

Massage/Body Treatments

Customize your massage after consulting with your technician. A brief consultation will determine the perfect massage. Couples massages are available upon request.

Relaxing Massage

30 Minutes / \$55 60 Minutes / \$75 90 Minutes / \$ 95

Deeper Pressure Massage

60 Minutes / \$85 90 Minutes / \$100

Sports Massage

60 Minutes / \$80 90 Minutes / \$ 95

- Designed to release lactic acid build-up in the muscles caused by frequent physical activity, while relaxing the body and gently stretching the muscles.

Reflexology

50 Minutes / \$ 65

- This is a 50-minute treatment that applies pressure to the feet and hands with specific techniques to relieve stress. This is the perfect massage treatment for the individual who is not comfortable being disrobed. A warm therapeutic hand treatment is included.

The Add-Ons

- Hot Stones added to any service \$ 15

Body Treatments

Full Body Exfoliation

45 Minutes / \$ 60

- Dry exfoliation rids you of dry and itchy skin. Oil will be massaged into your dry skin finished with complete hydration.

Thermal Wrap

60 Minutes / \$ 70

- Our body scrub exfoliates your skin, while stimulating circulation. Application of warm oils left on your skin penetrates deeply while you relax wrapped in a cozy thermal cocoon. Finished with body butter.

Revitalizing Spa Experience

60 Minutes / \$ 75

- This treatment includes a mini facial, scalp massage, a massage concentrating on the head, neck, shoulders, hands and feet. Your body and soul will feel rejuvenated.

Stress Relief Therapy

50 Minutes / \$ 65

- This treatment is intended to reduce stress and is perfect for general relaxation. Enjoy a quiet, peaceful session along with aromatherapy while light touch massage techniques concentrate on the upper body, back, lower legs and feet.

The Idea

Celebrate Love: Enjoy a spa event to celebrate your anniversary, engagement or the anticipation of your new baby. Couple massages available. (If pregnant, please request your doctor's approval before scheduling.)

Celebrate Girls (Moms, Daughters, Family and Friends): Work out in the Fitness Center, take a walk in the park, enjoy spa services and then enjoy a great lunch or dinner in any of our restaurants. You may also order appetizers, meals, and beverages to be served for your event in our relaxation area. The Spa Director will assist you with your scheduling.

Bachelorette Party and/or Gift for Bridal Party: Plan massages, pedicures, facials, etc. Enjoy food and beverage in the spa area or in any of our great restaurants. Arrange a private Pilates or spinning class. Plan golfing. The perfect day for the perfect time in your life.

Brides, Grooms, and Wedding Parties: Make your wedding week the best that it can be. Contact the Spa Director to help you plan your week including massages, facials, waxing needs, make-up and hair styles. Be relaxed and beautiful all week long.

Gift Certificates:

The Perfect Gift for any occasion or no occasion.

