicure and Potala Pedicure finale, you are assured of total relaxation from head to toe. Lunch included.

4 hours - \$250

INCA TRAIL

Soak, Scrub & Massage - Unwind with a warm, conditioning foot soak. Then exfoliate and hydrate your skin with our Benben Body Scrub. End with a relaxing hour Chi Massage.


2 hours - \$130

SPIRITUAL JOURNEY

Healing and Balancing - Begin this journey with the magical healing properties of Moor Mud in the Red Sea Body Wrap. Follow with The Ritual, our most spiritual and uplifting treatment.

2 hours - \$150



A couple is shown from the back, lying on massage tables in a spa. They are both wearing white towels. The woman is on the left, and the man is on the right. They appear to be in a relaxed state, possibly receiving a massage. The background is a soft, out-of-focus light color.

SAHARA SMOOTH

Anti-cellulite and Rejuvenating Package - Begin your journey to smooth, toned skin with the Kopi Wrap, followed by the Kanti Massage.

2 hours - \$145

JAVA JOURNEY

Detoxify your Body, Mind and Soul - Start your detox journey with our Summer in Bangkok, followed by the nourishing algae of the The Aegean Sea. Finish with an amazing session in our Aqua Detox Foot Spa. A special cup of Yogi's Detox tea is included in this cleansing journey.

2 hours - \$125

"MACHO" PICCHU

A Package of Delights for Men - Begin your journey with the Summer in Bangkok, followed by the Pacha Papa Massage and end with our custom King Tut Facial.

2.5 hours - \$150

SOLEIL LUNA

Relaxation for Two - Our Yin-Yang couples massage, Potala Pedicure for her and a Yeti Pedi for him. Relaxing treatments built for two.

2 hours - \$240

HABIBI

Sweethearts Delight - Relax in our Sauna together before enjoying a Yin-Yang Massage. End with an A-mazing Sole for two and a glass of champagne.

2 hours - \$250

ANTONY & CLEOPATRA

Couples Journey - In a room sprinkled with rose petals, each of you will be indulge by our four-handed Chi Massage, sure to renew the spirit and relax the soul. Complimented with a bottle of champagne, this romantic experience is certainly fit for a king and queen.

1 hour - \$325

Men of Ahlara

CHI MASSAGE

Flow of Energy - This full body massage is designed for relaxation and wellness using long gliding strokes and gentle pressure while decreasing anxiety and enhancing sleep quality.

60 min - \$70 • 90 min - \$105

PACHA PAPA

Deep Tissue Massage- This specialized massage addresses tight, overworked muscles using stronger strokes and neuromuscular therapy techniques to release tension and stress. Available for both men and women.

60 min - \$80 • 90 min - \$120

A-MAIZING SOLE

Reflexology - Ancient technique in which specific pressure points on the feet are massaged in order to re-establish the flow of energy throughout the body. Relieves stress and releases energy and pressure throughout the body.

60 min - \$65

KING TUT

A Gentlemen's Facial - Enjoy deep cleansing and exfoliation to soothe and invigorate your skin. A gentle head and neck massage is included in this relaxing treatment.

60 min - \$80

YETI PEDI - FOR MEN

The Nepalese "Big Foot" Pedicure - First, you will experience our wonderful exfoliation and a rejuvenating masque; then enjoy our creamy heel therapy. Finish with a soothing calf and foot massage.

60 min - \$50

MANITOBA MANICURE - FOR MEN

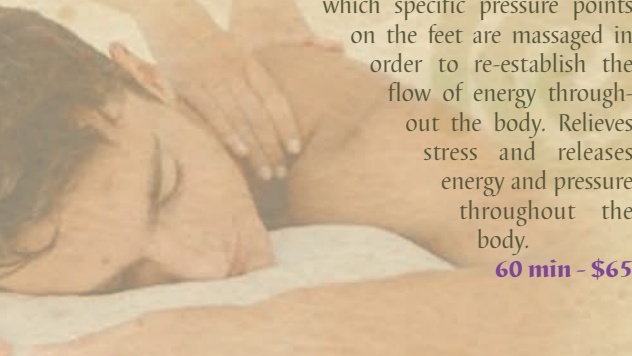
Quick, Simple and Classic - A clean up, massaging and shaping of your nails.

