

# Treatments for Two

*Perfect for a peaceful getaway or a romantic retreat for two.*

## *Dance of the Song Birds*

*80 min*

According to Oneida tradition, the bird's song causes the sun to shine upon your heart. Start this journey of rejuvenation, balance and harmony with an invigorating exfoliation followed by a side-by-side couples massage with healing birch bud oil as you are serenaded by the music of nature.

## *The Oneida Journey*

*110 min*

American Indian cultures used herbal remedies to cleanse and heal the body long before synthetic medicines arrived. This healing and invigorating journey begins with a warm evergreen essential oil soak to relax the body and open the lungs. A full body exfoliation follows with a sugar scrub rich in jojoba oil and chamomile to nourish and soothe the skin. This revitalizing experience concludes with a relaxing white pine and sage oil massage to ease the muscles and joints.

## *A Walk in the Deep Forest*

*145 min*

Nature's bliss enjoyed together. Begin with a relaxing cup of herbal tea, and then immerse yourself in a deep soaking tub filled with a luxurious foaming salt bath with sage and mint. Next, a warm stone massage soothes body and mind prior to concluding with an invigorating mint foot massage.

