

Menu of Services Offered

Signature Swedish Massage-

Using medium pressure, Swedish Massage is a deeply relaxing massage for the mind and body. At the same time, it reduces both physical tension and emotional stress, creating a heightened sense of well being. **Great for first timers!**

1/2 Hour- \$50.00

1 Hour- \$90.00

1 ½ Hours- \$105.00

Traditional Thai Massage

"Traditional Thai Massage is like 10,000 waves washing over the body"

Chonghol Settahorn

Thai Massage is like a dancing, passive yoga combined with acupressure. Sessions are performed on a Futon mat with the client dressed. Thai Massage uses a wide variety of movements and stretches which help adjust the skeletal structure, increase flexibility, relieve muscular and joint tension, balance the body's energy system, and is uniquely relaxing as well as energizing. **An incredibly relaxing and balancing experience!**

1 ½ Hours -\$130.00

Thai Foot Reflexology

The natural healing art of reflexology is based on the principle that there are reflex points on the feet which correspond to every muscle, joint, and gland in the body. Applying finger pressure to stimulate these reflex areas, **releases built-up stagnation as it increases circulation in the body.** This allows the body to return to its natural state of balance. **Wonderfully relaxing!**

1 Hour- \$90.00

Hot Stone Massage

Is the application of water heated basalt stones of varying sizes, giving the sensation of a massage that is deeply soothing and relaxing, warm, and comforting. The heat of the stones allows the tension held in the body to melt quickly. **A true treat!**

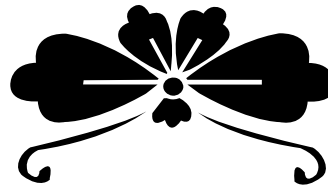
1 Hour- \$105.00

1 1/2 Hour- \$125.00

Pregnancy Massage

Is a wonderful way to relax, increase your energy level and relieve discomfort during pregnancy. The caring touch of Pregnancy Massage can help you experience your changing body in a positive and accepting way. **A true gift for you and your baby!**

1 Hour- \$95.00



Raindrop Therapy

Has been found to be beneficial in restoring balance in life and good health by stimulating every organ, muscle, and bone on a cellular level; boosting the immune system; balancing electrical frequencies; releasing dormant bacteria, viruses, and fungi in the spine, and unleashing emotions stuck in the physical body. Several essential oils are used, **dropped gently, like raindrops** along the spine and massaged into the body. Light neck stretches help to open and relax any left over tension. 1 Hour- \$90.00

Ginger Compress

The purpose of Ginger Compress is to stimulate blood circulation and the lymphatic system, thereby loosening and dissolving accumulated and stagnated toxic waste from the body. (old medications, mucus matter, constipation, etc...) Also works great at relieving aches and pains the body is holding. Works especially well during change of seasons. **An ideal and natural way to detoxify your body.**

Recommended 1-3 consecutive sessions for best results.

30 minutes - \$50.00

"Within each of us, nature has provided all the pieces necessary to achieve exceptional health and wellness, then left it up to us to put them all together."

Diane McLaren

Gift Certificates Available!