

SPA MENU

We believe that each massage experience should be tailored to the body's specific needs. Our treatments are designed as either a full body experience or an area-specific focus. Choose an aromatherapy oil that most appeals to your senses.

UPPER BODY RELEASE, 30 MIN - \$70

PERFORMED IN A PROFESSIONAL MASSAGE CHAIR WHILE YOU REMAIN FULLY CLOTHED, THIS TECHNIQUE PROVIDES IMMEDIATE RELIEF FOR ACHING BACK & SHOULDERS, NECK, HEAD & ARMS.

SIGNATURE SWEDISH MASSAGE 60 MIN - \$ 135 90 MIN - \$ 190

A HOLISTIC APPROACH TO RELIEVING STRESS, STIMULATING THE CIRCULATION, BOOSTING THE IMMUNE SYSTEM, ALL WHILE PROMOTING RELAXATION IN ALL BODILY TISSUES AND CELLS.

DEEP TISSUE MASSAGE 60 MIN - \$155 90 MIN - \$210

A PERFECT POST-ADVENTURE MASSAGE FOCUSING ON RELIEVING DEEPER LAYERS OF YOUR MUSCLES. USING DIRECT PRESSURE, THIS TECHNIQUE PROVIDES EXCELLENT RELIEF OF MUSCLE TENSION AND FATIGUE, ALLOWING MUSCLES TO REGAIN THEIR FREEDOM OF MOVEMENT.

HOT STONE MASSAGE, 90 MIN - \$230

A TRULY GROUNDING TREATMENT. CONTAINING A HIGH LEVEL OF IRON, OUR BASALT STONES RETAIN HEAT DURING THE SESSION. WE TAKE A PALM-SIZED STONE WITH A SMALL AMOUNT OF OIL AND MASSAGE YOUR BODY FROM HEAD TO FOOT, WORKING OUT ANY KNOTS IN BETWEEN.

TREATMENT ADD-ON, 30 MIN - \$80

LOOKING TO EXTEND YOUR MASSAGE? ADD THIS OPTION TO YOUR TREATMENT TO ENJOY THE EXPERIENCE A LITTLE LONGER.

PRIVATE STRETCH CLASS, 30 MIN - \$50

CATERING TO YOUR UNIQUE NEEDS, WE UTILIZE VARIOUS STRETCHING TECHNIQUES TO SOFTEN THE IMPACTS OF THE DAY OR THE NIGHT AND TO ALIGN YOUR BODY AND MIND. PRIVATE CLASSES CAN ACCOMMODATE GROUPS OF UP TO 4 PEOPLE.



PRICES EXCLUDE TAXES AND GRATUITIES. TREATMENTS ARE SUBJECT TO PRACTITIONER AVAILABILITY. ALL SPA APPOINTMENTS REQUIRE 24 HOUR CANCELLATION NOTICE. TREATMENTS CANCELLED WITHIN 24 HOURS OF SERVICE WILL BE CHARGED IN FULL. TREATMENTS CHANGED WITHIN 24 HOURS OF SERVICE WILL BE CHARGED 50% OF THE RATE. NO-SHOWS WILL BE CHARGED IN FULL.