

T R E A T M E N T M E N U

THE SPA AT THE JOULE

With an emphasis on providing guests a truly personalized spa experience, The Spa at The Joule offers innovative and results-driven treatments in a stunning subterranean setting. Nurturing mind, body and soul with all forms of energy, the spa naturally lends itself to geothermal inspiration with luxurious groundbreaking European heat experiences that take guests through a therapeutic journey of temperature changes.

BODY RITUALS

TIME SIGNATURE THERAPY*

Time Signature Therapy encourages our guests to book A duration of time rather than a specific treatment, so That services and products can be tailored to meet each Individual's needs. As a welcoming gesture, each Time Signature Therapy begins with a soothing foot ritual Designed to restore a natural state of equilibrium.

Available in sessions of 2 or 3 hours

2 hours - Mon-Thu \$295 / Fri-Sun \$310

3 hours - Mon-Thu \$440 / Fri-Sun \$460

(3-Hour treatments include a delicious and healthy spa lunch)

THE JOULE - 110 min

The Joule treatment begins with our signature foot ritual as a welcoming gesture, followed by a gentle facial cleanse, dry body brushing and Himalayan salt exfoliation to purify and soften the skin. Guests then receive an indulgent massage, using nourishing calendula shea cream with time-release retinol beads to soften and hydrate the body. Warm volcanic and jade stones assist to penetrate tired, aching muscles. As a finishing touch, a soothing scalp massage allows you to relax and unwind.

Mon-Thu \$295 / Fri-Sun \$310

EARTH INSPIRED - 110 min

This holistic healing, Ayurvedic-inspired treatment begins with a foot ritual, followed by a full-body exfoliation using coconut sugar and exotic essential oils, paired with an energizing hot stone massage and stretching to create space between joints and lengthen trapped muscle tissue. Pure harmony is obtained with a powerful Shirodhara oil pour to the forehead.

Mon-Thu \$295 / Fri-Sun \$310

BLISSFUL RITUAL - 110 min

This decadent treatment begins with a double body exfoliation using a body brush, followed by a customized sugar scrub. Guests enjoy a relaxing scalp massage while a powerful detoxifying wrap works to eliminate toxins. After a refreshing shower and a full-body massage with choice of aromatherapy oil, guests will leave feeling revitalized with a sense of well-being.

Mon-Thu \$295 / Fri-Sun \$310

PERSONALIZED CONTOUR BODY TREATMENT - 110 min

This results-driven treatment is completely tailored to each guest's body. Highly skilled therapists utilize a combination of sculpting techniques to address skin firmness, slimming, cellulite, and elimination of toxins and/or excess water.

Recommended in a series of 3 treatments over a one-month period.

Mon-Thu \$295 / Fri-Sun \$310

PRE-NATAL BODY TREATMENT - 110 min

This deeply nourishing body treatment is designed to target areas prone to stress and tension during pregnancy. A calendula oil gommage gently exfoliates and hydrates, while a nurturing massage with an avocado oil body mask repairs and protects your skin during pregnancy. This soothing treatment ends with a relaxing scalp massage.

Mon-Thu \$295 / Fri-Sun \$310

**Through our team of Wellness for Cancer certified therapists, we are pleased to offer these select Biologique Recherche facials, body treatments and massages customized for those touched by cancer.*

T R E A T M E N T M E N U

TRIPLE BODY SCRUB - 50 min

This exceptional triple body exfoliation combines a dry brush, pink Himalayan salt scrub and calendula shea cream with time-release retinol beads leaving your skin nourished, smooth and glowing. Perfect as a stand-alone treatment or paired with a 25-minute massage for a decadent experience.

Mon-Thu \$155 / Fri-Sun \$165

MASSAGES

FIRE & ICE STONE MASSAGE - 110 min

This stimulating massage uses a combination of cool jade crystals and warm volcanic stones to rejuvenate and relieve deep muscle tension. The cooling effects of jade bring harmony to the mind and body, while the warm stones ease muscles and soothe aches and pains. This signature service begins with a welcoming foot ritual and concludes with a deeply relaxing scalp massage.

