

Treatment Rate

SWEDISH MASSAGE:

This full-body massage flows with rhythmic grace using long and smooth movements inspired by traditional Swedish techniques. This massage is known to improve the healthy circulation and lymphatic flow while relieving muscle tension and stiffness. A true stress-buster!

Cost/Duration: \$ 40 / 30 minutes | \$ 75 / 60 minutes | \$ 100 / 90 minutes

AROMA THERAPY MASSAGE:

Unwind with a light to medium pressured full body massage, designed to suit your needs. Experience the benefits of luxury essential oils as your skin soaks them up during your preferred style of relaxing massage. Discover the aroma which is just right for you and enjoy a serene, therapeutic effect on your mind, body, and soul.

Cost/Duration: \$ 40 / 30 minutes | \$ 75 / 60 minutes | \$ 100 / 90 minutes

DEEP TISSUE MASSAGE:

This powerful massage is designed to alleviate severe, deep-seated tension. This restorative treatment will relieve your inner pains; leaving you feeling euphoric! We recommend this massage for individuals who participate in heavy physical activity.

Cost/Duration: \$ 80 / 60 minutes | \$ 100 / 90 minutes

HOT STONE MASSAGE:

This ancient tradition of hot stone therapy gently soothes and brings you to a different level of relaxation. Warm, oily stones are used over the entire body to encourage blood circulation and relieve pressure and tension. Almost as relaxing as resting under our pine trees!

Cost/Duration: \$ 80 / 60 minutes

SHIATSU MASSAGE:

This traditional form of Japanese massage is truly holistic and aims to balance the flow of energy through the whole body by applying pressure on specific trigger points to restore physical and mental well-being, treat disease, or alleviate discomfort. The heart of shiatsu is like a mother's love. Pressure of the finger makes the spring of life flow.

Cost/Duration: \$ 40 / 30 minutes | \$ 75 / 60 minutes



COUPLE'S MASSAGE:

Relax and indulge with a loved one as you enjoy a special experience side-by-side. Each person will enjoy his/her own massage therapist and will receive individualized treatment followed by a soak in your own private Jacuzzi. An experience worth sharing.

Cost/Duration: \$ 180 / 60 minutes

REFLEXOLOGY:

Reflexology is an ancient Chinese technique based on the notion that each body part has pressure points on our feet. The goal of this treatment is to realign the body back into balance by stimulating these reflexes with pressure and manipulation. The road to relaxation starts with your sole!

Cost/Duration: \$ 40 / 30 minutes | \$ 75 / 60 minutes

BALINESE MASSAGE:

Balinese massage is a full-body, holistic treatment. It uses a combination of gentle stretches, deep tissue massage, and aromatherapy to bring a sense of wellbeing, calm, and deep relaxation.

Cost/Duration: \$ 80 / 60 minutes

FOOT SPA:

A relaxing foot bath followed by a scrub to remove dry/dead skin, and a massage to improve blood circulation to the feet and soothe stress away.

Cost/Duration: \$ 35 / 30 minutes

Caring is our nature!



HEAD AND SHOULDERS MASSAGE:

A massage that relieves stress from the neck and shoulders. It also promotes blood circulation to the face giving it a radiant glow and preventing wrinkles thus promoting anti-aging.

Cost/Duration: \$ 40 / 30 minutes

BACK MASSAGE:

Quick massage techniques that help you relax and reduce muscle tension and stress levels. Perfect for fitting in a tranquil break into your busy schedule- you're worth it!

Cost/Duration: \$ 40 / 30 minutes

BODY SCRUB:

An exfoliating body treatment using luxurious organic products with sea salt that remove dry/dead skin, improve blood circulation, and soften the skin to give you a healthy glow. This treatment is ideal for preparing the skin for the benefits of a massage or a good sun tan.

Cost/Duration: \$ 40 / 30 minutes

PRENATAL MASSAGE:

Pregnant ladies, we've got your back! This massage is a healthy way to reduce stress, promote overall wellness, relieve backaches, stiff neck, leg cramps and headaches. All this is done using organic, pregnancy-friendly products that help reduce stretch marks.

Cost/Duration: \$ 70 / 60 minutes

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