



MASSAGE TREATMENTS

Registered Massage Therapy (RMT)

60 Min – \$140

Registered Massage therapy works by freeing up soft tissue and encouraging relaxation. The massage therapist uses various techniques to enhance function, aid in the healing process, and promote relaxation and well-being. This treatment is covered by most insurance companies through group or individual health benefits.

Deep Tissue / Sports Massage (RMT)

60 Min – \$140

Deep Tissue Massage is a more intense massage than our popular Relaxation Massage. This massage uses slow, deep-guided strokes, usually with medium to firm pressure, to relieve severe tension and reach below the surface to the deeper tissue layers. This treatment is covered by most insurance companies through group or individual health benefits.

Decompression Cupping Massage (RMT)

60 Min - \$140

Decompression Therapy Massage is a form of cupping therapy used to promote a release in muscle tension, increase metabolic response and encourage lymphatic flow through the tissues. This treatment will increase blood circulation to the tissues, and rejuvenate deeper tissues without the pressure, to enhance your therapeutic treatment. This treatment is covered by most insurance companies through group or individual health benefits.

Back, Neck & Shoulder (RMT)

60 Min - \$140

It will loosen the muscles in the back, neck and shoulders where tension usually exists. Allowing your body to unwind during a Back, Neck & Shoulder Massage will get rid of stiffness and promote deep relaxation. This treatment is covered by most insurance companies through group or individual health benefits.

NON RMT TREATMENTS

Relaxation Massage

60 Min - \$125

Pamper yourself with this traditional, full body Relaxation massage, using light to medium pressure, to relax aching muscles and stimulate circulation. Your skillful and nurturing therapist uses a combination of flowing strokes and gentle stretches intended to bring you to the ultimate state of relaxation.

Hand & Foot Renewal

60 Min - \$125

Hand & Foot Massage helps reduce the stress and relax the hands and feet. Discover how much better your hand & feet and whole body will feel by incorporating this specific treatment.

Hair & Scalp Massage

60 Min - \$125

A gentle hair and scalp massage with aromatic organic essential oils. Helps to improve circulation and deliver nutrition to strengthen the hair and scalp. As well as receiving a scalp massage, the joints & soft tissues of the neck and shoulders are gently mobilized and stretched helping to ease tension and restore joint movement.

Sinus Massage

60 Min - \$125

Sinus massage helps promote drainage of the sinuses on the face. After treatment, clients may feel less pressure in their nasal passages and face, and often may experience fewer sinus headaches, better sleep, and an overall improvement in their ability to breathe well.

Aromatherapy Massage

60 Min - \$125

Discover the ancient art of aromatherapy refined over the centuries. Experience the therapeutic powers of essential oils in a relaxing massage that incorporates the healing powers through the sense of smell and touch. Helps to naturally increase circulation, while nourishing the skin

Deep Pressure Massage

60 Min - \$125

This treatment is a full body relaxation massage with deeper pressure that adjusts to your preference. This massage helps loosen the muscles all over the body to reduce pain, stiffness and release stress.

*This is not a deep tissue massage

BODY TREATMENTS

Aromatherapy Body Polish

60 Min - \$125

First you are introduced with a dry brush all over the back of the body to eliminate any dead skin cells. Followed by a mild invigorating sugar exfoliation to polish the body. The body is then covered in hot towels to remove any remaining scrub and warm the body. You are then introduced with hot aromatherapy oil over the back of your body for a light massage. The aromatherapy oil will provide deep hydration of the skin leaving your skin silky smooth at the end of this service. This invigorating scrub exfoliates and softens

leaving your skin fresh and smooth while stimulating circulation. Your skin is rendered radiantly healthy and youthfully restored.

Aromatherapy Body Wrap

60 Min – \$145

Your choice of essential oil. The body is wrapped in an aromatherapy hot oil bath. While the body is cocooned in the body wrap you will have a nice scalp and head massage. This allows the body to absorb the oil while detoxing the body. Followed by a light back massage to push the hydration deeper into the skin.

Buttermilk Hydrating Body Wrap

60 Min - \$145

Buttermilk is a natural exfoliator and hydrator. Buttermilk natural does a light exfoliation of the skin from its naturally produced AHAs. This helps to eliminate dead skin and increase the speed of the body's healing process. Buttermilk will hydrate the skin with its high moisture content. Buttermilk is known to heal, rejuvenate and repair sun damage naturally.

Reservations

Advance reservations are recommended for all Spa Treatment & services. A major credit card or gift certificate number is required to hold all spa appointments & packages.

Cancellation Policy

We reserve time especially for you. If you are unable to keep your appointment, we require 12 hours' notice. When 12 hours' notice not given for cancellation, the full cost will be charged to your credit card.