

# Heat

## Therapies

**Grotto (15min) ..... \$30**  
 Recommended before body treatments for maximum benefits for the overstressed. Promotes total relaxation.



**Steam Cave & Shower (15min) ..... \$30**  
 A steam & shower combination that detoxifies, cleanses & relaxes.

**Sauna (15min) ..... \$30**  
 A dry heat therapy which detoxifies, cleanses & relaxes. Recommended before therapies for maximum results.

# Body

## Treatments & Therapies

**Grotto, Steam Cave or Sauna**  
 Added to Any Body Treatment ..... \$20

**Relaxation Massage (30min) ..... \$85**  
**Relaxation Massage (50min) ..... \$120**  
 A soothing body massage that promotes relaxation and calming of the body & mind by stimulating circulation and improving the suppleness of muscles & joints.

**Teen's Relaxation Massage (30min) ..... \$60**  
**Teen's Relaxation Massage (60min) ..... \$85**  
*(Ages 12-16)*

**Stress Release Massage (30min) ..... \$85**  
 Massage Therapy focusing on the neck, back & shoulders for relief of stress & tension.

**Therapeutic Massage (80min) ..... \$185**  
 A deep tissue massage using a blend of liniment oils combined with isolated heat application.

**Thai Massage (80min) ..... \$195**  
*Organic*  
 A body treatment using all natural ingredients with the use of an herbal heated poultices. Nutrients are massaged into the skin by the application of pressure point techniques.



**Gentleman's Massage (50min) ..... \$120**  
 A deep therapeutic massage specially designed for our gentleman guests.

**FluidoTherapy (30min) ..... \$60**  
 An effective dry heat application, using forced heated air for hands & arms, by combining dry heat, sensor circulation and compression. Helpful & effective for arthritic swelling, wounds, decreased circulation, decreased range of motion, and pain. Also an excellent post-surgery therapy.

**Back Therapy Treatment (80min) ..... \$195**  
 A gentle cleansing of the back, a soothing massage, followed by an application of Parafango (paraffin & natrium mud). A localized, specialized treatment for an aching back.

**Aromatherapy (50min) ..... \$135**  
 A relaxing body massage incorporating the use of essential oils. Oils are selected on an individual basis. This specialized massage therapy utilizes specific lymphatic drainage techniques for maximum benefits.

**Basalt/Marble Therapy (80min) ..... \$185**  
 A body treatment using alternating hot Basalt stones & cold Marble stones; creating a chemical reaction within the body. Hot Basalt Stone therapy increases circulation & cold Marble Stone therapy assists in relieving pain and inflammation, promoting the ultimate in relaxation of the mind & body.



**Body Paraffin Treatment (60min) ..... \$135**  
 Our most indulgent body treatment. The entire body is moisturized and layered with warm, rich paraffin. You are enveloped in warmth that leaves the body hydrated, soft & smooth.

# Scrubs

## Masks

**Lite Scrub (30min) ..... \$85**

**Spa Scrub/Salt Glo (60min) ..... \$120**

A unique specialty treatment of the spa. Specially selected exfoliating powder or sea salt is mixed with pure massage oil, applied to the body for sloughing and nourishing, followed by a Loofah scrub, a vichey shower, and a body moisturizer.

**Sawan - Rejuvenating Body Delight .....\$250**

A moisturizing body scrub to remove dead skin cells and gently prepare your skin for a replenishing body wrap. The natural extracts of pineapple and tamarind act in synergy to rebalance your skin moisture and restore your vital energies. A relaxing massage using lemongrass essential oil is then applied to pressure points, muscles, joints and ligaments to provide you with a wonderful healing experience.

**Thalassotherapy (80min) ..... \$185**

A natural seaweed mask is applied, followed by a thermal wrap, aiding in the penetration of the nourishing properties of the seaweed. Heat packs are added to help in the elimination of toxins. Followed by the vichey shower.

**California Spray Tan (30min) .....\$75**

A beautiful golden glow to your skin with instant results. Achieve a safe natural tan without the harmful effects from the sun.

**Calif. Spray Tan w/Lite Scrub (60min)....\$120**

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