Services

**Aromatherapy**

Available upon request to add to your session, or bring your own.

**Gift Certificates**

Available upon request. If needed, after we take your payment we can send these out directly to you or for you.

**Massage**

**We offer 30-, 60-, and 90-minute massage.**

**Swedish/relaxation…..dt….tpt….different everytime….look up other definitions, ideas, etc**

**Full-Spectrum Infared Sauna**

**In the sauna, you will have 45 to sweat. …..presets…..explain what to bring….water…benefits…..importance of detox…..**