



## Massages

Signature Massage 60 min \$85 • 75 min \$99 • 90 min \$110

Give your body and mind a state of RELAXATION with this Swedish to deep pressure massage. Pure pampering to release tension on stress areas and aching muscles, combined with warm towels, aromatherapy oils and therapeutic stretches. *One of our most popular massages!*

Deep Tissue Massage 60 min \$90 • 75 min \$110 • 90 min \$120

This technique targets the deepest layers of muscle and connective tissue. The massage therapist uses slower strokes and friction techniques across the grain of the muscle. Used for chronically tight or painful muscles, strains, postural issues, and recovery from injury.

Thai Massage 60 min \$100

Immerse yourself in this therapeutic technique. Thai massage is performed on a floor mat where the therapist uses his or her hands, knees, legs and feet to move you into a sequence of postures. It's like yoga without doing any of the work. More energizing than other forms of massage, it reduces stress and improves flexibility and range of motion. *Loose clothing required.*

Sports Massage 60 min \$90 • 75 min \$110

Invigorate your muscles with stretching and traction techniques to relieve pain and discomfort, while improving your range of motion. The focus is on the prevention and treatment of injury and enhancement of your athletic performance.

Couples Massage 60 min \$180 • 75 min \$199 • 90 min \$225

Share the experience with your loved one or friend. Both of you will receive a massage at the same time and in the same room with two of our professional massage therapists. Essential oils are used to promote relaxation for a truly unique and relaxing experience. Surprise your loved one or friend on their anniversary or special occasion.

Prenatal Massage 60 min \$90

Specifically tailored to the needs of the expecting mother during a time of rapid change. Relax muscles, improve mobility, calm your baby, and increase blood flow. Performed only after the first trimester.

Chair Massage 5 min \$7 • 10 min \$12 • 20 min \$19

Relax, revive, and rejuvenate. A great way to energize your day with a fresh and relaxing touch. Perfect for a quick mini escape during your lunch break or for corporate events.

Reflexology 30 min \$45 • 60 min \$65

Foot massage with a focus on pressure points to help heal and relax both your body and mind.

Therapeutic Massage 60 min \$90

Pain management massage to alleviate tense and aching muscles. Combines infrared light therapy, moxa (compacted herbs, herbal plasters and fire cupping as needed).

- Ask About Our Membership Packages •

MM33524



## Aesthetics

### Body Treatments

Body Slimming 75 min \$120

Series of treatments including electronic exercise, Vacuum-Therapy, a non-invasive suction technique to contour your body, and Cryo-Therapy wraps to firm and tone skin.

Cellulite Reduction 60 min \$80

Very effective Vacuum-Therapy, a non-invasive suction technique to contour your body, and coffee based treatments to diminish the appearance of cellulite.

Muscle Tone 45 min \$80

Series of electronic exercises that simulates the body's impulses to reshape muscle and connective tissue.

### Body Wraps

Sea Mud Body Wrap 65 min \$90

Exfoliate and hydrate your whole body with enzymatic sea muds.

Detox Thermal Body Wrap 45-60 min \$80

Eliminate body toxins with herbal oils and heat to stimulate blood flow, increase oxygen and detoxify the body.

Chocolate Mousse Body Wrap 45 min \$95

Soothing Cocoa from the Amazon applied all over your body, the best natural antioxidant for the skin!



## Spa Packages

Spa Day 3 hours \$199

- 90 min Signature Massage
- 60 min Organic Facial
- Infused Aromatherapy
- Italian Hand and Foot Scrub
- Complimentary Glass of Red or White Wine

Spa Sampler 90 min \$110

- 30 min Signature Massage
- 30 min Express Facial
- 30 min Body Scrub

Couples Retreat 90 min \$245

- 90 min Signature Massage
- Champagne and Roses Back Scrub
- Infused Aromatherapy
- Scalp Treatment
- Complimentary Glasses of Champagne

Wellness 2 hours \$160

- 60 min Therapeutic Massage
- Reflexology
- Green Tea Foot Scrub
- Lavender or Eucalyptus Infused Aromatherapy
- Complimentary Hot Detox Herbal Tea



## Care for the Skin

Microdermabrasion \$125

Micro-Crystals gently exfoliate dead skin cells to even out the tone and texture of your skin.

Anti-Aging Facial \$150

Nano technology and Galvanic Current dramatically tones, firms, and lifts aging skin for a more youthful look.

Whole Nine Yards Skin Experience \$85

Signature facial customized to treat your specific skin care needs.

Acne Relief Treatment \$90

Purifying mixers, masks, and extractions to clean, freshen, and clear skin from acne and impurities.

Back Purifying Facial \$85

Detoxifying exfoliants and calming effleurage will leave your back rehydrated and your shoulders revitalized.

30/30 Express Facial \$40

30 minute mini facial to refresh, relax, and achieve a healthy skin glow.

Teen Facial \$50

Gentle cleansing facial targeting teens skin care needs.

Organic Facial \$90

Refresh and purify your complexion with this natural skin care session. Products used are made with fresh fruit pulps, plants and exotic spices.

*Microblading and permanent makeup available upon request.*



## Groups & Parties

Girls Day Out (Groups of 4-10) Per person \$95

Get together with the girls for a day of pampering and catching up! Upon arrival, we provide each guest with a robe along with a complimentary glass of wine or hot tea. Melt away stress and unwind from head to toe with a relaxing 30 min massage, an Express Signature facial, and a spa gift bag to take home!

*Party reservations are subject to availability. Parties with 5 guests or more must be booked as a private party. Larger private spa parties must be booked on Sundays. All private spa parties must be pre-paid and include an 18% gratuity surcharge. Contact us for more information or to book your spa party today!*