



## Traditional Massage Treatments

### New! Warm Bamboo Massage:

Experience the luxury of a Deep Tissue or Swedish massage with warm, luxurious bamboo sticks for an exotic and deeply relaxing full-body experience. Incredible for relieving stress!

\$80 1 hr • \$110 1½ hrs

### Traditional Swedish Massage:

A complete all-over rhythmic body massage using four or more distinctive techniques and light to firm pressure working toward the heart. Both relaxes and energizes while improving circulation and muscle tone.

\$60 1 hr • \$85 1½ hrs

### Swe-Thai Massage:

This unique, highly therapeutic massage accesses the body's full range of motion using Thai-style biomechanical techniques and acupressure points with Western-style soft-tissue massage. Improves flexibility and promotes extreme relaxation.

\$130 1½ hrs

## Therapeutic Massage Treatments

### Deep Tissue Massage:

All-over body massage combining Swedish techniques using firm to extra firm pressure. A great stress reliever!

\$40 ½ hr • \$70 1 hr • \$100 1½ hrs

### Trigger Point Therapy:

Combines deep-tissue work, concentrating on releasing tightness in specific areas or trigger points (knots) in muscles. Excellent for recurring muscle spasms, soreness and injuries.

\$45 ½ hr • \$80 1 hr • \$110 1½ hrs • \$150 2 hrs

### Sports Massage:

Sports Massage uses a combination of massage techniques to release sport-specific muscle groups: improves athletic performance and decreases recovery time.

\$40 ½ hr • \$75 1 hr • \$110 1½ hrs • \$140 2 hrs

### Medical Massage:

Techniques such as sustained pressure, friction and long broad strokes are applied to address specific areas of pain and imbalance. Excellent relief and recovery potential for both chronic and acute physiological problems.

\$75 1 hr • \$110 1½ hrs • \$140 2 hrs

### 12-Meridian Massage

An on-the-floor massage working with the 12 major meridian groups. This popular Chinese massage uses gentle to firm pressing and stretching techniques. Restores balance to internal organs, nourishes and tones muscles. Wear loose fitting, comfortable clothing.

\$70 1 hr • \$100 1½ hrs

## Specialty Massage Treatments

### Signature Aromatherapy-Massage:

Select one of our six distinctive aromatherapy oil blends, each with unique therapeutic benefits, and we will combine it with our traditional Swedish or Deep Tissue massage. Includes especially selected music for balancing and enhancing body energies.

\$40 ½ hr • \$70 1 hr • \$100 1½ hrs

### Signature Aroma-Color Massage:

Our signature Swedish or Deep Tissue massage combined with aromatherapy and color therapy for an extremely grounding and rejuvenating whole-body experience. Select one of six unique signature oils and nine colors. Includes specially selected music for balancing and enhancing body energies.

\$75 1 hr • \$110 1½ hrs