

Spa Treatment Services

Swedish Massage

50 minutes \$100 **80 minutes** \$150

A massage centered on overall wellness using light to moderate pressure to achieve relaxation and return the body to homeostasis. Strokes applied to the body focus on increasing blood and lymph circulation while supplying your muscles with nutrients and removing toxins.

Deep Tissue Massage

50 minutes \$115 **80 minutes** \$165

A full body therapeutic massage using firm pressure. The massage techniques focus on the deeper layers of muscle tissue. The goal is to release chronic holding patterns of tension in the body.

Localized Therapeutic Massage

50 minutes \$100 **80 minutes** \$155

A therapeutic massage that is ideal for those who have chronic tightness, pain, and discomfort in a specific area of the body. This treatment allows the therapist to spend the entire session on one area.

Hot Stone Massage

50 minutes ... \$125 **80 minutes** \$180

The combination of warm stones and relaxing techniques of massage help create a well-grounded and centered experience. Stones are strategically placed upon the body and also used to massage. This age-old modality creates a deep state of relaxation as well as provides the loosening effects the deep tissue massage.

Aromatherapy Massage

50 minutes \$100 **80 minutes** \$155

A choice of four aromatherapy treatments all using gentle massage and blended essential oils to achieve the desired result.

Muscle & Joint: This fusion of Indian basil, Himalayan cedar wood, and black spruce blend together to create a warm woody aroma. These oils increase blood flow to sore muscles and joints to soothe and relax.

Respiration: An exceptional selection of 9 essential oils to decongest and clarify nasal passages and throat. Contains eucalyptus globules, wintergreen, and pine Sylvester, all potent antibacterial and anti-viral oils.

Skin Toning: A blend of 8 essential oils to aid smoothing & toning of skin. Black pepper is included to help increase circulation, as well as grapefruit, juniper berry and cypress to tone the body.

Stress Management: A powerful aromatic blend of organic orange to uplift and energize, lavender to balance and calm and sandalwood to create the perfect blend to de-stress.

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Reiki *30 minutes \$50* *60 minutes \$90*

Reiki is a Japanese technique for stress reduction, promoting deep relaxation and an overall sense of well-being. Reiki is widely gaining acceptance in hospitals around the nation as a beneficial healing modality. Reiki is performed by a gentle laying-on of hands.

Hot Stone & Deep Tissue Combination *80 minutes..... \$180*

Hot stones are first used to loosen and relax the muscles in preparation for a deep tissue massage. This is the perfect combination to relax while relieving tension and chronic holding patterns.

Replenish Scalp & Hair Conditioning Treatment *50 minutes \$80*
(As a 20 minute add-on to any other service)..... \$25

Jojoba and pure essential oils are first used to dissolve impurities and sebaceous matter. An energizing leave-in conditioner for both hair and scalp is then used to relieve dry tight scalp and reduce flaking. Hand and foot massages are also included to achieve a totally relaxing experience. The hair and scalp treatment can be added on to any service.

Sugar Polish Foot Massage Treatment *50 minutes \$80*
(As a 20 minute add-on to any other service) \$35

A blend of organic sugars in a base of rich organic oils soothe, moisturize, and polish while massage relaxes and re-energizes your feet. As a stand-alone service, this treatment also includes a hand and scalp massage for a totally relaxing experience. This sugar polish foot massage may also be added on to any service.

Mini Massage *30 minutes..... \$50*

A therapeutic massage generally focusing on one area of the body. This is a great way to keep problem areas loose and functional while exercising.

Inquire at the Front Desk about our Massage Rewards Program