



# Massage

## Full Body Treatments

**\*ALL services include time to disrobe/redress\***

**Pressure = Light (L) Medium (M) Firm (F)**

### Swedish "Classic"

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. **(L-M)**

### CBD Full Body

Receive all of the wonderful benefits associated with a Swedish + CBD promotes a deeper state of relaxation and helps to reduce pain and inflammation. **(L-M)**

### Hot Stones or Bamboo Sticks 90 min-\$150

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. **(L-M)**

### Deep Tissue

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. **(M-F)**

### Total Body Stretch + Massage 90 min-\$160

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. **(L-M)**

### Lomi Lomi "Holistic"

Using light to medium - firm 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. **(L-MF)**

30 min-\$70

60 min-\$95

90 min-\$130

60 min-\$110

90 min-\$145

90 min-\$160

90 min-\$170

120 min-\$220

# Services Menu &

## Spa/Wellness Treatments

### Super Hydrating Facial

Our FAN FAVORITE 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.

### Back Facial "Bacial"

A back facial involves a series of steps that steam, cleanse, exfoliate, mask, and nourish the skin on your back, leaving it looking clear and feeling smooth. Includes a relaxing mini massage that helps deeply moisturize the skin with special creams or oils, preventing oily skin or dryness post-treatment. Clients LOVE this SUPER RELAXING treatment.

### Ionic Foot Detox + Mini 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 + Mini FT Massage 35 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.

### Lymphatic Dry Brushing

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.

### Additional Foot Treatments

CBD Soak + Mini FT Massage

Aromatherapy + Mini FT Massage

60-75 min - \$125

50-60 min - \$110

45 min - \$55

35 min - \$55

w/Massage - \$55

50-60 min - \$95

\$40

\$40

# Price List

## ADD-ON Enhancement Services

Dry Brushing

\$55

Castor Oil Therapy Pack

\$50

Red Light Therapy

\$20/\$45

Zen Essential Oil Inhalation Therapy

\$20/\$35

Hot Stones - ADD ON

\$20

Deep Tissue - ADD-ON

\$20

CBD - ADD ON

\$12

Paraffin Dip Hand/Foot

\$12/\$15

Hand Mask/Sugar Foot Scrub

\$10/\$12

Hydrocollator Heat Pack 1 or 2 areas

\$7/\$12

### Advanced Lymphatic Therapy

+\$130

Advanced Lymphatic Therapy is a specialized treatment that enhances the body's lymphatic system function using manual techniques, electro-lymphatic drainage, and detox therapies. It is designed to improve circulation, reduce swelling, detoxify the body, and boost immune function.

This therapy goes beyond traditional manual lymphatic drainage (MLD) by incorporating modern technologies such as Electro-Lymphatic Therapy (ELT) – which uses low-frequency vibrations, light, and sound waves to break up congestion in the lymphatic system.

### A "G" Spot Spa Membership includes:

\*Infrared Sauna\*

\*Zen Room Therapy\*

All NEW Clients receive 20% off their 1st Massage when they subscribe to our newsletter by scanning the QR code.

PLUS check our website regularly for SPECIALS!



"G" Spot Membership

Client Loyalty Club