

Menu of Services

Therapeutic Massage

Customized to the individual, therapeutic massage often draws on a combination of Swedish, Deep Tissue, and Trigger Point Therapy.

30 minutes \$30

60 minutes \$50

90 minutes \$75

Oncology Massage

Customized to the individual, this massage is designed specifically for the individual in treatment for cancer or who has a history of cancer. **Please Note:** A consultation should be scheduled for those currently in treatment before scheduling an Oncology Massage. There is no charge for this consultation.

30 minutes \$30

60 minutes \$50

Hot Stone Massage

This treatment incorporates hot stones into a full body massage to instill a deep sense of relaxation.

90 minutes \$100

Azuki Face Lift

In this modern take on an asian classic, a facelift massage focusing on acupressure points of the brow, eyes and mouth is done before the skin is washed and the face scrub applied. A relaxing scalp and shoulder massage is given. Moist heat is used to remove the scrub and jojoba oil is then applied. **Please Note:** This treatment is not for those with allergies to legumes. A different face scrub can be substituted.

60 minutes \$60

Lavender Body Scrub

Relax with this classic. Lavender encourages relaxation during this treatment providing some respite from the outside world.

50 minutes \$40

Seaweed Body Wrap

Detoxify and rejuvenate with this nourishing treatment. After your body is dry brushed to stimulate the lymphatic system, silken seaweed is applied. A complimentary dry brush with instructions for home use is included. **Please Note:** This treatment is not for those with iodine or shellfish allergies.

60 minutes \$65

French Green Clay Body Wrap

Blue-green algae, the most nutrient-rich of all the algae is combined with the drawing, detoxifying properties of this French clay blend. This clay is applied to the body and then you're wrapped in warmth. This treatment is revitalizing and detoxifying and leaves you feeling energized. A complimentary scalp massage is included with this treatment.

60 minutes \$60

Add ons

Thai Herbal Compresses

Warmed compresses containing a traditional thai mix of herbs are applied to the body with effleurage strokes and compression. This special blend of herbs helps to relieve muscle and joint pain, increases blood circulation, and nourishes and revitalizes the skin.

\$25

Body Brush

An ideal add-on to massage and body treatments, this exfoliating treatment removes accumulated dead skin cells with a body brush. Next, jojoba oil is applied with gentle massage to moisturize the skin.

30 minutes \$25

Packages

Total Surrender

This package is tailor made for relaxation and stress relief. To start you are enveloped by the relaxing scent of lavender as the Lavender Body Scrub is applied and removed with warm moist towels. Then you will receive a Full Body Massage that focuses on relaxation and stress relief, incorporating long strokes from head to toe. Next, while face up, you will receive a relaxing face massage that ends with the honey face scrub and a Scalp Massage.

2 hours 50 minutes \$150

Loving the Skin Your In

This package is designed to use massage to help strengthen and support the largest human organ, the skin. We begin with a body brush; removing accumulated dead skin cells before applying jojoba oil to the body with a gentle, light massage. Next we move to your face, an area where we often hold tension without realizing it. The Azuki Face Lift is a specialty massage that incorporates acupressure points to tone the facial muscles. We finish with the hands and feet, massaging then washing the delicate skin found on these areas, applying an energizing peppermint scrub and finishing with peppermint lotion.

2 hours \$120

All Body treatments can easily be combined with massage or reflexology to create your own personalized package.

Prices current as of March 2010.