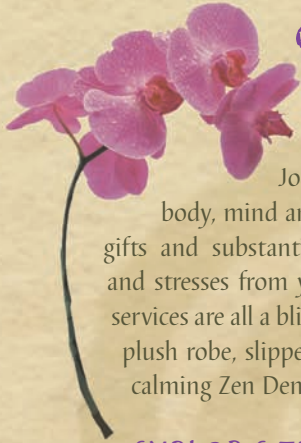
30 min - \$20

"MACHO" PICCHU

A Package of Delights for Men - Begin your journey with the Summer in Bangkok, followed by the Pacha Papa Massage and end with our custom King Tut Facial.

2.5 hours - \$150





Orchid Membership of Ahlara

TREATMENT-A-MONTH CLUB

Join the Orchid Club, and you'll make a personal promise to yourself to nurture your body, mind and spirit with regular monthly massages or facials, while enjoying exclusive special gifts and substantial discounts. Ahlara's peaceful and relaxing atmosphere removes the worries and stresses from your hectic life and leaves you feeling renewed and revitalized. Our membership services are all a blissful 60 minutes or longer, and include all of our complimentary amenities: Sauna, plush robe, slippers, locker room, shower and a rejuvenating cup of our hot Yogi tea served in our calming Zen Den.

EXPLORE THE MANY EXCITING FEATURES OF OUR ORCHID CLUB:

- Memberships are available for 6 months or 12 months. Any of our Massages or Facial Treatments can be made into an Orchid Club Membership. We are happy to customize an Orchid Club Membership for you.
- A 6 month Orchid Club Membership entitles you to a preferred rate on a monthly treatment as well as 15% savings on all additional spa services and 10% savings on retail purchases.
- A 12 month Orchid Club Membership entitles you to an even lower preferred rate on a monthly treatment as well as 20% savings on all additional spa services and 15% savings on retail purchases.

Now is the Time to Take Care of Yourself!

Guest of Ahlara

APPOINTMENTS

Being on time for your appointment is greatly appreciated to receive your full service and to ensure other clients are not inconvenienced. New clients are requested to arrive 10-15 minutes early. To ensure you get an appointment when you want and with whom you want, we recommend you schedule your next service prior to leaving the spa.

CANCELLATIONS

When scheduling an appointment, a credit card number will be required to hold the reservation. Should a cancellation or date change be necessary, we request a minimum of 24-hours notice for any single service or 50% of the total service will be charged. A 48-hours notice is required for any multiple services, spa package or a weekend cancellation.

GRATUITIES

Tipping is always left to the discretion of our clients. Gift certificates do not always include gratuities.



Denotes new service offered.

FOR YOUR COMFORT

We request that you disclose any medical condition and/or prescription medications you are taking as some services may be contra-indicated.

SUGGESTIONS

We are always open to suggestions. Please let us know how we can better serve you.

CREDIT CARDS

We accept Visa, Mastercard, Discover and American Express.

HOURS OF OPERATION

Monday 9am - 6pm
Tuesday - Friday 9am - 8pm
Saturday 9am - 5pm
Sunday 12pm - 5pm

Mission Statement

We are a calm and peaceful sanctuary where our guests can come to learn and experience a rejuvenation of mind, body and spirit. We provide an oasis of healing and health for our clients and employees. As our business grows and flourishes, so will the general wellness of those in Ahlara's community and beyond.

WE ARE A LOCALLY OWNED AND OPERATED BUSINESS.



d'lynnne Boutique International

clothing, jewelry & accessories



Visit our new d'lynnne Boutique International, Mooresville's best kept secret. We feature contemporary, upscale women's fashions with chic personal accessories and handmade jewelry all at moderate prices. We carry unique home furnishings, designed and created by artisans from around the world. Our skin care products include Dermalogica, Clayton Shagal and Ahlara's own private label bath & body products. Visit us today!



DIRECTIONS

- From Charlotte – North on I-77, take Exit 33. Immediate left on Williamson Road. After the sixth stop light, turn left on Joe V. Knox Avenue. Ahlara is located 1/4 mile on the left, across from Lowe's YMCA.
- From Statesville – South on I-77, take exit 36. Turn right onto Hwy 150, left onto Williamson Road. Turn right onto Joe V. Knox Avenue. Ahlara is located 1/4 mile on the left, across from Lowe's YMCA.



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Ahlar International

155 Joe V. Knox Avenue • Mooresville • North Carolina 28117
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