

# Spa Treatments

## European Facial – Anti-Stress Treatment

55 minutes... \$85.00

For men and women. An extensive rejuvenating facial that provides deep cleansing and long-lasting effects. Includes toning, skin analysis and facial muscle massage. Shoulders, hands and feet are also massaged for relaxation. Masks are custom-blended for specific skin-care needs. Skin is left moisturized and hydrated.

## Petite Facial

25 minutes... \$60.00

Perfect if you're pressed for time. A cleansing and moisturizing facial to relax and maintain a healthy glow.

## Glycolic Acid Peel Facial

25 minutes... \$70.00

A rapid non-buffering exfoliating treatment to accelerate the reproduction of skin cells. Great for those with sun damage, acne prone skin or a dull-dry complexion. Your face will feel smoother and rejuvenated.

## Essential Scalp & Facial Treatment

55 minutes... \$95.00 110 minutes... \$160.00

Special essential oils are massaged into the scalp to heal chemically-treated hair and relieve dry, itchy skin. European facial is included with treatment to relieve all stress of the head. With the longer treatment the back is cleansed and exfoliated.

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## Seaweed Algy-Mud Treatment

50 minutes... \$95.00

The ultimate relaxation in body treatments for both men and women. This full-body treatment starts with the application of warm seaweed algae and mud from the neck to the toes. You are then wrapped in a thermal blanket. Your session will end with a nourishing moisturizer applied to the entire body. This treatment will nourish and revitalize the skin while promoting deep relaxation.

## Back Treatment

50 minutes... \$90.00

This treatment cleanses, tones and relaxes. Impurities are extracted and hot towels are applied, then steam is used for hydration. A moisturizing cream is applied for lasting effects.

## Gentlemen's Facial

45 minutes... \$85.00

Designed especially for the skin concerns of men. Includes a comprehensive consultation, customized deep cleansing, steam, plus massage of the face, neck, shoulders, hands and feet.

## Sea Salt Polish Body Treatment

50 minutes... \$95.00

An experience which leaves your skin soft and radiant while relaxing muscles. Sea salt is scrubbed all over to enhance circulation, exfoliate, and rejuvenate your skin while releasing impurities. Your treatment is completed with a nourishing moisturizer.

# Massage Therapy

## Swedish Massage

25 minutes... \$60.00 50 minutes... \$85.00 75 minutes... \$140.00

A soothing treatment using oil and gentle strokes to relieve muscular tension, stimulate circulation, revitalize muscles and induce feelings of deep relaxation and tranquility.

## Sports Massage

25 minutes... \$60.00 50 minutes... \$95.00 75 minutes... \$145.00

Using deep and more direct pressure this muscle massage relaxes sore muscles and helps alleviate swelling in the joints.

## Shiatsu

25 minutes... \$60.00 50 minutes... \$85.00

This oriental technique uses finger pressure along the body's energy pathways to stimulate energy and promote healing.

## Reflexology

25 minutes... \$60.00 50 minutes... \$85.00

Re-establishing energy flow throughout the body by stimulating reflex points located in the feet through a combination of acupressure, rubbing and pulling.

## Hot Stone Massage

50 minutes... \$95.00 75 minutes... \$145.00

Smooth, polished Basalt Lava Stones are heated and applied to the body for deep heat therapy and relaxing massage. This eases tight muscles, relieves stress and alleviates tension.

## Reiki

25 minutes... \$60.00 50 minutes... \$85.00

A Japanese healing tradition which helps remove energy blocks through hand placement over specific energy centers (called Chakras) of the body. (Not a massage).