

PERSONAL TRAINING PACKAGES

	SESSIONS	TIME	PRICE
LIFESTYLE/POST REHAB	8	30 Minutes	\$249
ENHANCED TRAINING	8	45 Minutes	\$249
	10	45 Minutes	\$299
	12	45 Minutes	\$339
	15	45 Minutes	\$399
SPORT SPECIFIC TRAINING	15	45 Minutes	\$399
SIDE DISHES & ENHANCEMENTS			
Single Personal Training Sessions		50 Minutes	\$39
		40 Minutes	\$32
		25 Minutes	\$27
Body Composition Assessment.....			\$39
Personal Fitness + Body Composition Assessment			\$44
Nutrition Consultation + Body Composition Assessment			\$99
*Add 2 Nutrition Consultations to Training Package			\$79
Single Nutrition Consultations		50 Minutes	\$55
		35 Minutes	\$39

For more information about training packages email MizzouRecTraining@missouri.edu or call 573-882-7842

PERSONAL TRAINING OFFICE HOURS:

Personal Trainers are available Monday-Friday in zouLIFE for assessment appointments, questions, and general information about personal training.

Hours vary, please contact zouLIFE for a schedule of hours or to make an appointment at 573-884-6555.

ZOU *life*

TRAINING ▪ SPA ▪ FITNESS ASSESSMENTS ▪ SALES ▪ NUTRITION CONSULTS

Massage

SWEDISH MASSAGE

Consists mainly of long strokes over oiled skin and kneading of the outer layers of muscle tissue to reduce stress and soothe sore joints and muscles. Swedish massage relaxes the nervous system, aids circulation, and helps with detoxification.

30min / \$45 60min / \$65 90min / \$89

DEEP TISSUE MASSAGE

Targets your body's deepest layers of muscle and releases tension in overstressed areas. When your muscles are severely knotted, this therapeutic treatment is designed to break it up. Deep-tissue massage is a mix of slow, short, strokes and penetrating finger pressure focused on tight, contracted areas. The therapist employs thumbs, forearms, and even elbows to work muscle tissue and relieve tension.

30min / \$50 60min / \$75 90min / \$94

SPORT MASSAGE

Sports massage is a form of bodywork geared towards participants in athletics. It is used to help prevent injuries, to prepare the body for athletic activity and maintain it in optimal condition, and to help athlete's recover from workouts and injuries.

30min / \$50 60min / \$75 90min / \$94

Facials & Skincare

ZOULIFE FACIAL \$69

This facial begins with a deep cleansing, followed by gentle extractions and steaming. A healing mask is used to help rehydrate dry, flaky skin, or eliminate oily particles. Also enjoy an upper body and facial massage during this 60 minute service.

EXPRESS FACIAL \$39

This facial is ideal for a quick cleaning over lunch or between regular treatments. You will experience a gentle cleanse with exfoliation and nourishing mask leaving your skin clean, healthy, and refreshed in just 30 minutes.

SENSITIVE SKIN FACIAL \$79

Sensitive skin can be caused by a variety of factors like environmental damage, rosacea, extreme peels or laser treatments or by natural disposition. This type of facial utilizes gentle procedures and hypoallergenic products that are appropriate for irritation-prone skin. Facials for sensitive skin can improve complexion, reduce inflammation and boost your skin's immunity, which will help prevent future irritations. This treatment also includes an upper body massage during your 60 minute treatment.

ANTI-AGING FACIAL \$79

This treatment uses products and techniques designed to slow the aging process, brighten skin, and reduce wrinkles. Your skin will feel tighten and firmed after this 60 minute service.

PRENATAL MASSAGE

Carrying a baby inside you changes your center of gravity and puts a lot of stress on your back, neck, abdominal muscles, and shoulders. Pregnancy also relaxes your ligaments, so that your pelvic joints are less stable, and changes your posture, pulling your pelvis forward. Add to that the extra weight you're carrying and you may find you've got an aching lower back.

30min / \$45 60min / \$65

CHAIR MASSAGE

This massage targets your neck, shoulders, arms, and/or hands utilizing an egomaniacally designed chair. Clients do not need to disrobe making this an ideal option for a quick treatment.

15min / \$19

REFLEXOLOGY

During a reflexology session, you're clothed and seated or lying down while the therapist rubs, presses on, and squeezes points on your feet. The therapist may concentrate on specific areas to alleviate ailments or work on the whole feet with the aim of strengthening every system in the body.

30min / \$39

ZERO GRAVITY MASSAGE CHAIR

This individualized experience uses rollers, air bags, heat pads, zero gravity and vibrating surfaces to ease everyday aches and pains, without the assistance of a massage therapist.

