



# Massage Services Menu & Price List



## Full Body Massage

**Swedish "Classic"** 30 min-\$55 60 min-\$90  
90 min-\$120 120 min-\$175

Perfect for those needing to decompress and unwind. Light-medium pressure, smooth/gentle strokes, and movements on the topmost layer of muscles to promote relaxation.

**CBD Full Body** 60 min-\$105 90 min-\$135

Receive all of the wonderful benefits associated with a Swedish + CBD promotes a deeper state of relaxation and helps to reduce pain and inflammation.

**Hot Stones** 60 min-\$110 90 min-\$140

Deeply relaxing, and therapeutic. Our therapists use smooth, heated stones as an extension of their own hands, or by placing them on the body. Known to offer both physical and mental benefits.

**Deep Tissue** 60 min-\$120 90 min-\$150

Combines techniques from different modalities to relieve severe tension in the muscles and connective tissue; by using slow strokes and deeper pressure on the affected areas to alleviate pain and stiffness.

**Total Body Stretch + Massage** 90 min-\$150

Stretching activates your parasympathetic nervous system and increases blood flow to your muscles. Coupled with a massage, stretching may also release endorphins that help to reduce pain and enhance your mood.

**Lomi Lomi "Holistic"** 90 min-\$150  
120 min-\$190

Using medium - deep pressure during long strokes down your body, and hands in a softer run as they move gently back up your body. Our clients rave of a deeply relaxing feeling of unity and uninterrupted rhythm.

## Spa/Wellness Treatments

**Hydrating Facial** 55 min - \$75

Our facial is SUPER HYDRATING, and for those looking to boost their skin's moisture levels, improve texture, and achieve a healthy, glowing complexion. No extractions or chemical peels. Our quality products are for all skin types.



**Body Mud or Scrub** \*a la carte 60 min - \$95  
w/Massage +\$60

Body wraps may help with the detoxification of toxins, improve circulation, and overall appearance and nourishment of the skin. Add to any massage or opt for ala carte.

**Ionic Foot Detox + Ft Massage** 45 min - \$55

Our ionic foot detox is a soothing treatment that uses ionized water to draw out toxins from your body through your feet, promoting overall health and relaxation. Experience revitalization and enhanced well-being with this gentle and effective detox therapy.

**Yoni "V" Steam + Foot Massage** 45 min - \$55

Our Yoni Steam is a traditional wellness practice where herbal-infused steam gently cleanses and revitalizes the vaginal area, promoting feminine health and relaxation. This soothing treatment is used to support vaginal, menstrual, and overall female reproductive health.

w/Massage +\$40

**Lymphatic Dry Brushing** a la carte - \$75

This extremely soothing technique promotes lymphatic drainage by encouraging blood circulation and skin exfoliation. A new brush is provided at each service for your at-home regimen. Add to any massage or opt for a la carte.

## Add-Ons to Body Treatments

- Dry Brushing +\$40
- Back Facial "Bacial" +\$30
- Sugar Scrub (Hand and/or Foot) +\$15/\$25
- Hot Stones +\$20
- Sinus Massage +\$15
- Red Light Therapy +\$15
- CBD +\$10



**Rejuvenating Foot Soaks**

- CBD Soak + Foot Massage \$40
- Aromatherapy + Ft Massage \$30

## Additional Client Benefits

All NEW Clients receive 20% off their 1st Massage when they subscribe to our newsletter by scanning the QR code. PLUS check our site regularly for SPECIALS!

