

## MENU OF SERVICES



**SWEDISH RELAXATION MASSAGE** - a classic relaxation massage designed to improve circulation, muscle tone and overall well being. When you are looking for a way to manage or even eliminate pain from an injury, this is the way to go.

- 1 Hr \$60.00
- 2 Hrs \$120.00
- 1 ½ Hrs \$90.00

**AROMATHERAPY MASSAGE** – incorporating the use of essential oils in a massage to enhance relaxation and rejuvenation in body and mind. Massage Oils are blended prior to your session to ensure quality and achieve optimum effect.

- 1 Hr \$65.00
- 1 ½ Hrs \$95.00

**HOT STONE THERAPY** – the use of round, smooth stones that are heated to a luxurious warmth, then oiled for massage that is deeply penetrating, prompting profound relaxation, increased detoxification, and relief of long-standing muscular tension, stress and fatigue. Appointments highly recommended as it takes 30 minutes to sanitize and prepare the stones.

- 75 Mins \$85.00

**SPECIFIC AREA MASSAGE** – a more focused, deeper massage targeting a specific muscle group (i.e. back, legs, hands and feet, neck and shoulder). When you are pressed for time but need to reduce tension in the back, neck and shoulder, this is the answer.

- 20 Mins \$25.00
- 30 Mins \$35.00
- 40 Mins \$45.00

**Deep Tissue** – for a deeper, more therapeutic massage that targets those stubborn knots. Add to any massage for \$10.00 extra.

**Body Scrub** - a vigorous application of a scented Sugar Scrub to exfoliate dead skin cells, allowing deep penetration of moisturizer for softer, smoother and healthier skin. \$40.00 Add to any massage for \$30.00

\*\*\*Ask about discounted prices. You may be pleasantly surprised!