



## Massage

### Swedish:

Experience a gentle but firm touch infused with an essential oil or aromatic lotion that will reduce stress and ease muscle tension. This suits anyone who wants to relax and relieve negative energy. 60 / 90 min.

\$65/95

### Deep Tissue:

This therapeutic modality is often mistaken for simply being a massage with deeper pressure. While it does offer a stronger touch, it also targets specific symptoms such as trigger points and headaches. This suits anyone who feels overworked or uses repetitive movements that cause increased muscle strain and resistance. 60 / 90 min.

\$70/100

### Sports:

The techniques used during this massage are designed for athletes and correlate to the client's pre-event, inter-competition, or post-event recovery situation. Stretching and localized massage manipulation is to be expected. This suits anyone who participates in sports or exercises regularly. 60 / 90 min.

\$85/120

### Foot Reflexology:

An ancient art practiced all over the globe; this unique massage involves applying pressure to zones in the feet which is believed to have a healing affect on the corresponding internal organ. Ancient Egyptian physicians viewed feet as a symbol of unity with the universe while Chinese monks sought to balance one's life source or "qi." This suits anyone who is disenchanted by Western practices in search of an alternate path to balance the universe inside of them. 30 / 60 min.

\$75/105

### Hot stone:

Melt away stress with this deeply therapeutic massage technique. The therapist will massage with the warm, smooth stones as an extension of her hands or place them onto key points of the body. This helps loosen muscle tension faster without having to use deep pressure. This suits anyone who wants to relax while feeling cozy from head to toe. 60 / 90 min.

\$85/120

### The Ultimate Massage:

This unique massage is, as the name describes, the ultimate massage experience. Over a two hour period you will experience massage work from all four sides (back, front, left and right) making this massage the most thorough one available. 120 min.

\$150

## Special Services

### Post Surgical Adhesion Therapy:

This “scar-tissue release work” begins with an application of Castor Oil and heat, which helps soften tissue, applied to areas of scar tissue. The scar area is then worked with specific strokes that help break up adhesions thus softening and releasing the tissue. Several sessions may be required, and not all scar tissue can be fully released. 30 / 60 min.

\$40/75

### Reiki

Reiki is a Japanese technique to promote relaxation and reduce stress. **Rei** means “**God’s Wisdom**” or “**Higher Power**” and **Ki** is “**Life Force Energy**”. Reiki treats the whole person – Body, Emotions, Mind and Spirit. Beneficial effects are relaxation, feelings of peace, security and well being. Reiki is a safe modality that helps promote self healing. Reiki can be used in conjunction with all other medical or therapeutic techniques. A Reiki treatment will give you the feeling that a wonderful radiating energy is supporting you. According to Reiki philosophy, a weak life-force predisposes you to sickness and feelings of stress. When your life-force energy is supported (raised) you are more capable of happiness and health. 30 / 60/ 90 min.

\$40/75/95

### Deep Relaxation:

For those wanting (or needing) to escape, this special treatment will help you float away and give your mind and body a chance to reset. Reiki or Therapeutic Touch is combined with Cranio-Sacral Therapy (CST) and Myofascial Release (MFR). Together these therapies take you into a deeper place of mental clarity and emotional stability where you are better able to release physical and mental tensions. Plan to do very little afterward – you won’t want to anyway! 60 / 90 min.

\$85/105

## Spa Combination Packages (massage and facial)

### Shallow Waters:

Enjoy a 30 minute Bioelement’s Mini facial followed by a 30 minute Foot Reflexology massage. Like shallow waters, this combination of services is gentle and relaxing. 60 min.

\$90

### Tranquil Lake:

Take your mind on vacation with a 90 minute Hot Stone massage combined with a 30 minute Bioelement’s Mini facial. You will leave with that tranquil feeling of deep relaxation. 120 min.

\$135

### Saltwater Sanctuary:

You haven’t gotten lost at sea until you have this experience. Start with a 30 minute Swedish or Deep Tissue massage followed by a 1-hour Mud Therapy Body masque, followed by a 1-hour Bioelement’s Custom Blend facial. 150 min.

\$200

Note: 24 hr cancelation notice is required on all spa services to avoid incurring late cancelation fees.