

# Single Massages:

## **Swedish Massage**

Traditional head to toe relaxation massage that will leave you with a balanced body and mind.

30 min = \$30

60 min = \$50

90 min = \$80

## **Deep Tissue**

Extra strength tension tackler for the back and neck. An excellent remedy for achy, overworked muscles.

60 min = \$55

## **The Signature**

Boost the benefits of the Swedish massage with a scrub application to the feet or back. Exfoliating these troubled areas exposes underlying healthier layers of skin.

60 min = 55

## **The Express**

Invigorating peppermint foot massage followed by a deep tissue neck massage. A lunch break energizer!

30 min = \$25

## **Aromatherapy Massage**

The Swedish massage experience enhanced by adding an essential oil of your choice.

30 min = \$30

60 min = \$55

## **The Meltdown**

Melts away muscle tension by combining soothing heat from volcanic basalt stones and smooth massage strokes. A winter warm-up!

60 min = \$55

## **Chocolate Fix**

A highly concentrated back massage is followed by a foot, hand, and neck massage. Warm booties and mitts bring greater relaxation to the session while the cocoa butter naturally hydrates the skin and uplifts the spirit.

60 min = 55

## **Aroma Wrap**

Body is dry brushed for exfoliation then hydrated with a fragrance-infused jojoba oil. A scalp massage completes this treatment while you are cocooned in a warm spa blanket.  
60 min = \$45

## **Swe-Thai**

Increase muscle flexibility while experiencing the integration of yoga (stretching), acupressure, and Swedish massage.  
60 min = \$50

## **Momma Massage**

Custom pampering for the Mom-to-be!. Relieves aches and muscle cramps, reduces swelling, and enhances overall energy. Intended for low-risk pregnancies after the first trimester.

30 min = \$30

60 min = \$50

## **Packages:**

### **Aroma Wrap/The Meltdown**

Allow 2 hours = \$95

### **The Meltdown/Deep Tissue Massage**

Allow 2 hours = \$100

### **The Signature/The Express**

Allow 90 min = \$75