



Menu of MedSpa Treatments

Botox® Cosmetic

\$14/unit

Botox® Cosmetic is approved by the FDA to treat lines between the eyebrows caused by squinting and frowning. It is also commonly used to soften the lines on your forehead, and crow's feet around the eyes. Botox® Cosmetic is safe and requires no downtime. The benefits typically last about four months.

Restylane®

\$360 / .04 cc \$575 / 1 cc

If you are bothered by fine lines and wrinkles, the natural dermal filler Restylane may be the right treatment for you. With age, many experience a depletion of collagen in the skin and consequently a loss of volume. Once youthful lips have lost their subtle shape or laugh lines have become increasingly noticeable, Restylane® restores the natural shape to these areas. The results are immediate and last up to six months.

Laser Hair Removal

See inside for details and pricing.

Vein Therapy

\$200/15 minute session

Approximately 50% to 60% of men and women worldwide have unsightly leg and facial veins. Our Cutera XEO laser system can provide a safe and effective method of treatment for a wide range of leg and facial veins and requires no painful injections.

Laser Facials

\$425 single / \$1,150 series of 3

Laser Genesis is a unique non-ablative procedure that promotes healthy looking skin including the reduction of redness and pore size, the treatment of Rosacea, and improvement of skin tone and texture. With this procedure, one can reduce sun spots and uneven skin tone caused by chronic sun exposure.



Laser Hair Removal

Carefree, smooth skin. At Acara MedSpa, we employ state-of-the-art laser technologies to permanently reduce unwanted hair. The Cutera XEO laser can be used safely and effectively on all skin types and is FDA approved for permanent hair reduction. A series of three or more treatments is recommended to experience maximum benefits.

Area	Single	Series of 3
Bikini Line	\$225	\$610
Brazilian Bikini	\$290	\$785
Full Bikini	\$350	\$945
Under Arms	\$300	\$810
Lower Legs	\$350	\$945
Upper Legs	\$450	\$1,215
Full Legs	\$725	\$1,960
Forearms	\$250	\$675
Upper Arms	\$250	\$675
Full Arms	\$400	\$1,080
Upper Lip	\$120	\$325
Chin	\$120	\$325
Upper Lip & Chin	\$165	\$445
Full Face	\$295	\$795
Neck (front)	\$200	\$540
Neck (back)	\$200	\$540
Lower Back	\$350	\$945
Upper Back	\$350	\$945
Full Back	\$650	\$1,755

Facials

Introductory Facial

\$55 single / \$150 series of 3

Relax and learn about your skin and how to care for it while rejuvenating your complexion. This facial offers a thorough analysis of the skin, cleansing, gentle exfoliation, toning and moisturizing, leaving skin with a smoother, softer appearance.

Acara Facial Therapy

\$165 single / \$445 series of 3

Our signature Acara Facial is a therapeutic, in-depth skin rejuvenation specifically for your skin. Skin analysis, gentle cleansing, exfoliating peel, facial massage, antioxidant serum and hydrating gel mask renews your skin. This is followed by a relaxing hand and arm massage, reviving eye cream, collagen activating complex and vitamin B5 serum applied to face, neck + décolleté. We finish with an intense moisture cream and spf 30 protection that leaves your skin radiant, reconditioned and renewed.

C - Lipoic Facial Therapy

\$110 single / \$295 series of 3

Antioxidant Vitamin C is one of the most effective ways to repair and prevent the aging and free radical damage resulting from environmental exposure. Infusion of pure Vitamin C directly into the skin, restores skin texture, elasticity and firmness while fading pigmentation problems and diminishing fine lines and wrinkles. For optimum results, Dr. Gorman recommends this treatment in a series scheduled a week apart.

Clear Skin Therapy & Acne Facial

\$110 single / \$295 series of 3

Adult acne can be successfully treated with our effective treatment that reduces break-outs and excess oil. This soothing treatment deep cleans pores, calms redness and hydrates to balance skin. Even a single treatment can provide dramatic results. This treatment can also be applied to the back or chest.

Acara Hand Treatment

\$30 single / \$80 series of 3

Rejuvenate your hands with a rejuvenating hand treatment. Leaves hands radiant, visibly smoother and younger looking. The perfect addition to any facial.

Clinical Peels

Glycolic Acid

\$75 single / \$205 series of 3

Glycolic Acid is an Alpha Hydroxy Acid originally derived from sugar cane. You will notice a significant improvement in texture and radiance of your skin within a few days. A mild Glycolic peel can be combined with Microdermabrasion for even more impressive results. Ask our Aesthetician for details.

Lactic Resurfacing Peel

\$90 single / \$245 series of 3

An advanced resurfacing treatment, excellent for age management, acne and hyperpigmentation.

Salicylic Resurfacing Peel

\$90 single / \$245 series of 3

Moderately aggressive exfoliating facial treatment designed for acne care.

TCA Resurfacing Peel

\$110 single / \$295 series of 3

Moderately aggressive resurfacer designed to speed the regeneration and renewal of healthy cells. Specifically designed for treatment of hyperpigmentation.

