

# 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**

MELT AWAY TENSION, REDUCE STRESS AND ANXIETY AND ALLOW FOR DEEP RELAXATION. USING SMOOTH, WATER-HEATED STONES, MASSAGE AND ESSENTIAL OILS, THIS TREATMENT IS EXTREMELY GROUNDING FOR THE BODY AND MIND.

## **LOMI LOMI - 60 MIN - \$160**

THE MEANING OF LOMI LOMI IS "TO REMOVE WHAT 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.

## **SOMATIC AWARENESS MASSAGE - 60 MIN - \$170**

THIS TREATMENT COMBINES PSYCHOLOGY AND MASSAGE TO RELEASE DEEP TENSION AND STRESS BLOCKS IN THE BODY. LIGHT CONVERSATION FOR PART OF THE MASSAGE WILL SPEAK TO YOUR PSYCHE AND HELP CONNECT AND RESET YOUR CENTRAL NERVOUS SYSTEM, RELEASING MORE THAN JUST "KNOTS" IN THE BODY. PERFORMED WITH DEEP TISSUE, SHIATSU AND REFLEXOLOGY MODALITIES.

## **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.

## **DEEP FLOW MASSAGE - 60 MIN - \$160**

COMBINING SEVERAL TECHNIQUES WITH FULL AND HALF BODY STROKES TO PROVIDE DEEPER BLOOD FLOW, CELL RENEWAL, RELEASE OF MUSCLE TISSUE STRESS AND TENSION STORED IN FASCIA. FOCUS IS BODY BLISS WITH A SPORTS MASSAGE THERAPY.

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.