Mon-Thu \$295 / Fri-Sun \$310

CUSTOMIZED MASSAGE* - 50 min / 80 min

Not sure which massage technique is right for you? Simply select your desired time and our highly trained therapists will customize an aromatherapy massage to your body's needs. Our 80-minute massages include a deeply relaxing scalp massage.

*HOT STONE
SWEDISH
DEEP TISSUE
REFLEXOLOGY*

*50 min - Mon-Thu \$155 / Fri-Sun \$165
80 min - Mon-Thu \$225 / Fri-Sun \$235*

MATERNITY MASSAGE - 50 min / 80 min

This relaxing, full-body massage is perfect for the mother-to-be as it aids in relieving stress, improving and maintaining elasticity, reducing fatigue and targeting areas prone to tension during pregnancy.

*50 min - Mon-Thu \$155 / Fri-Sun \$165
80 min - Mon-Thu \$225 / Fri-Sun \$235*

TABLE THAI - 50 min / 80 min

Thai massage is an ancient healing method that combines gentle pressure massage with yoga-like stretching. This massage relaxes the body and quiets the mind, while increasing energy levels, improving circulation, and alleviating pain and muscle tension. The service is performed with the guest fully clothed on a massage table. Loose clothing is required.

*50 min - Mon-Thu \$165 / Fri-Sun \$175
80 min - Mon-Thu \$235 / Fri-Sun \$245*

CUPPING THERAPY - 50 min / 80 min

A twist on the ancient technique, trained therapists utilize jars to create suction and manipulate tissue. The underlying skin is raised, or sucked, partway into the cup. Cupping enhances circulation, helps relieve pain, and removes toxins that linger in the body's tissues.

Cupping can cause temporary red, blue or purple skin discolorations that can last from a few days to a couple of weeks. Once the marks have cleared, the procedure can be repeated until the condition or ailment is resolved.

*50 min - Mon-Thu \$165 / Fri-Sun \$175
80 min - Mon-Thu \$235 / Fri-Sun \$245*

SKINCARE

BIOLOGIQUE RECHERCHE FACIALS

A GLOBAL APPROACH TO SKIN. Founded on more than 35 years of skincare innovation, renowned French luxury skincare line BIOLOGIQUE RECHERCHE has a global reputation for unparalleled effectiveness. Today their methodology has a reputation for outstanding results based on a clinical approach to beauty care. The line uses pure, concentrated, raw ingredients along with meticulous protocols and procedures. Each facial is highly personalized to achieve immediate and long-lasting results.

BIOLOGIQUE SIGNATURE FACIAL* - 60 min / 90 min

This signature multifaceted and hyper-customized treatment focuses on the face, neck, décolleté and hands and is designed to show improvements instantly. The treatment begins with a deep cleansing and exfoliation followed by a lifting facial massage with varying serums and facial masks.

*60 min - Mon-Thu \$195 / Fri-Sun \$205
90 min - Mon-Thu \$255 / Fri-Sun \$265*

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SECOND SKIN FACIAL

This regenerating and lifting facial utilizes revolutionary electrospun hyaluronic acid patches. Customized to fit the face, the patches are strategically applied to targeted areas. Known for its immediate ability to plump and hydrate the skin and visibly treat wrinkles, it provides a noninvasive alternative to conventional fillers.

60 min - Mon-Thu \$310 / Fri-Sun \$320

TATA HARPER FACIALS

BEAUTY WITHOUT COMPROMISE. Developed by skincare specialist Tata Harper, the eponymous skincare line, adored by celebrities and beauty editors, has been fast-tracked as a must-have for the enlightened consumer seeking effective, luxurious products developed using the latest technology without synthetic chemicals. Formulated with the highest-quality natural ingredients from across the globe, each high-performance product is handmade on the company's Vermont farm to deliver maximum purity and freshness.

