

Massage Services

Swedish Massage

Our warm, relaxing Swedish massage incorporates heat to increase circulation and relieve muscular tension.

\$35/30 minutes
\$70/60 minutes \$100/90 minutes

Deep Tissue

This wonderfully effective massage helps release chronic tension patterns in the body through slow strokes and deep finger pressure on affected areas.

\$40/30 minutes
\$80/60 minutes \$120/90 minutes

Aromatherapy

Treat yourself to a total body experience with a Swedish massage complimented by soothing scents to enhance your relaxation.

\$44/30 minutes
\$85/60 minutes \$130/90 minutes

Reflexology

Reflexology is the act of working the hands and/or feet in certain areas that correspond directly to organs in the body that need balance.

\$40/30 minutes
\$80/60 minutes \$120/90 minutes

Chair Massage

This is a ten minute massage offered throughout the week. A great way to invigorate, balance and relax. This massage is done fully clothed.

\$12/10 minutes

Great Discounts on Massage Packages

*Packages of 5 and 10 sessions available.
See link for package prices.*

**Save money when buying for
yourself or others!**

Sports Massage

Sports massage combines different massage techniques and stretches to enhance sports performance, prevent injury and aid in recuperation.

\$40/30 minutes
\$80/60 minutes \$120/90 minutes

Pre-Natal Massage

On our specially designed pregnancy table, this treatment will help relieve lower back pain, pain from sciatica, and loosen up cramping muscles. Provides relief from many other aches and pains associated with maternity.

\$40/30 minutes
\$80/60 minutes \$120/90 minutes

Medical Massage

For our custom tailored Medical massage, each individual's body composition and medical status is assessed. Each session is adapted to the client's needs and desires by using multiple modalities to get the best possible results. Techniques may include: Swedish, Deep Tissue, Medical Massage, Reflexology, Acupressure, Sports Massage, Aromatherapy, and Craniosacral.

\$40/30 minutes
\$80/60 minutes \$130/90 minutes

Massage Guidelines

- Massage is available seven days a week.
- **Cancellations must be made at least eight hours in advance in order to avoid a charge.**
- Please arrive 15 minutes early to check in at the Front Desk.
- Gift certificates are available.
- Gratuities are appreciated.
- A physician should be consulted by persons on medication or with any injury, disease or disability such as diabetes, high-risk pregnancy, cancer, osteoporosis, etc.

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