**Massage Services**

**Swedish Massage**

Pamper yourself with this light pressure massage with Traditional Swedish techniques to relieve muscle soreness, increase circulation and induce a state of total wellness. 60 minutes

$95.00

**Therapeutic Massage**

Give your muscles a reason to thank you with our therapeutic massage. This medium pressure massage will have your muscles relaxed from a tense state with absolute benefits. 60 minutes

$105.00

**Deep Tissue Massage**

This therapy manipulates the superficial and deeper layers of muscle and connective tissue to promote relaxation and well being. Deep tissue massage is ideal for those looking to restore the integrity of their muscles and overall balance of the body. 60 minutes

 $125.00

**Reflexology**

This ancient healing technique based on Asian therapies, focuses on pressure points in the hands and feet that correspond to specific areas of the body, benefitting them once stimulated. This service brings amazing benefits helping to induce deep relaxation and allows the body to neutralize the effects of stress, balancing the equilibrium of the body. 60 minutes

$95.00

**Sports Massage**

Whether it is for pre-event or post-event sports, this massage therapy modality will give your muscles the invigoration they need to endure, for you to complete your next sports event. In sports massage two different techniques are used. Please inform your therapist of which sports massage technique you choose to customize your experience. 90 minutes includes stretching

$165.00

**Thermo-stone / Cryo-stone Therapy**

Thermo-stone therapy increases circulation while relaxing muscles, promoting relaxation and Cryo-stone therapy decreases inflammation and swelling of muscles and the integumentary system. 60 minutes

$135.00

Aromatherapy Upgrade may be added to any massage service please leave your request with the concierge.