



Massage

Swedish Massage

A gentle tension relieving massage using light to moderate pressure to increase relaxation and improve circulation.

50 Mins

Therapeutic Massage

A restorative massage using moderate to deep pressure and specific deep tissue techniques to aid in the release of chronic muscle tension and pain.

50 Mins

Sports Massage

An athlete-focused treatment using various massage techniques and stretching to address muscle fatigue and aid in soft tissue recovery.

50 Mins

Prenatal Massage

A nurturing treatment for the mother-to-be using light to moderate pressure and special positioning and bolstering. Because of the physical and hormonal changes that occur in the expectant mother, we do not recommend any massage during the first trimester.

50 Mins

Reflexology**

An ancient treatment to improve whole body wellness and relaxation using specific pressure on reflex points that correspond to respective areas of the body. A 50 minute treatment addresses the feet; a 75 minute addresses feet, hands and ears.

50 Mins

Desert Herbal Cocoon Wrap**

This tension relieving heat treatment begins with dry body brushing, an Ayurvedic technique designed to encourage lymph movement and improve circulation. Your skin is massaged with a healing sage and mountain arnica body oil to help soothe joint and muscle pain and ease discomfort. Finally your body is wrapped in hot linens steeped in herbal infusions to create a detoxifying cocoon. Relax with a face, neck, and scalp massage as stress and tension melt away.

50 Mins

Each treatment is \$175 inclusive (Tax and Gratuity) Available Monday-Sunday

***Each treatment is \$195 inclusive (Tax and Gratuity) Only available Thursday-Sunday*

Cancellation Policy

Should you need to cancel an appointment, we will be pleased to assist you in rescheduling. To avoid full rate charges, please provide us at least 24 hours' notice for your cancellation.



Facial

Signature Facial

A customized treatment ideal for all skin types. Organic products are chosen to cleanse, gently exfoliate, and restore pH balance. Includes steam, extractions, hand and foot massage, and mask.

50 Mins

Alginate Facial**

A cooling algae derived lift-off mask calms, soothes, and effectively reduces redness and skin sensitivity. Customized with a beneficial serum for optimal results. Includes hand and foot massage.

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