



SERVICES

- **30 Minute Session** \$25
- **60 Minute Session** \$40
- **90 Minute Session** \$57
- **Couples Massage** \$75

Two 60 minute sessions done at the same time in the same room. (Cannot be combined with any other discount)

- **Craniosacral Therapy** \$65

CST is a light touch form of body work that focuses on enhancing the function of the central nervous system, comprised of the membranes surrounding the brain and spinal cord, and cerebrospinal fluid contained within these membranes. CST also addresses restrictions in the soft tissue and joints throughout the body and has a profoundly relaxing and healing effect

- **Thai Yoga Massage** \$60

Thai massage is performed on a soft floor mat. It can be adapted to a massage table, however, for the more frail and elderly. Clients are clothed in loose, comfortable attire suitable for the deep stretching that will be part of the session. Don't be surprised if practitioners use their hands, feet, knees, elbows, and legs to facilitate the process, pillows and bolsters may also be used for better client support. No oil is used during these sessions

- **Reiki Massage* (60 Min)** \$85

- **Reiki*** \$65

60 minute session. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy.

- **Sports Massage** \$55

Sports massage has many beneficial effects in athletes. Sports massage can be used pre-performance, post-performance, during training or for rehabilitation. Athletes of all levels may benefit from sports massage.

- **Deep Tissue*** \$55

A 60 minute full body massage designed to relieve severe tension in the muscle and the connective tissue or fascia. This type of massage focuses on the muscles located below the surface of the top muscles. Deep tissue massage is often recommended for individuals who experience consistent pain, or who have sustained physical injury.

- **Hot Stone Massage** \$70

This 75 minute session will provide relaxation, stress relief, and ease muscle tension. Warm stones are incorporated into your full body massage for a wonderful relaxing experience.

• **Take Me Away Body Renewal Wrap*** \$60

This luxurious, aromatic treatment begins with a dry body brushing to stimulate circulation. A warm blend of aromatic essential oils are applied neck to toe, followed by a soothing warm cocoon wrap that will encourage deep hydration as well as release of tension. Emerge relaxed, soft, smooth and glowing.

• **Mind Body & Soul*** \$70

This interactive treatment experience includes stretching, massage, warm stone therapy, aromatherapy and yogic breathing to bring you back to center. Gain renewed balance to the sensory system, a relaxed yet clear mind and reduced tension.

• **Stress Buster*** \$60

A wonderful alternative to a full body massage, this treatment is ideally suited for people with chronic muscular neck and shoulder tension, where stress accumulates. Essential oils calm and balance stress levels within the entire body. We begin with a focused massage to the entire back, neck and shoulders. A detoxification mud pack is applied to the upper back, neck and shoulder area. As this softens and relaxes muscles, tired feet are gently massaged with cooling, soothing crème.

• **Bamboo Back Buster** \$35

This 30 minute session is all about your back! We incorporate bamboo sticks to melt away the tight tense muscles of your back and shoulders.

• **Bamboo Massage** \$70

This is a wonderful service which incorporates the fusion of bamboo sticks into our full body massage. It will enhance relaxation and enable the therapist to work deeper into your muscles...you will feel refreshed as your tension melts away.

ADD - ONS TO ANY SERVICE

• **Mini Peppermint Foot Twist*** \$15

Experience a soothing foot massage using peppermint foot lotion and an aromatic eye pillow.

• **Warm Stone Placement*** \$15

Enhance your relaxation with heated stones placed for your comfort

• **Mini Warm Towel Face Massage*** \$15

This service incorporates the use of warm towels and a series of massage strokes designed especially for the face.

**Not recommended for pregnant women. For your safety and the safety of your child, massage services can only be performed between the 12th and 36th weeks of pregnancy.*

FACIAL SERVICES

• **Customized Facial (60 Min)** \$60

The introductory treatment for normal, dry, oily, combination and sensitive skin types. Effective skincare products are used to address your individual skincare needs. Custom mask, relaxing shoulder & neck massage and day protection conclude this first step to optimal skin health.

• **Customized Facial (90 Min)** \$75

The introductory treatment for normal, dry, oily, combination and sensitive skin types. Effective skincare products are used to address your individual skincare needs. Custom mask, relaxing shoulder & neck massage and day protection conclude this first step to optimal skin health.

• **Mini Facial** \$40

Includes skin analysis, cleansing, exfoliation treatment serum and day protection. A “Skin Refresher” perfect for a special event. 30 Minutes

• **Acne Facial** \$70

Products infused with salicylic acid and benzoyl peroxide, penetrate the follicle to unclog pores and attack bacteria. Finalized by spot treatment and day protection.

• **Age Graceful** \$80

Targets fine lines, wrinkles, loss of hydration, texture, and tone with enzymes, proteins, and antioxidants. Releasing a replenished, youthful appearance. Eyes, neck, décolleté are also treated.

• **Male Maintenance (60 Min)** \$60

• **Male Maintenance (90 Min)** \$75

• **Microdermabrasion** \$60

• **Back** \$50

WAXING SERVICES

• **Eyebrow, Hands, or Underarm** \$15 each

• **Lip** \$10

• **Face or Neck** \$30 each

• **Arms, Bikini, or 1/2 Leg** \$25 each

• **Chest or Full Leg** \$50 each

• **Stomach** \$18

• **Bikini & Full Leg** \$75

• **French Bikini** \$35

• **Rio** \$45

• **Brazilian** \$55 & up

• **Paraffin Hand or Foot Treatment** \$20 each