

Reflexology

Promote well-being throughout the whole body through the zones of the feet and hands, which each correlate with specific organs and areas of the body.

20 MIN FOOT - \$40

30 MIN HAND & FOOT - \$50

River Rock Massage

Muscles are warmed and relaxed with a combination of deep penetrating heat from hot river rocks and expert massage therapy.

50 MIN - \$110

80 MIN - \$135

Relaxing Massage

Reduce tension and stress with gentle, soothing strokes while bringing balance to mind, body and soul.

30 MINS - \$65

50 MINS - \$95

80 MIN - \$120

Deep Tissue Massage

Relieve chronic muscle tension and reduce pain by penetrating deeper layers of muscle through firm pressure and focus on problematic areas.

30 MINS - \$75

50 MINS - \$105

80 MINS - \$130

Pre-natal Massage

Improve circulation and relieve an aching body with this soothing massage. For expecting mothers in their 2nd and 3rd trimesters only.

50 MIN - \$100

Traditional Thai Massage

Thai Massage is a blend of massage, acupressure and gentle yoga stretches. Comfortable clothing is worn and the massage is done on the floor on a soft mat. Benefits from a session may include: releasing tight joints, stretching muscles, increasing range of motion, and reducing stress. No oil or lotion is used.

50 MIN - \$110