



THE THERAPEUTIC MASSAGE*

45 minutes: \$125 / 60 minutes: \$170 /
75 minutes: \$210 / 90 minutes: \$255

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 to release musculoskeletal tension, pain, stress and toxicity from the tissues.

therapeutic / grounding
moderate - deep pressure

RELAXATION MASSAGE*

60 minutes: \$160 / 75 minutes: \$200 /
90 minutes: \$240

A gentle approach to bodywork to help flush the muscles and to de-stress. A body and mind experience to help relieve tension and offer a deeper state of overall well-being and relaxation.

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 Traditional Chinese Medicine meridian therapy. This treatment helps to de-stress the mind and enhances all of the body's systems.

invigorating
moderate pressure

THE WILD WITHIN WELLNESS EXPERIENCE

5 hours: \$875

This intentional experience is an invitation for you to open up and dive deep to create a healing shift within yourself. You will begin with a consultation with your practitioner who will then hold space for you through a combination of body balancing treatments, energetic work and one on one sessions that are tailored to your unique needs. This day-long wellness retreat includes a nourishing spa lunch. Revel in this opportunity to sink into the rhythms of the wild.

PRIVATE YOGA SESSION

60 minutes: \$120
\$30 / extra person

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).

BOATERS

Spa use surcharge: \$25
Yoga class charge: \$25

* Add a scalp massage to any treatment: **\$40**

* 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**.