

Classic Massage Therapies

CUSTOM DEEP TISSUE MASSAGE

Firm to deep pressure, intensive holds, including myofascial release and trigger point release to stimulate blood flow to restricted areas. These therapeutic techniques lengthen and loosen the deeper muscle layers and address your specific areas of concern. You can enhance the relief with deep breathing techniques.

60 / 90 / 120 MINUTES
\$90 / \$145 / \$170

CUSTOM SWEDISH MASSAGE

Swedish Massage is a gentle, relaxing and therapeutic style of bodywork. It combines oils with an array of strokes to help the body relax. The benefits of this type of bodywork are wide-ranging and include relief from aches and pains, decreased stress levels in the body, enhanced mental clarity, and greater flexibility. This massage is the style that comes to mind when most people think about massage.

60 / 90 / 120 MINUTES
\$90 / \$145 / \$170

SPORTS MASSAGE

Sports Massage is a special form of massage that is used for pre-event preparation, during, and after athletic events. The purpose of the massage is to prepare the athlete for peak performance, relieve swelling, reduce muscle tension, promote flexibility and prevent injuries.

60 / 90 / 120 MINUTES
\$95 / \$150 / \$175



Specialty Massage Therapies

DESERT HOT STONE MASSAGE

This slow, carefully orchestrated stone massage with heated Basalt stones applied to the body allows for a continuous flow of heat to infuse the body, melting away tension, stress and relieves stiff, sore muscles for a deep, relaxing full body massage. This slow, carefully orchestrated stone massage with heated Basalt stones applied to the body allows for a continuous flow of heat to infuse the body, melting away tension, stress and relieves stiff, sore muscles for a deep, relaxing full body massage.

60 / 90 / 120 MINUTES
\$100 / \$155 / \$180

FIRE AND ICE STONE MASSAGE

Experience a dynamic variation to our popular Desert Stone Massage. An infusion of heat is combined with a revitalizing, cool stones contrast to alleviate pain, reduce inflammation and invigorate the body.

60 / 90 / 120 MINUTES
\$100 / \$155 / \$180

OFFICE EXPRESS

This express massage is designed for those who sit at a desk, computer or work with their arms all day. It focuses on the extensors of the forearm, hands pectoral muscles, neck and shoulders to restore and relax overworked muscles.

A 30 minute massage.
\$50

HEAD, HANDS AND FEET RENEWAL

Rejuvenate with this hydrating massage that specifically targets the scalp, neck, face, hands and feet.

30 / 60 MINUTES
\$50 / \$90

FOOT SURRENDER

Tension disappears and energy is revitalized in this incredibly refreshing foot ritual. Tired, achy feet are renewed and restored through the use of steamed Bentonite clay detox herbal wraps, stretching and reflex point techniques.

30 / 60 MINUTES
\$50 / \$90

Message Enhancement Options

ALL OF OUR MESSAGES INCLUDE

Far Infrared heat therapy with healing Amethyst Crystals, hydrotherapy steam towel wraps and relaxing eye masks.

Your choice of: Cool Aloe Therapy, Warm Green Tea and Citrus Therapy or Organic Coconut Oil.

OPTIONAL ENHANCEMENTS

We offer a variety of enhancements to compliment your signature massage experience. Hot Stone Back Relaxer, Hot Stone Leg Relaxer, Detoxifying Salt Scrub Foot Bath, Bentonite Clay Detox Wrap for Hands and Feet.

\$15 each treatment incorporated into your massage

THE REVITALIZER

From jet lag to winter blues to just a little too much of everything, we can help you feel better! Experience our massages with Himalayan Foot Bath and Full Spectrum Light Therapy.

A additional 15-minute added to your massage.
\$20

WARM SCALP TREATMENT

Coconut Oil descends across the forehead and is massaged into the hair and scalp. A 15-minute enhancement to any massage.

A additional 15-minute added to your massage.
\$20



CANCELLATIONS

As a courtesy to all, we ask that a 24-hour notice be given if you need to cancel or change your appointment. For a cancellation with less than a 24-hour notification, there is a charged 50 percent of the treatment fee. For no-show appointments, the full treatment fee will be charged.