

Spa & Wellness

Massage Services



ALL services include time to disrobe/redress

PRESSURE = Light (L) Medium (M) Firm (F)

Neck, Shoulders, and Back (L-M) 30 min - \$75

A targeted session focusing on the upper body's most high-tension areas. *Deep Tissue option is available for \$85*

Swedish "Classic" Massage (L-M) 60 min - \$105
90 min - \$140

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 and relieve tension.

Prenatal Massage (L-M) 60 min - \$115
90 min - \$150

A very relaxing, specialized and therapeutic massage designed for pregnant mommies to alleviate pregnancy-related discomforts like back pain, sciatic nerve pain, and swelling. *Available at 2nd Trimester*

CBD Full Body Massage (L-M) 60 min - \$120
90 min - \$155

Receive all of the wonderful benefits associated with a Swedish + CBD promoting a deeper state of relaxation and helps to reduce chronic pain, inflammation, and muscle tension.

Hot Stones Massage (L-M) 90 min - \$160
120 min - \$210

This special technique incorporates our smooth, heated stones to deeply penetrate and melt muscle tension; and serves as an extension of our hands. Known to offer both physical and mental benefits.

Deep Tissue Massage (M-F) 90 min - \$170

Combines techniques from different modalities to relieve severe tension in the deepest layers of muscles and connective tissue; by using slow strokes and firm pressure to alleviate chronic pain and increase mobility. Includes a heated hydro pack.

Total Body Stretch+Massage (L-M) 90 min - \$170
120 min - \$220

Stretching activates your parasympathetic nervous system and increases blood flow to your muscles. Coupled with a massage, our passive techniques may release endorphins to help reduce pain, accelerate muscle recovery, and enhance your mood.

Lomi Lomi "Holistic" Massage (L-F) 90 min - \$180
120 min - \$230

Consists of light - medium firm long strokes up and down the body using hands, fingertips, and forearms. Our clients rave of a holistic whole body, rhythmic connection restoring harmony and balance.

Service Menu &

Spa-Wellness



Ionic Foot Detox + Mini FT Massage 45 min - \$60

Our safe, gentle and highly effective treatment uses ionized water to draw out toxins from your body through your feet, providing optimal health benefits and full body relaxation. Includes a mini-foot massage and herbal tea.

Yoni "V" Steam + Mini FT Massage 35 min - \$60

Enjoy a carefully curated herbal-infused steam to gently cleanse and revitalize the vagina and uterus. This traditional wellness practice is used to support post-partum recovery, menstrual and overall female reproductive health. Relax with a mini-foot massage and herbal tea.

Customizable Foot Treatment 45 min - \$85

Includes a CBD or aromatherapy foot soak, sugar scrub, mask or paraffin dip, foot compression, hot stones, a leg/foot massage and herbal tea. *ADD Pneumatic Compression Boots - \$50*

Facials

Express Facial 35 min - \$85

This service is perfect for your lunch break. Includes a deep cleanse, exfoliation, toner, hydration and warm towels. No extractions or chemicals. Products are hypoallergenic, non-comedogenic and safe for all skin types.

Back Facial "Bacial" w/massage - \$95
w/out massage - \$110

Got back acne? We got you! Relax as we steam, deep cleanse, exfoliate, mask, and hydrate. Unclogged pores leave a clearer look and smoother feeling. Our special hypoallergenic and non-comedogenic serum helps soothe inflammation and prevent excess oil or dry skin post-treatment. A mini-back massage is included.

Super Hydrating Facial 60-75 min - \$125

This SUPER HYDRATING facial is for those looking to boost their skin's moisture levels, improve texture, and achieve a healthy, glowing complexion. Steam, cleanse, exfoliate, mask, tone, and hydrate. Includes a hand/foot massage and lip treatment. No extractions or chemicals. Products are hypoallergenic, non-comedogenic and safe for all skin types. *ADD Red Light - \$20*

Our monthly clients enjoy our Zen Room PLUS:

50% Discounts and a Free 60 minute Massage

Price List



Enhancements - ADD-ONS

Sinus Relief Options	\$5-\$8
Hydrocollator Heat Pack - Small/Large	\$7/\$12
CBD - Massage ADD-ON	\$15
Scalp Massage w/Essential Oil	\$15
Hot Stones - Massage ADD-ON	\$20
Infrared Sauna w/Himalayan Salt	\$20
Sugar Scrub - Hand or Foot or Both	\$15/\$28
Deep Tissue - Massage ADD-ON	\$20/\$30
Rest - Post Massage (15 or 30 mins)	\$20/\$40
Body Stretch - Massage ADD-ON	\$30/\$45
Red Light Therapy - w/Massage	\$50

Lymphatic - Detox

Lymphatic Dry Brushing w/massage - \$70
w/out massage - \$100

This full body service is gentle and soothing, promoting lymphatic drainage by encouraging blood circulation and skin exfoliation, and concludes w/a warm oil application. A new brush is provided at each service for your at-home regimen. *ADD Red Light or Infrared Sauna*

Body Wrap Treatments 60 min Seaweed Wrap- \$100
ADD/Infrared Blanket- \$150

Body wraps are your go-to when looking to detoxify, hydrate, and tighten skin. Involves dry brushing, seaweed application, body wrapping, warm linens, and concludes with hydration. *For a deeper detox ADD the Infrared Sauna Blanket*

Advanced Lymphatic Therapy (ELT) 55 min - \$130
*90 min - \$150

This specialized treatment enhances the body's lymphatic system function using manual technique and glass wands. It is designed to improve circulation, reduce swelling, detoxify the body, and boost immune function using low-frequency vibrations, light, and sound waves to break up congestion lymph to remove toxins. This service is non-invasive, gentle, and relaxing. *Your first visit includes a consultation*

All NEW Clients receive 10% off their 1st Massage. Scan the QR code, and check our website regularly for CURRENT SPECIALS!

