



About Mella...

Mella Martin is a licensed esthetician with 18 years of experience in the field of beauty & wellness. She was the first to bring the **day spa** concept to Saint Paul as founder of Mella Day Spa which was designed to recognize people's need for a "time out" from the hectic schedule of life. Always on the cutting edge Mella has evolved her business into a **specialty spa** for skin care and massage with a focus on beauty, anti-aging, health and lifestyle. Martin was certified in paramedical skincare in 1989 and offers several skin care treatments with a special focus on "sensitive & problem" skin as well as anti-aging treatment solutions. In addition she has had advanced training in aromatherapy, massage therapy and herbal remedies. A strong believer in education and "giving back", she has supported the American Cancer Society by teaching "Look Good Feel Better" workshops for the last twelve years. She has also taught herbal workshops at the Saint Paul Como Zoo Conservatory. Mella's is now a center for skin care, massage & wellness. She is available by appointment and also works in partnership with two associate therapists. Mella is available for workshops in skin care, stress management and aromatherapy.

Mella: Coach and Teacher...

Mella Martin offers a variety of workshops for groups interested in health, skin care and wellness. Workshops range from 30 minutes to 2 hours and are geared for five or more people. All workshops include invaluable handouts. Call Mella for rates and information at 651/292-8406.

Workshops Available...

- Stress Management: Recognize It, Manage It and Move On
- Aromatherapy for Psychological and Physical Well-Being
- Skin Speaks – What are your options? Nonsurgical and Beyond
- History and Benefits of Herbal Tea
- Also...custom workshops for your group can be developed

More...

Mella's Professional Facials:

Classic European Facial

As the seasons change so does your skin. This treatment will customize ingredients that will renew and refresh as well as balance your skin. Treatment includes a facial massage. Appropriate for all skin types. \$65.00

Aromatherapy Facial:

Relax and enjoy an interactive treatment with nourishing botanicals. Cleanse, hydrate and enhance your skin as well as your inner self. Appropriate for all skin types. \$75.00

Rejuvenating Facial:

Mella's Ultimate. Dry or mature skin will benefit from antioxidants and seaweed. Natural enzyme peeling will prepare the skin to absorb and hold moisture, smooth fine lines and relieve tight skin. Treatment includes eyemask and shiatsu eye massage. \$135.00

Professional Peels:

Ultrasonic Facial:

Experience the Ultrasonic Facial with DermaSound Plus. This three step process involves exfoliation and enrichment of the skin with nutrients and antioxidants encouraging healthier and more resilient skin cells. No irritation or inflammation. \$85.00/\$95.00

Glycolic or Lactic Peels:

These exfoliating and rejuvenating treatments help diminish the signs of aging. Positive results for photo-aging, acne, fine lines & wrinkles. These treatments require a previous consultation before scheduling. Please call for consultation. Minimum series of six treatments suggested. \$65.00/\$75.00 each

Call 651/292-8406 for an appointment with Mella or to learn more.

Mella Skin Care & Massage

Mella Martin

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