



## *Massage Services*

*"Customization" is included in each of our massage experiences. Your massage may incorporate techniques designed to relax deeper muscles and address stress and tension held in specific areas such as the back, shoulders, and legs. Each of our therapists has received additional training in deep tissue and clinical modalities. Your treatment may include a variety of advanced techniques to address specific conditions.*

### **Ashiatsu** – 50 / 80 minutes – \$129/\$179

The therapist provides deep, broad, consistent pressure while utilizing their feet and body weight with overhead bars used for balance and client safety. The ultimate deep massage to release sore, tight muscles

### **Motherhood** – 50 / 80 minutes – \$119/\$163

Pre/Post pregnancy massage relaxes tense muscles, eases sore spots, improves circulation and mobility, and relieves swelling in the limbs. Offers new mothers and mothers to be a soothing, relaxing escape. Note – Must be past the first trimester

### **Relax & Restore** – 50 / 80 minutes – \$119/\$163

Indulgent & relaxing, our full-body massage stimulates circulation and soothes tight muscles. This relaxing escape is the perfect treatment for renewal and rejuvenation.

### **Focal Point** – 30 minutes – \$86

In this streamlined 30-minute session, you and your therapist will determine the specific area of discomfort, address tension, and leave you feeling renewed.

### **Cupping Therapy**

Cupping delivers a reverse type of massage since it pulls the muscle and skin up instead of down as in a massage. Cupping may be a beneficial therapy to your health and wellness regimen if you feel like you are at a standstill with your pain management. Flexible silicone (called Baguanfa cups) create suction that allows the therapist to control how much suction is applied to an area. The cups can then stay in place for several minutes or the therapist can gently glide the cup around mimicking massage motions.

**Cupping Therapy – Back, Neck & Shoulders** – 50 minutes – \$129

**Cupping Therapy – Glutes, Hips, Thighs & Calves** – 50 minutes – \$129

**Integrated Cupping Massage – Full Body** – 80 minutes – \$179

**Deep Therapy** - 50 / 80 minutes - \$129/179

In this therapeutic massage the therapist applies slow, firm pressure to release muscle tension. The focus is on the deepest layers of muscle tissue, tendons, and fascia while incorporating the benefits of the doTerra Deep Blue™ essential oil when applied topically provides a cooling sensation to soothe muscles and deeply relax the body after strenuous activity.

*All prices are subject to change without notice.*



## *Body Treatments*

*Pamper your entire body with a luxurious body treatment. Our treatments include a body exfoliation, a Swiss shower, and, of course, a relaxing massage.*

### **Revitalizing Stone Crop Body Treatment** – 90 minutes – \$199

This invigorating, detoxifying body treatment is an Eminence Organic Skincare® Stone Crop facial for your whole body. Begin with an all-over dry brush and stone crop revitalizing sugar scrub to exfoliate and improve blood circulation, then a quick rinse in our jetted steam shower. You'll return to the table for full body application and wrap with our restorative gel masque with stone crop, aloe, and powerful actives to hydrate, rejuvenate and brighten look of skin from head to toe. One more trip into the jetted steam shower and finish with a gentle application of stone crop contouring cream massaged in to smooth and firm the skin.

### **Lush Hydrating Body Treatment** – 80 minutes – \$199

This luxurious, deeply hydrating body treatment will leave you feeling renewed in both body and mind. Begin by selecting your scent from our SPARITUAL line - choose from Early Grey, Jasmine Tuberose or Geranium Cedarwood. This treatment begins with an all-over velvety sugar scrub and a quick rinse in our jetted steam shower. You'll return to the table for a full body application and wrap with our silky mud masque that provides deep, lasting hydration and skin perfection. One more trip into the jetted steam shower and then you can enjoy the amazing finish with a gentle application of luxe body creme massaged in to provide continuous hydration, protection against environmental stress and improved skin elasticity.

### **Targeted Cellulite Treatment** – 30 minutes – \$79

This regenerating and toning body wrap helps increase the appearance of skin elasticity. Select your area of focus: buttocks, stomach, or upper thighs. This treatment begins with dry brush in the targeted area. An Eminence Organic Skincare® paprika and stinging nettle masque is applied to help stimulate and energize the appearance of skin for a healthy looking glow, while honey nourishes and hydrates. Masque is removed with warm towels and finishes with a gentle application of firming Stone Crop Contouring Cream massaged in to reduce the appearance of cellulite.

Added to a massage – \$69

### **Nourishing Scalp Treatment & Massage** – 20 minutes – \$59

Elevate your scalp massage with a customized blend of doTerra® essential oils including rosemary, cedarwood, peppermint, geranium & lavender oils. Gently poured and massaged into scalp for a deeply relaxing experience that will leave hair and scalp soothed and enriched. Must be in conjunction with any massage or body treatment.

Added to a massage – \$49

*All prices are subject to change without notice.*



## *Enhance Your Massage*

*Customize your massage experience with any of these targeted additions.*

**Foot & Hand Focus - \$32**

**Scalp Massage - \$32**

**Shoulder & Neck Focus - \$32**

**CBD - \$20**

Elevate your next massage with CBD massage cream and CBD infused chocolate. CBD brings relaxation, restorative, and pain-relieving properties and it makes for the perfect complement to help you accelerate muscle recovery and perform at your peak.

**Nourishing Scalp Treatment & Massage - 20 minutes - \$59**

Elevate your scalp massage with a customized blend of doTerra® essential oils including rosemary, cedarwood, peppermint, geranium & lavender oils. Gently poured and massaged into scalp for a deeply relaxing experience that will leave hair and scalp soothed and enriched. Must be in conjunction any massage or body treatment.

Added to a massage - \$49

*Available with any massage appointment, with no extra time needed (unless specified).  
All prices are subject to change without notice.*