

## MASSAGES

### **Therapeutic Massage**

60 minute \$95 90 minute \$135

A deeply therapeutic experience using a combination of massage techniques along with aromatherapy and hot towels to calm your mind and restore your body.

This treatment is best for the guest who prefers light to firm pressure during their massage.

### **Prenatal Massage**

60 minute \$95 90 minute \$135

A therapeutic massage designed specifically for the Mama-To-Be.

The perfect time to be pampered.

### **Deep Tissue Massage**

60 minute \$105 90 minute \$145

Designed to help relieve pain and chronic muscle tension using deep massage techniques.

Your Massage Therapist will customize your session to meet your specific needs.

### **Warmed Stone Massage**

90 minutes \$155

Let the heat from the stones melt away your tension.

Stones are used in tandem with long flowing massage strokes to induce a feeling of well-being and calm.

### **Warmed Stone Foot Massage**

60 minute \$115

The ultimate foot treatment. As your toes soak up the heat from the stones you will receive a mood boosting scalp massage to make this treatment the ultimate in relaxation.

## SPA TREATMENTS

### **Hot Toddy for the Body**

\$165 Add a 60 minute therapeutic massage \$245

A therapeutic body scrub, bursting with spice, scent and texture to restore the glow of health to your skin.

Followed by a warm blanket cocoon to super charge the healing, skin soothing effects of the Calendula Oil.

### **Midnight Honey Body Buzz**

\$165 Add a 60 minute therapeutic massage \$245

Nurture your skin with this honey dust body scrub with whole grains, organic oils & pure honey.

Followed by a warm blanket cocoon of honey and lavender to deeply condition and restore your skin.