Therapeutic Massage

Swedish Massage **\$45 for 25 min. / \$80 for 50 min. / \$115 for 80 min.**

Enjoy the feeling of well-being and relaxation with a therapeutic Swedish massage. Your therapist will help relieve stress and tension by using long strokes, kneading and friction as well as passive stretching movements, to enhance circulation and increase oxygen supply.

Deep Tissue Massage **\$55 for 25 min. / \$95 for 50 min.**

For chronic patterns of tension try Deep Tissue massage. Using a steady, deep pressure while targeting the deeper muscle structure the therapist will work on a target area to reduce an relieve chronic tension in the areas muscle fibers.

Sports Massage **\$50 for 25 min. / \$90 for 50 min. / \$125 for 80 min.**

Whether a weekend warrior or a training athlete, Sports massage is an excellent therapy for the physically active. The Therapist combines fast paced percussion, friction movements and deep tissue strokes to help provide relief and rejuvenation to your muscles.

Aromatherapy Massage ***\$50 for 25 min. / *90 for 50 min. / *125 for 80 min.**

Renew your mind and body by uniting the senses. Enhance your Swedish massage with the addition of pure essential oils. Select oils suited to relax, rejuvenate and renew your mind and body.

Stone Therapy ***\$55 for 25 min. / *95 for 50 min. / *125 for 80 min.**

Melt away tension and muscle pain with Stone Therapy. Heated river stones are used with Swedish massage strokes for the ultimate relaxation. The Therapist will thoroughly work sore muscle areas to improve circulation and lymphatic drainage allowing your body to be renewed.

Prenatal Massage ***\$50 for 25 min. / *90 for 50 min. / *125 for 80 min.**

Designed to promote health and wellness for mother and child, Prenatal massage gives mother-to-be a well deserved break from maternal discomfort. With this individualized massage, prepare to be pampered while your Therapist provides soothing touch to enhance circulatory and respiratory functions and help the body prepare for childbirth.

Series Pricing Available on All Massages



Skin Rejuvenation

Microdermabrasion

Smooth, radiant skin can be yours with this non-invasive technology. Many patients notice an improvement in skin texture and luminosity after the first treatment. Unlike crystal-based technology, DiamondTome™ microdermabrasion is gentler to the face. You can achieve glowing skin, with a dewy, smooth texture. For maximum results, a series of 3 or more is recommended.

Area	Single	Series of 3
Face & Neck	\$150	\$405
Face & Décolleté	\$175	\$475
Décolleté	\$45	\$120
Hands	\$80	\$215
Forearms	\$160	\$430
Upperarms	\$160	\$430
Full Arms	\$260	\$700
Back	\$260	\$700

Photo Facial Treatments

Achieve optimal results with our Advanced Pulsed Light Technology which reverses the signs of sun damage. Reduce sun spots or age spots and uneven skin tone caused by chronic sun exposure.

Area	Single	Series of 3
Face	\$325	\$875
Neck	\$225	\$600
Décolleté	\$325	\$875
Face, Neck & Décolleté	\$650	\$1750
Hands	\$99	\$269
Full Arms	\$575	\$1550
Lower Legs	\$400	\$950

Frequently Asked Questions

Acara MedSpa's guests enjoy a relaxing experience that is both stress reducing and rejuvenating. We hope you feel at ease about your medical spa experience. To help, we've compiled the answers to some frequently asked questions. So relax and enjoy.

Who We Are... Acara MedSpa is operated by a board certified female physician that lives and practices in Branford CT. Dr. Joan Gorman has been named "Top Doctor" by [Connecticut Magazine](#). The staff is comprised of professionally trained and certified medical and aesthetic specialists.

Arrival... Arrive approximately 15 minutes before your appointment. This will give you some time to settle in and complete any necessary forms. Acara MedSpa clients enjoy prompt appointments, so treatments begin and end on time.

Clothing... Depending on the type of service, there may not be a need to disrobe. Our professional staff respects your privacy and wants you to feel comfortable. Our massage therapists are trained in draping techniques that reveal only the part of the body they are working on.

Physical Concerns... Concerns relating to pregnancy, impaired mobility, allergies, recent surgeries or medical conditions should be discussed with our physician or providers prior to your visit.

Your Comfort... If at any time during your treatment, you do not feel comfortable with the temperature, pressure or technique being used, please do not hesitate to advise your practitioner. They will not be offended and will appreciate being able to make your visit more comfortable.

Shhh... We respectfully request cell phones and PDAs be turned off. It is for your peace of mind as well as those around you. As a courtesy to our guests, we ask that children not be brought to the MedSpa. The minimum age for spa services is sixteen.

Appointment and Cancellation... Please book appointments two weeks in advance when possible. We request that appointments be held with a credit card, gift card or pre-paid credit. We require a 24 hour notice for date change or cancellation. A 50% fee will be charged if you cancel after this time period. No-shows are charged 100%.

Gratuities... In appreciation to the staff for outstanding service, gratuities may be given at your discretion.

Gift Cards... Available in various denominations. Please inquire for details.

Acara MedSpa Hours

Tuesday-Friday 10am-7pm Saturday 10am-3pm
Sunday and Monday Closed

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