TATA HARPER SIGNATURE FACIAL - 60 min

This advanced facial uses a customized mask treatment to focus on hydration, firming and purification to address the concerns of blemish-prone skin. After a full skin analysis, the skin is treated with super-concentrated nutrients tailored to your specific needs. A nourishing and therapeutic face massage restores your skin's natural vitality and glow.

Mon-Thu \$195 / Fri-Sun \$205

ULTIMATE WRINKLE SOLUTION - 90 min

This ultimate anti-aging facial firms and lifts the skin using advanced muscle-relaxing neuropeptides to instantly reduce wrinkles, reinforce collagen and restore the skin's youthful cushion. Through therapeutic massage and high-performing active ingredients, wrinkles are smoothed and reduced for an instant uplift. This treatment concludes with a lavish scalp massage and contouring eye masque therapy.

Mon-Thu \$255 / Fri-Sun \$265

BACK TREATMENT - 60 min

This comprehensive detoxifying treatment for the back and shoulders addresses common skin-related issues including sun damage, congestion and dehydration. A customized mask, deep exfoliation, and relaxing massage help hydrate and reset the skin, protecting it from natural exposure to the elements.

Mon-Thu \$165 / Fri-Sun \$175

THE BEARD FACIAL - 60 min

Perfect for the bearded gentleman, this customized facial includes a full skin analysis, deep cleanse, gentle exfoliation, full-spectrum LED therapy to stimulate skin and counteract inflammation, followed by a foaming beard massage, and volcanic mud mask with high frequency comb to prevent ingrown hairs and breakouts. The service concludes with a rejuvenating beard oil treatment.

60 min, Mon-Thurs \$195 and Fri-Sun \$205

ADVANCED SKINCARE

These super facials incorporate the latest innovative technologies, techniques and skincare breakthroughs to transform skin for ultimate natural results with no downtime.

OXYLIGHT FACIAL - 60 minutes

The revolutionary Sapphire 3 OxyLight facial integrates the most-requested applications in one service. Using the latest in anti-aging technology, this non-invasive skin rejuvenation treatment includes: a diamond micro-dermabrasion utilizing suction to address fine lines and wrinkles; pure oxygen infusion spray; ultrasound therapy with LED to deliver serums and stimulate collagen production; negative pressure vacuum deep facial massage; micro-current treatment to lift, firm and tone; followed by a full-spectrum LED light therapy with oxygen spray to improve the overall appearance of the skin.

In just one hour, this facial will leave your skin transformed, resulting in tighter skin and pores, less inflammation and acne, and improved hyper-pigmentation, texture and tone.

Recommended in a series of 6 treatments every 2 weeks.

Mon-Thu \$410 / Fri-Sun \$425

T R E A T M E N T M E N U

MICRO-DERMABRASION FACIAL - 60 minutes
Restore your skin's natural glow with this unique advanced orbital micro-dermabrasion. This highly effective intensive treatment improves cellular turnover and deeply detoxifies the skin, dramatically minimizing the appearance of pores. To finish, LED light therapy is applied to heal the skin, eliminate bacteria and enhance the tone and texture while improving elasticity.

Recommended in a series of 6 treatments every 2 weeks.

Mon-Thu \$195 / Fri-Sun \$205

ULTIMATE FACIAL - 90 minutes
This advanced facial begins with a session of orbital micro-dermabrasion to exfoliate and reveal smoother, more evenly toned skin. Firming micro-current techniques are incorporated to regain cell memory and restore firmness. LED light therapy is then used to reduce the appearance of fine lines and wrinkles followed by an advanced collagen hydro mask application to nourish the skin.

Mon-Thu \$280 / Fri-Sun \$290

REMODELING FACE - 90 min
This age-defying treatment targets the face, neck and décolleté to restore elasticity, stimulate circulation and re-sculpt the facial structure, creating a lifted look with stunning results. The Remodeling Face Machine utilizes three currents that work simultaneously to change the facial architecture by lifting superficial and deep tissue. Results are visible after the first service. For long-term benefits a progressive series is recommended.

