



SPA MENU

THE THERAPEUTIC MASSAGE*

60 minutes: \$170 / 75 minutes: \$200

The therapist uses therapeutic techniques on the whole body or may focus on a particular area, body part, or condition. This massage enhances blood flow and helps release musculoskeletal tension, pain, stress and toxicity from the tissues.

*therapeutic / grounding
moderate - deep pressure*

THE FULL BODY BALANCING TREATMENT*

60 minutes: \$160 / 75 minutes: \$180 /
90 minutes: \$200

This full body massage is designed to invigorate the whole body, calm the nervous system and enhance the lymphatic system.

*invigorating / balancing
light - moderate - deep pressure*

THE REIKI TREATMENT

60 minutes: \$150

Reiki is a Japanese energetic healing art that enhances all aspects of your being from the cells to your thoughts. It balances the energetic body with the physical body and leaves you content and inspired.

*energizing / healing
light or no touch*

BOATERS

Spa use surcharge: \$20
Yoga class charge: \$20

THE SWEET DREAMS (RELAX) MASSAGE*

60 minutes: \$160 / 75 minutes: \$180 /
90 minutes: \$200

This treatment is designed for those who like to receive massage treatments before bed, or appreciate a deeper state of relaxation. We combine relaxation massage with Indian Head massage + Reiki.

*relaxing
light - moderate pressure*

THE ESSENTIAL REFLEXOLOGY TREATMENT*

60 minutes: \$150

This treatment starts with an aromatherapy foot soak and scrub, followed by a foot massage based on a TCM meridian therapy. This treatment helps de-stress the mind and enhances all the body systems. Please check if soak is available, otherwise you'll enjoy a one hour foot reflexology.

*invigorating
moderate pressure*

THE PRIVATE YOGA CLASS

75 - 90 minutes: \$120

If you are new to yoga asana practice, have an injury, a condition, or would like to gain a deeper understanding of your practice, book a private class (1 or 1+ people). We offer hatha, meditation, therapeutic, flow, restorative and synergy partner yoga classes.

* Most of our treatments can be arranged as Couples Treatments: **60-90 minutes**

** We use high grade organic essential oils by **Silk Roads** and **KODO Organics**.