

Massage

Like a dance around the body . . . the language of touch is fluid and understood by all cultures.

Tropical Bliss (Swedish)

Increases circulation, relieves muscle tension and promotes relaxation.

50 minutes \$85.00

80 minutes \$115.00

Island Retreat (Aromatherapy)

Pure essential oils to stimulate the senses and heal the body.

50 minutes \$90.00

80 minutes \$120.00

Sports Massage

Reduce muscle tension, increase range of motion and provide a warm-up to activity. Incorporating warm Moor Mud to the back relaxes muscles while aiding the body to eliminate metabolic wastes.

50 minutes \$125.00

80 minutes \$155.00

Deep Tissue Massage

An intense massage therapy that alleviates stress, tension and pain from the body.

50 minutes \$100.00

80 minutes \$135.00

Warm Stone Massage

Stones are placed on key energy points on the body creating warmth. The heated stones are used to massage the body using traditional techniques to release muscular tension and balance the spirit.

50 minutes \$110.00

80 minutes \$150.00

Nurturing Mother to Be

A full body massage that accommodates the health, circulation and well being of expectant mothers (please confer with your doctor prior to booking an appointment).
Not recommended for women in their first trimester.

50 minutes \$85.00

80 minutes \$115.00