

Massage

Restore balance, release muscle tension and increase circulation as you relax under the touch of our highly skilled and trained therapists.

Sage and White Pine Hot Towel Massage

50 min or 80 min

A completely relaxing experience that combines massage and steaming hot towels with a sage and white pine oil blend. In Oneida tradition, sage has long been used for its ability to bring about clarity and deep relaxation. The white pine is the Great Tree of Peace and is the most valued botanical for healing fatigue and mental exhaustion.

Signature Sage Stone Massage

75 min

A signature offering from SKA:ná: , this massage blends ancient tradition with aromatherapy and touch to promote tranquility and balance. The body is massaged with basalt stones using one of three sage oil blends.

SKA:ná: Harmony Massage

50 min or 80 min

An exclusive signature offering, this relaxing, deeply calming massage combines sunflower, prized in the Oneida culture for its soothing qualities, with Jasmine. Ease fatigue and exhaustion with a blend of long connective and flowing rhythmic strokes.

Oneida Custom Massage

50 min or 80 min

A personalized blend of massage techniques along with your choice of aromatherapy oil creates a tailored treatment that stimulates circulation and melts away tension.

Arnica Muscle Repair Massage

50 min or 80 min

The anti-inflammatory extracts of arnica and stimulating oils of sage are combined with a firm-pressure massage to energize the senses, promote circulation and relieve muscle soreness and stiff joints.

Cleaning Detox Massage

50 min

Rosemary, citrus and olive oils are blended together with a combination of invigorating and light feathering strokes to enhance circulation and aid in the elimination of toxins.

Tekutiye:nas (They Work Together) Poultice Massage

80 min

Coupling herbal healing and rejuvenation, a poultice rich in flowers and wild herbs is used in a flowing, nurturing massage. The steamed poultice is expertly guided along sore muscles to eliminate fatigue and tension.

Couples Massage

50 min or 80 min

Any of our massages can be enjoyed side-by-side in our couple's room upon request.