Recommended in a series of 3 treatments over a one-month period.

Mon-Thu \$325 / Fri-Sun \$335

MICRO-PUNCTURE FACIAL - 90 min
Our most intensive treatment geared to fight the signs of premature aging. This Micro-Puncture technique is paired with a cocktail of super-active amino acids, vitamins and serums. The micro-perforations activate a natural repair phase that regenerates skin tissue. Skin will be left

smoother, while imperfections such as fine lines and scars are minimized. Results are typically visible after the first service. Micro-Puncture add-on is also available for specific areas of concern. Recommended in a series of 6 treatments every 2 weeks.

Mon-Thu \$460 / Fri-Sun \$470

TRIPLE LIFT LUXURY FACIAL - 120 min
This clinical skincare restoration treatment is designed to boost cellular metabolism, resulting in the ultimate age-defying facial. This service is tailored to your needs, beginning with an in-depth skin analysis, deep cleansing and gentle exfoliation. The revolutionary Triple Lift process begins with two manual lift treatments, the application of customized serums and masks, followed by the use of the Remodeling Face Machine, which utilizes state-of-the-art bio-electrotherapy to deeply hydrate, lift and re-sculpt the face. Skin is visibly restructured, radiant and smooth. The addition of a luxurious hand and foot treatment completes the experience.

Mon-Thu \$365 / Fri-Sun \$375

THE STUDIO

WAXING
THREADING
LASH & BROW TINTING

**Please contact a Spa Coordinator for pricing and additional details.*

MICROBLADING
Microblading is an innovative semi-permanent solution to achieving perfectly groomed, shaped, defined and correctly colored brows. Ideal for sparse brows, tiny hair-like strokes are drawn directly on the skin's surface using a specially designed tool that deposits all-natural semi-permanent color pigment under the skin. Brow shape is customized to your face and pigment colors are formulated to match your original eyebrow color. Results are natural, fuller looking brows, no matter the amount of hair present.

Lasts up to a year, touch-up treatments can extend the life of the new brow.

*Full Set: \$500 *Includes complimentary touch-up. Must book within 6-8 weeks of initial session.*

*Refill: \$200 *Must be booked within 13 months of initial set.*

HOW TO SPA

Monday to Sunday 9am - 8pm

SCHEDULING AN APPOINTMENT

To schedule an appointment, please contact the spa reservations team at 214.261.4555 or visit us at thejouledallas.com under 'Wellness'. Our expert staff can guide you to the perfect service for your needs. To ensure your preferred time and service is available, we recommend booking in advance. All spa services will need to be guaranteed with a credit card.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will result in a shortened treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, camera and smoke free zone.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your choice of treatment when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant mothers after their first trimester. Please allow our spa team to guide you in selecting treatments that are suitable during this special time.

VALUABLES

The Spa at The Joule accepts no responsibility for loss of valuables and jewelry at any time on the spa premises.

LOST PROPERTY

All lost property found on the premises will be stored for 30 days, if items are not collected within this time frame they will be donated to local charities. Liquids, under garments and hair brushes are kept for 24 hours only.

PRICES

All prices are quoted in \$USD and are subject to change at any time. For your convenience a 20% gratuity will be added to your final bill.

CAR SERVICE

Available to our guests upon request and within a limited mile radius, we kindly ask for at least 48 hours notice.

COMPLIMENTARY CLASS AT VITAL FITNESS STUDIO

Spa guests reserving any 50-min+ treatment are welcome to a complimentary class at VITAL Fitness Studio. Located adjacent to the spa, the facility boasts a myriad of group fitness classes including cycling, yoga, TRX and HIIT. Must be booked the same day of spa service. For class schedule visit www.vitalfitnessstudio.com.