

Massage Menu

Relieve tension & pain or simply relax with a massage tailored to your needs. Each treatment is crafted to work on relaxation & Stress Release, Pain & Injury Management, or Overall Well-being.

Swedish

50 min/\$250 80 min/\$280

A gentle, relaxing, full-body technique using long, gliding strokes to improve circulation & relieve light muscle tension.

Deep Tissue

50 min/\$260 80 min/\$300

An intense, slow pressure to target deeper muscle layers, ideal for chronic pain & stiffness.

Hot Stone

50 min/\$270 80 min/\$300

Heated stones combine with Swedish techniques to focus on specific body points to relax muscles.

Lymphatic Drainage

40 min/\$250

A light, rhythmic technique that stimulates the lymph system, reduces swelling & improves circulation.

Sports Therapy

50 min/\$250 80 min/\$280

A vigorous treatment designed for athletes to prevent injuries, increase flexibility, and enhance performance.

Reflexology

50 min/\$250 80 min/\$280

Applies pressure to relax points on feet, hands or ears, which correspond to different organs & systems.

Craniosacral Therapy

40 min/\$250

A gentle, light-touch technique that releases deep tension in the central nervous system.

Aromatherapy - Add to any treatment for additional \$20



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