

Massage Therapy

Full Body Massage

50 min or 80 min

A personalized blend of massage techniques customized to meet each guest's individual needs. Stimulates circulation, releases muscle tension and induces overall relaxation.

Hot Stone Therapy

75 min

Experience a luxurious and relaxing massage combined with deep heat therapy using polished basalt stones. It's the perfect treatment to loosen tight muscles, relax stress, and ease tension.

Upper Body Massage

50 min

A customized massage focusing on the upper back, neck, shoulders and head.

Total Relaxation Treatment

75 min

Pamper yourself with a full body lavender massage followed by heat therapy and a scalp and foot massage to aid in relaxation.

Sports Massage

50 min

This athletic massage uses a variety of strokes and pressures to stimulate muscles and aid in flexibility and detoxification.

Prenatal Massage

50 min

A pampering full body massage utilizing specific techniques to help relax and ease tired muscles and reduce excess water retention.

