

## Massage Therapy

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### Swedish Massage

*A classic massage that reduces stress and induces relaxation. This Swedish method employs gliding, kneading, friction and stretching to ease muscles into a state of harmony.*

90 minutes . . . . .	\$90.00
60 minutes . . . . .	\$60.00
30 minutes . . . . .	\$40.00

### Hot Stone Massage

*Melt away tense muscles, sore joints and stressed emotions with this unique therapeutic massage. Heated and/or cold river-worn stones are used in conjunction with massage strokes across your body, infusing heat and relaxation. The stones are then strategically placed over stress points and energy-releasing areas, to soothe your muscles, while melting tension away. To enhance this massage, aromatherapy oils may be added for \$2.00.*

90 minutes . . . . .	\$110.00
60 minutes . . . . .	\$85.00

### Neuro-Muscular Massage

*Try a deep tissue massage for those tense and painful areas. The therapist will work within your pleasure/pain threshold to release and relax chronic tension using a variety of muscle releasing techniques.*

90 minutes . . . . .	\$100.00
60 minutes . . . . .	\$70.00

### Couples Massage

*Couples massage is one of the hottest services in spas right now. Two people are massaged in the same room, at the same time, by two different therapists. It can be a husband and wife, girlfriend and boyfriend, best friends who don't get to see each other often or even moms and daughters who want to spend time together doing something pleasurable!*

90 minutes . . . . .	\$200.00
60 minutes . . . . .	\$140.00

Additional types of massage or body treatments available, price will vary.