



march
wellness

day spa

march = spring, growth, renewal, forward motion, one step at a time
wellness = energy, vitality, condition of good physical and mental health

march wellness day spa = a unique healing spa that offers integrative services with a basis in science and the support and guidance of OHSU's nursing and medical professionals.



hours of operation

Monday through Friday 9 a.m. to 7 p.m.

Saturday 9 a.m. to 5 p.m.

Hours of Operation are subject to change.

March wellness center members receive a 10% discount.

therapeutic body work

March Wellness Day Spa has a comprehensive approach to body care, incorporating a variety of techniques that relax and invigorate, enhance comfort and vitality, and reduce stress or muscle tension.

Customized Therapeutic Massage	\$ 80
Optimum Performance Sports Massage	\$ 80
Stress Management Massage	\$ 80
Pain Relief Massage	\$ 80
Pregnancy Massage	\$ 80
Craniosacral Therapy	\$ 80

facial skin care

March Wellness Day Spa works in close collaboration with the OHSU Department of Dermatology to offer advanced services that maintain and improve skin health, guided by a philosophy of prevention, protection and correction.

Restorative Facial	\$ 85
Corrective Facial	\$ 85
Vitamin C Gel Peel	\$ 75
Facial Repair Series (Six Peels)	\$300
Vitamin C Gel Peel Add-On	\$ 25
Back Facial	\$ 50
Lash Tint	\$ 20
Brow Tint	\$ 20
Lash Extensions	\$175
Lash Fill	\$ 35+

waxing

Eyebrow Shaping and Maintenance	\$ 15+
Lip or Chin	\$ 15
Underarm	\$ 25
Full Arm	\$ 45
Back	\$ 60
Bikini, Basic, French and Brazilian	\$ 25+
Half Leg	\$ 45
Full Leg	\$ 60
Full Leg with Bikini	\$ 75

nails

Nourishing Manicure	\$ 25
Lemongrass Exfoliating Pedicure	\$ 45
Gel Nails	\$ 60
Gel Nail Fills	\$ 30

lunch express

march day spa services in 30 minutes or less!

Neck and Shoulder Stress Buster	\$ 45
Rejuvenating Foot Massage	\$ 45
Chair Massage	\$ 15 & \$ 30
Facial Express	\$ 50
Rejuvenating Eye Treatment	\$ 45
Customized Mini-Mani	\$ 18
Customized Mini-Pedi	\$ 25
Polish Change	\$ 10





March Wellness

OHSU Center for Health and Healing
3303 SW Bond Avenue Lobby Level
Portland, Oregon 97239
503 418-9626

amenities

As part of your spa services, you will receive a robe, sandals, tea service and private lockers as well as access to our whirlpool, sauna and steam rooms. When a guest schedules two or more spa services, we invite you to enjoy our swimming pool, join our fitness classes or use our state-of-the-art exercise equipment.

check-in

Please arrive at least 15 minutes prior to your first appointment so that we can personalize your services and insure that you fully enjoy your treatments.

medical conditions

Please let us know if you have a medical condition or are presently under a physician's care. When possible, we will make every effort to customize our services to fit your specific needs.

gratuities

Gratuities are welcome at your discretion.

etiquette

Please leave cell phones behind to preserve our spa atmosphere of serenity.

cancellation policy

We have a 12-hour cancellation policy, and will have to bill the full rate of the services scheduled if we are not notified at least 12 hours before your appointment time.

gift certificates

Treat your friends and family to a day at march wellness with a custom-designed spa gift certificate. Ask about our wellness parties for special celebrations...birthdays, bachelor parties, executive retreats and more. Call us to personalize a gift of renewal, indulgence and rejuvenation.

