



# le plaisir

## SPAT TREATMENTS

### *Traditional Swedish, 1 hour*

Traditional full-body Swedish Massage to relieve tension, improve circulation and leave you rested.

### *Inner Balance, 1 hour*

Calming and comforting full body massage to restore balance, calm and inner tranquility.

### *Weekend Warrior's Rehab, 1 hour*

Deep muscle massage with heated rocks to ease pain, tension and improve mobility and range of motion.

### *Mommy's Bliss, 1 hour*

Recommended for women in their second and third trimester of pregnancy

### *Head Over Heels, 1 hour*

A unique experience for the scalp, feet and body.  
Detoxifying hydrotherapy massage in multi jet tub

### *Instant Foot Relief, 1 hour*

Give your feet, legs and ankles TLC and boost vitality with this relaxing massage.