15min / \$9

GENTLEMEN'S FACIAL \$39

This service is specifically formulated to a male needs and/or shaving-related issues, such as razor burn, or other conditions like skin sensitivity and dullness. It targets skin roughened by spending time in the outdoors, acne, excessive sweating, and skin conditions related to aging. Deep-pore cleansing, moisturizing, exfoliation, toning, and vigorous facial, neck, and shoulder massages are included during these facials, which usually last from 30-minutes to an hour depending on the clients needs.

ACNE FACIAL \$79

This 60 minute facial is designed to maintain the challenges of oily/acne prone skin or as a maintenance treatment for all skin types. Treatment includes a deep cleansing, steam exfoliation, cautious manual extractions and a soothing mask in addition to the basics of a zouLIFE facial.

BACIAL \$79

This treatment is beneficial in cleansing those tough-to-reach spots on your back, targeting a variety of skin care needs such as clogged pores, back acne, and dehydrated skin. This treatment mimics many of the traditional techniques used while performing treatments for the face, and incorporate deep cleansing, extractions, and purifying masks. This also includes a back massage during this 60 minute treatment.

EYE TREATMENT \$19

This 15 minute targeted treatment alleviates puffiness, dark circles, and tired look around the eyes.

Nail Care

:: MANICURES ::

ZOULIFE MANICURE \$29

This treatment begins with soaking the hands and nails in warm water. Shaping of the cuticles and a pressure point hand and arm massage follow. The nails are clipped and shaped and buffed, and then nail polish is applied.

EXPRESS MANICURE \$19

This focuses mainly on the fingers with nail shaping and polish but does not include a hand massage. This is designed for an appointment between regular manicures for generally well-maintained hands.

FRENCH MANICURE \$34

A zouLIFE manicure along with clear, pale pink or beige polish over the entire nail, and white polish along the tip, the end result is healthy, vibrant and perfect for all occasions you definitely can't go wrong.

PARAFFIN MANICURE \$41

This is a must for anyone with dry or overworked hands. A zouLIFE manicure along with Paraffin, or heated wax, infuses the skin with instantaneous moisture and leaves ones hands smooth and supple. The manicure also includes a stimulating hand massage and finishes with a chic basic manicure.

ATHLETIC MANICURE \$29

zouLIFE Manicure for men or women along with clear polish and finger nail buffing.

:: PEDICURES ::

ZOULIFE PEDICURE \$49

Foot soaking, foot scrubbing with a pumice stone or foot file, nail clipping, nail shaping, foot and calf massage, moisturizer and nail polishing.

EXPRESS PEDICURE \$29

Relax your feet in our whirlpool jetted tub as our technician files your nails, trims your cuticles and provides a light exfoliation of your feet. This is designed for an appointment between regular pedicures for generally well-maintained feet.

FRENCH PEDICURE \$54

A zouLIFE pedicure along with a clear, pale pink or beige polish over the entire nail, and white polish along the tip, the end result is healthy, vibrant and perfect for all occasions you definitely can't go wrong.

PARAFFIN PEDICURE \$61

This is a must for anyone with dry feet. A zouLIFE manicure along with Paraffin, or heated wax, infuses the skin with instantaneous moisture, this leaves ones feet smooth and supple. The manicure also includes a stimulating hand massage and finishes with a chic basic manicure.

ATHLETIC PEDICURE \$49

A zouLIFE pedicure for men or women along with clear polish and toe nail buffing.

:: COMBOS ::

ZOULIFE MANICURE/PEDICURE \$73

(regular value \$78)

EXPRESS MANICURE/PEDICURE \$43

(regular value \$48)

PARAFFIN MANICURE/PEDICURE \$92

(regular value \$102)

FRENCH MANICURE/PEDICURE \$83

(regular value \$88)

ATHLETIC MANICURE/PEDICURE \$73

(regular value \$78)

:: NAIL ENHANCEMENTS ::

NAIL ART

Hands.....\$5 Feet.....\$5 Hands & Feet.....\$8

PARAFFIN WAX TREATMENT

Hands.....\$12 Feet.....\$12 Hands & Feet.....\$21

SOAK-OFF

Hands.....\$19 Feet.....\$19 Hands & Feet.....\$39

POLISH CHANGES

Hands.....\$10 Feet.....\$10 Hands & Feet.....\$18

Waxing & Tweezing

:: FACIAL WAXING OR TWEEZING ::

Single Zone (specifics discussed with esthetician) \$10
 Combo Zones (2) \$15
 All Zones (full face) \$30
 Tweezing add'l \$5

:: BODY WAXING ::

Arm \$34
 Underarm \$19
 Chest \$39
 Back \$44
 Partial Legs \$34
 Full Legs \$59
 Basic Bikini \$29
 Bikini Plus \$49

NOT ALL SERVICES AVAILABLE ON A WALK-IN BASIS.
 PLEASE CALL 884-6555 TO MAKE AN APPOINTMENT.