

# SPA MENU



## **SIGNATURE SWEDISH MASSAGE - 60 MIN - \$ 135**

RELIEVE STRESS AND TENSION, STIMULATE THE CIRCULATION AND BOOST THE IMMUNE SYSTEM. CHOOSE THE AROMATHERAPY OIL THAT MOST APPEALS TO YOUR PERSONAL SENSES. WE BELIEVE THAT EACH MASSAGE SHOULD BE SPECIFICALLY DESIGNED FOR EVERY CLIENT, EITHER A FULL BODY RELAXATION, OR AN AREA-SPECIFIC FOCUS.

## **DEEP TISSUE MASSAGE - 60 MIN - \$150**

THE PERFECT POST-MOUNTAIN-ADVENTURE MASSAGE, FOCUSING ON RELIEVING THE DEEPER LAYERS OF THE MUSCLES. THIS TECHNIQUE USES SLOW, MORE DIRECT PRESSURE, PROVIDING EXCELLENT RELIEF OF MUSCLE TENSION AND FATIGUE, AND ALLOWS THE MUSCLES TO REGAIN THEIR FREEDOM OF MOVEMENT.

## **HOT STONE MASSAGE - 90 MIN - \$185**

CREATING A UNIQUE, POWERFUL AND INTOXICATING DANCE OF HOT STONES, MASSAGE AND ESSENTIAL OILS TO RELEASE TENSION, WARM THE BODY, AND ALLOW FOR DEEP RELAXATION. A DEEPLY GROUNDING TREATMENT EXCELLENT FOR STRESS RELIEF AND OVERALL RELAXATION.

## **LOMI LOMI - 60 MIN - \$200**

THE MEANING OF LOMI LOMI IS "TO REMOVE THAT WHICH DOES NOT BELONG". FLOWY MOVEMENT, STRETCHING, AND RHYTHMIC FULL-BODY STROKES ENHANCE RELAXATION AND ALLOW FOR THE RELEASE OF TENSION ON MANY LEVELS, AND ENCOURAGE FLOW OF ENERGY THROUGH THE PHYSICAL AND ENERGETIC BODY.

## **\*CHILCOTIN BODY BALANCE - 80 MIN - \$230**

RELAX YOUR ENTIRE BODY AND MIND WITH OUR LUXURIOUS SUMMER SPECIAL. ENJOY A 60 MINUTE RELAXATION MASSAGE, FOLLOWED BY A 30 MINUTE ORGANIC ADD-ON OF YOUR CHOICE: A 30 MIN FACIAL OR 30 MIN FULL BODY SCRUB, WHICH WILL LEAVE YOUR SKIN SMOOTH AND SUPPLE.

## **TUI NA CHINESE MASSAGE - 45 MIN - \$95**

TUI NA MASSAGE FOCUSES ON BALANCING THE MUSCULOSKELETAL SYSTEM AND PROMOTING THE PROPER CIRCULATION OF QI, BLOOD, AND FLUIDS. TUI NA IS A FORM OF BODYWORK BASED ON THE PRINCIPLES OF TRADITIONAL CHINESE MEDICINE WORKING ALONG ENERGY CHANNELS THROUGHOUT THE BODY. OUR TUI NA PRACTITIONER TAPS INTO THESE POINTS BY USING STRETCHES, PRESSURE POINTS, AND JOINT ROTATIONS.

## **\*TYAX MOUNTAIN GLOW - 30 MIN - \$85**

INDULGE YOURSELF IN AN ORGANIC BODY SCRUB, USING THE FINEST OF PRODUCT, THIS TREATMENT WILL LEAVE YOUR SKIN SMOOTH AND SUPPLE.

**\*PLEASE NOTE: THE CHILCOTIN BODY BALANCE AND TYAX MOUNTAIN GLOW TREATMENTS ARE ONLY AVAILABLE UNTIL THE END OF JULY.**

TREATMENTS ARE SUBJECT TO PRACTITIONER AVAILABILITY.  
ALL SPA APPOINTMENTS REQUIRE A 24 HOUR CANCELLATION NOTICE.  
TREATMENTS CANCELLED WITHIN 24 HOURS OF SERVICE WILL BE CHARGED 50% OF THE TREATMENT RATE. NO-SHOWS WILL BE CHARGED IN FULL.

