

*From stress relief  
to healthier skin  
to improving  
overall wellness,  
our professional  
massage therapists  
and estheticians  
can customize a  
session to fit your  
specific needs.*





## Rates

CUSTOMIZED  
MESSAGE SESSION — MEMBER — NON-MEMBER

1-Hour	\$39	\$78
1½-Hour	\$57	\$114
2-Hour	\$78	\$156

CHOICES UPGRADES

 AromaTherapy	\$10	\$15
 Deep Muscle Therapy	\$12	\$18

SIGNATURE SERVICE

 Hot Stone	\$78	\$156
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HEALTHY  
SKIN FACIALS — MEMBER — NON-MEMBER

1-Hour	\$49	\$88
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## *Enjoy lasting wellness with Spa membership*

The healthy benefits of massage and facials are compounded with regular sessions. With membership, enhanced wellness is yours at our low membership rate.

### *Memberships include:*

- A customized massage every month,
- Additional massages and facials at low membership rate

# *therapeutic services*

*+ Key Benefits*

# Customize your massage

## Relaxation Massage

- Light to medium pressure
- Promotes circulation and lymph movement
- Good for stress-related conditions and chronic pain

## Deep Muscle Massage

- Releases muscle tension
- Provides deep pain relief
- Loosens scar tissue and lengthens muscles
- Good for chronic and overuse injuries

## Sports Massage

- Promotes flexibility to decrease risk of injury
- Improves endurance
- Reduces post-workout recovery time
- Offers balance to training regimen

## Foot Massage Therapy

- Restorative relaxation
- Decreases stress and anxiety
- Relieves toe and ankle pain, arch pain, plantar fasciitis and common forms of arthritis

## Cranial Sacral Therapy

- Gentle techniques for releasing muscle/joint tension and tissue restriction
- Promotes balance while decreasing stress
- Effective relief for headaches, TMJD, back and neck pain

## Geriatric Massage

- Encourages circulation
- Improves balance and flexibility
- Reduces pain and anxiety
- Increases joint mobility

## Prenatal Massage

- Relieves headaches
- Alleviates backaches
- Enhances sleep
- Reduces fatigue

### CHOICES UPGRADES



### Aroma Therapy

Aroma Therapy uses essential oils extracted from herbs, flowers and fruits to naturally enhance well-being.

**ACHES & PAINS** Promotes circulation, helps aid tissue recovery and decrease pain

**ANXIETY RELEASE** Eases nervousness, irritability and apprehension

**LAVENDER GARDEN** Reduces inflammation, calms the mind and promotes restful sleep

**MINT & ROSEMARY** Enlivens the body and mind and increases circulation



### Deep Muscle Therapy

This concentrated therapy uses warming and cooling thermal treatments to provide deep muscle pain relief, decrease inflammation and increase circulation.

**LEGS & FEET** For overworked legs and feet – relieves pain from plantar fasciitis, chronic ankle and knee injuries

**BACK & NECK** For persistent or chronic neck and back injuries – relieves overuse from physical work or activity

**HANDS & ARMS** For overworked hands and arms – relieves pain from carpal tunnel, tennis elbow and shoulder joint pain

### SIGNATURE SERVICES



### Hot Stone

- Eases muscle stiffness and tension
- Increases circulation and warms deeper muscles
- Decreases stress and anxiety
- Good for chronic pain, rheumatic/arthritis conditions, fibromyalgia

## Healthy Skin

