



Massage Menu & Spa Treatments

General Massage Therapies: \$85.00/60 min \$95.00/75 min \$105.00/90 min

Swedish: Long, gliding strokes rejuvenate and relax, promoting a sense of tranquility.

Therapeutic Massage: Effective for the management of chronic pain, discomfort and the rehabilitation of injuries. May include a combined myriad of techniques.

Sports Massage: Pre-event and post-event massage, usually done clothed, either to enhance one's performance or allow for quicker recovery from an event or workout. Stretching and compression techniques are emphasized.

Pregnancy Massage: Gentle, relaxing massage techniques that addresses the discomforts of pregnancy.

Aromatherapy Massage: One has the choice of one of two essential oil blends: Lavender or Eucalyptus.

Reflexology: An ancient Asian healing art of addressing reflex points on the hands and/or feet which stimulate or relax other parts of the body, in turn, bring about a sense of balance and harmony. (****** Possible: You will begin with a foot soak using rosemary essential oil**)

Energy Massage: Helps bring one's body, mind and spirit back into balance. Techniques used will vary according to individual needs and therapists and is done while clothed. Energy modalities could include: Reiki, Polarity Therapy, Chakra Balancing, Cranial Sacral or Accupressure.

Reiki: An ancient form of hands-on energy balancing. Very gentle and non-invasive, this technique supports self-healing by holding energy points and areas on the body and is done through clothing.

Couples Massage: Enjoy quality time together in our couples massage room. Experience any of our **general massage therapies** side by side with your significant other.

Specialty Massage Therapies

Custom Aromatherapy Massage: Specific essential oils are chosen per individual with the help of the massage therapist, and then blended with a base oil to help balance and enhance one's well being. You will be given the remainder of your blend for a lasting experience to enjoy.

\$100.00/75 min \$110.00/90 min

Hot Stone Therapy: Smooth, hot lava stones are used during massage bringing relief to tense muscles and stressed emotions. The slow warming, yet deep penetrating energies of the stones, brings a sense of lasting warmth, balance and well being.

\$100.00/60 min \$125.00/90 min

Relax, Refresh & Rejuvenate: Includes a dry loofah scrub, hot towel compressions and a massage using a blend of essential oils of spruce, blue tansy, rosewood, and frankincense. The dry loofah scrub exfoliates the skin and stimulates lymph drainage and function. Hot towel compressions help relax muscles and other soft tissues. The blend of essential oils used promotes the feeling of strength, courage, protection and supports energy alignment in the body. You will take home your loofah and aroma therapy blend to further enjoy at home. **\$110.00/60 min \$ 135.00/90 min**

Golden Eagle Sampler Massage: Can't decide which massage therapy to try? This unique treatment includes: a dry loofa scrub, hot towel compression, hot stones and a relaxing massage.

\$110.00/60 min \$135.00/90 min

Additions to the menu:

Hot Stones: \$5.00

Hot Towels: \$5.00

Deep Tissue: \$5.00

15 minute head, hands or foot massage: \$10.00