

Pedikarma – Detoxifying Foot Treatment

This five-step treatment begins with a neck and shoulder massage. An exfoliating foot buff is followed by a soak in a warm tub with mineral salts and tridoshic oils. A reflexology marma-point foot massage rejuvenates from the bottom up. Then comes the magic of the Kansa Vatik, a small metal bowl, that relaxes and energetically rebalances the entire mind-body system. Massage with the Kansa bowl is said to draw heat, acidity, and negative energy away from the body. Your feet are then wrapped in warm towels and finished off with an application of Ubtan – an herbal blend of flours, grains and sandalwood that absorbs toxins released during the treatment.

75 Minute\$110

120 Minute with Detoxifying Scalp Treatment.....\$150

Ashiatsu Oriental Bar Therapy™

Ashiatsu Oriental Bar Therapy™ provides the deepest pressure utilizing parallel bars on the ceiling for balance and leverage. The therapist uses soft clean feet to apply all her strokes while you comfortably relax on a massage table. This technique is deeply relaxing like a traditional Swedish massage. The massage therapist's body weight is used to press, sweep, swirl and relax the muscles. Ashiatsu Oriental Bar Therapy™ sessions are not painful or rough, just the opposite- they are very comfortable, relaxing and very effective. Perfect for the person who may suffer from chronic back pain, scoliosis, bulging herniated disc problems, tight hamstrings or calves, sciatica or just likes deeper work.

60 Minute.....\$90

90 Minute.....\$110

Rejuvenating Salt Glow

This treatment begins with a thorough face, scalp and neck massage, followed by a full body exfoliation using a rejuvenating therapeutic salt glow that is buffed onto your skin and removed with warm towels. Your freshly exfoliated skin will then be spritzed with an essential oil body spray for a finishing touch.

60 Minute (excludes massage)\$90

90 Minute\$110

Natural Spa Foot Treatment

Treat yourself to a truly pampering experience. Your pedicure starts with a warm soothing foot soak followed by a full exfoliation and manicuring of your toes. Then you are given a hot towel foot mask, which brings a cooling sensation to those tired feet. Calluses will be softened and buffed away. To finish you will receive a relaxing lower leg and foot massage, and your choice of polish.

75 Minute Classic Foot Treatment.....\$50

90 Min. Spa Treatment (paraffin included)\$60

French Polish - Add-On\$7

Spa Foot Treatment/Manicure Package

Enjoy all the same relaxing benefits of our spa pedicure, but with an added bonus in this package.

Your spa manicure begins with a mini-whirlpool bath, cleaning and shaping of your nails. Then you are treated to a white tea tree mask, which ends with a hand and arm massage followed by polish.

105 Minute Classic Foot Treatment.....\$75

135 Min. Spa Treatment (paraffin included)\$95

French Polish - Add-On Hands & Feet.....\$14

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Detoxifying Hair & Scalp Treatment

Your face, head, neck, and shoulders are gently massaged, your scalp is tenderly stimulated with fingertips, and warm herbal rosemary, peppermint and juniper essential oils are applied to your hair & scalp which is then wrapped in warm towels. While the oil works its wonders, you will enjoy a hand and foot massage. Oils are washed from hair and scalp using a botanical shampoo. The essential oils hydrate, strengthen, and enhance manageability while detoxifying the hair shaft and scalp.

75 Minute\$ 85

120 Minute with Pedikarma.....\$ 150

Hot Stone Massage

Hot Stone Massage involves the application of water-heated basalt stones of varying sizes to key points on the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat of the stones is applied to the body to melt away knots, tension and stress.

90 Minute Hot Stone Massage.....\$ 100

Sacred Stone Body Therapy

Sacred Stone Therapy creatively integrates the art of stone bodywork with the ancient science of Ayurveda. Every technique used during this 75-minute treatment has been thoughtfully designed to bring the body, mind and soul back into balance. For our bodies to function properly they must remain balanced. Much attention will be given to placing stones and healing crystals on the major chakras of the body. This treatment *integrates* the use of stones & touch with western & eastern massage techniques.

75 Minute Sacred Stone Therapy.....\$ 110

Face Lift Massage

Start off with a soothing facial massage, move on to gentle massage cupping applied to face and neck which eliminates buildup of wastes and fluids in the face and neck, helps reduce puffiness, opens sinuses, stimulates collagen and drains lymphatic system. Noticeable difference after one treatment. Works best in a series of 6-8, with a treatment every 3-4 days. Add on to a body massage for a full rejuvenating experience!

30 Minute\$40

Add-on to massage.....\$30

Body Contouring Aromatherapy Wrap

Working with the lymphatic drainage pathways and massage cupping, we dedicate this treatment to rid the body of excess, stagnant toxins, flaccid skin, inflammation and cellulite. This is an extremely relaxing treatment that gives great health benefits. After a session of the massage cupping with a light application of oils and/or creams, an organic essential oil blend is applied to further the detoxification process. As you rest in a cocoon wrap, we will work on the face giving a toning and firming effect using the massage cups.

You have to try it to believe it!!

Can be single treatment or series. Treatment series can be geared for cellulite / weight reduction or smoking cessation. Services work best when performed 2-3 times a week series of 8 treatments for weight reduction and 4 weeks with smoking cessation.

90 Minute\$120

Deep Therapy with Thermal Stamp

Inspired by the practices of 14th century Thai Therapy, this Thermal Body Therapy Treatment utilizes a unique fabric stamp filled with skin-benefiting ingredients and the power of heat to detoxify, re-mineralize, de-stress, exfoliate and relax. Natural earth clays draw out impurities while Tropical Asian Ginger and White Tea stimulate circulation and smooth skin. The deep manipulations along the pressure points and the meridian of the body relieve aching muscle tissue and work to rebalance the body.

90 Minute Deep Thermal Therapy.....\$ 135

Sacred Lomi

During Sacred Lomi, you will be embraced as an integrated whole being – your physical, emotional and energetic self. You will experience unconditional love and acceptance – **Aloha** – you are invited to be the recipient to completely let go and receive. The flowing, circular runs nurture and embrace, clearing out the old patterns and awakening the divine.

90 Minute\$110

120 Minute\$150

Lomi Lomi with Hot Shells & Sugar Exfoliation

Feel the benefit of this flowing Hawaiian massage and feel your satin smooth skin after a tropical sugar scrub exfoliation and hot shell treatment.

120 Minute.....\$150

Join the Massage Club

Purchase any of the same five treatments in advance and get the sixth one free