

# Massage

Southeast + Northeast

Our massages are relaxing, yet also include any deep work you may want, a combination of Swedish and Deep Tissue. A visit to the facility is \$15 extra with any massage.

**30 minutes \$48 / with facility \$63**

**45 minutes \$70 / with facility \$85**

**60 minutes \$85 / with facility \$100**

**90 minutes \$125 / with facility \$140**

## **15-minute Massage Add-Ons \$30**

Can be added to any length of massage, with or without facility use:

### **Birch / Arnica Purifying Exfoliation Treatment**

A dry body exfoliation and a soothing Birch / Arnica body oil application. This invigorating and detoxifying treatment stimulates the lymphatic and circulatory system.

### **Rosemary / St. Johns Wort Foot Treatment**

Special attention for the feet: Hot towel compress, followed by exfoliation, warming rosemary toner, soothing St. Johns Wort foot cream, finished with a focused foot and lower leg massage.

### **Holistic Mini-Facial**

A 15-minute holistic skin refresher: aromatic compresses, facial cleanse with steamer, treatment mask and moisturizer.

# Massage Packages

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## **The Reviver \$79**

30 minute massage, aromatherapy foot soak, up to two hours in the sauna and steam facility, single-use rejuvenating mask, sparkling water, cleansing tea and a single-use body salt.

## **The Renewer \$99**

45 minute massage, aromatherapy foot soak, up to two hours in the sauna and steam facility, single-use rejuvenating mask, sparkling water, cleansing tea and a single-use body salt.

## **The Rejuvenator \$119**

60 minute massage, aromatherapy foot soak, up to two hours in the sauna and steam facility, single-use rejuvenating mask, sparkling water, cleansing tea and a single-use body salt.

## **The Rejuvenator Deluxe \$159**

90 minute massage, aromatherapy foot soak, up to two hours in the sauna and steam facility, single-use rejuvenating mask, sparkling water, cleansing tea and a single-use body salt.