



## **MASSAGE TREATMENTS**

### **Swedish Massage**

60 Min - \$125

Swedish massage is a dynamic technique designed to dissolve tension and reinforce muscles and joints. Techniques involve warming effleurage, long gliding strokes, gentle rolling and kneading, soothing frictions, and passive joint mobilizations. This type of massage is one of the most relaxing styles. Your massage therapists will adjust the pressure according to your sensitivity and preference.

### **Hawaiian Lomi Lomi Massage**

60 Min - \$135

Lomi Lomi is a traditional Hawaiian massage designed to restore energy and soothe your mind and body. Also known as a “loving hands” massage, Lomi Lomi works deeply yet gently into your muscles. Using long, soothing strokes that mimic the movements of gentle ocean waves, a Lomi Lomi practitioner eases tension throughout your body and soul.

### **Bamboo Massage**

60 Min - \$135

Bamboo massage is becoming more popular as a form of therapeutic massage. This massage uses warm bamboo sticks that target areas to release tension and give a deep sense of relaxation. The canes are used in a roller-like fashion, kneading, stretching and elongating muscles to relieve all sorts of tension, aches and pains. Instant pain relief for sore, stiff muscles with a bamboo stick.

### **Hot Stone Massage Therapy**

60 Min - \$135

Hot stone massage is a specialty service where the therapist uses smooth, heated stones as an extension of their own hands, or by placing them on the body. The heat can be both deeply relaxing and help warm up tight muscles so the therapist can work more deeply, more quickly.

### **Back, Neck & Shoulder**

60 Min - \$125

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 massage applies pressure to muscles, in order to increase the oxygen flow in the blood and release toxins from stressed areas.

### **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.

### **Aromatherapy Massage**

60 Min - \$135

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

### **Shiatsu Massage**

60 Min - \$135

A Japanese massage technique whereby pressure is applied to specific points (acupoints) located along the body's 14 energy channel (meridians) using the fingers, thumbs, palms, elbow, knees and feet. The aim of

this massage is to increase the flow of energy (chi) throughout the body as a whole, releasing energy blockage and allowing chi to flow more freely.

### **Foot Reflexology**

60 Min - \$125

Beyond the feel-good effects of the treatment, the practice and purpose go deeper than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body. This treatment is very relaxing and can be utilized to restore and maintain the body's natural equilibrium, overall health and balance of the body's system.

### **Couples Massage**

60 Min - \$220

A couples massage is a therapeutic experience where two individuals receive Swedish massages at the same time, in the same room, from two different massage therapists. Receive your massage side-by-side while two massage therapists see to your individual needs. The other half of your "couple" can be your significant other, parent/child, or friend. Couple's services are performed in a room that is divided by sliding doors so you can choose your level of privacy.

## **FACIALS**

### **Classic Deep Hydration Facial**

60 Min - \$145

This is a relaxation deep cleaning facial. This facial consists of a relaxing three step deep cleanse and exfoliation. You are then relaxed with a nice facial, decollate and neck massage. You will then have a customized mask prepared to address your skin's needs. During this time, you will enjoy a scalp, arm and hand massage. Finishing with hot towels and deeply moisturizing facial cream. Leaving your skin glowing, hydrated and relaxed.

### **Deep Cleansing Clarifying Facial**

60 Min - \$170

This facial is a deep cleansing facial that includes both chemical and physical exfoliation. You will enjoy a four-step cleaning and exfoliating ritual to unclog the pores, eliminate any dead skin cells and allow the skin to breathe again. You will receive a clay mask to help extract out blackheads and other pore blockages, while enjoying a scalp, arm and hand massage. You will finish the facial with a purifying skin infusion and a calming finishing cream leaving your skin clean, glowing and purified

### **Men's Fitness Facial**

60 Min - \$145

The facial is designed to target concerns that are specific to men's skin, such as sensitivity razor burns and dehydration. With products tailored to your unique skin needs, you will experience a deep cleanse, toning and moisturizing treatment.

## **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.