

WELLNESS MENU



BODYWORK + MASSAGE

THE INTUITIVE MESSAGE

Light to Deep Pressure

An experience that includes both the body and mind, designed to relieve tension and invite a deeper sense of well-being. This treatment will be customized to fit your individual needs.

60 min - \$240 | 75 min - \$290 | 90 min - \$370

DRY BRUSH & MASSAGE

Light to Deep Pressure

Dry brushing helps to detoxify and exfoliate the skin, as well as stimulate lymphatic drainage. This full body dry brush experience is followed by an Intuitive Massage that is customized to match your intention for the treatment.

90 min - \$370 | 2 hours - \$440

THE LYMPHATIC MASSAGE

Light Pressure

Lymphatic Drainage is a very gentle form of bodywork that encourages the movement of lymph throughout the body. This massage aids in draining lymph nodes to eliminate accumulated buildup from the body.

60 min - \$220

ESCAPE TOGETHER

Light to Deep Pressure

Enjoy a side-by-side massage together. Embrace a full body and mind experience to relieve tension and invite a deeper sense of well-being together. Treatment will be customized to meet the needs of each individual.

60 min - \$240 | 75 min - \$290 | 90 min - \$370 **price per person*

THE SAPLING MESSAGE

Light to Moderate Pressure

Massage can be beneficial for everyone. This introductory massage can help settle your nervous system and improve sleep. Our Saplings Massage is for those under 13 years old. Guardian must be present for intake.

45 min - \$165

WELLNESS RITUALS

THE INTERTIDAL SCRUB

In this full body treatment, refreshing eucalyptus and plant oils mingle with Pacific Sea salts made by KODO Collection. This scrub will renew your skin and restore your senses, leaving you and your skin glowing.

25 min - \$85

PRIVATE YOGA & MEDITATION

If you are new to Yoga Asana practice, are working with an injury, or would like to move deeper into your personal practice, book a private class with one of our skilled yoga teachers.

One-on-One private session - \$100

Each additional person in a private group - \$50

AYURVEDIC HEAD MASSAGE

AHM has a deeply relaxing and rejuvenating effect. For this treatment, you will be seated, as the therapist uses flowing strokes and 'marma' or pressure point therapy to induce a deep state of relaxation.

35 mins - \$120

SHIATSU

Shiatsu has its roots in traditional Chinese medicine, which applies pressure to points along the body helping to promote the flow of vital energy (often known as 'chi'). This 60-minute treatment is delivered on the ground and practiced fully clothed to allow for gentle stretching alongside pressure point therapy.

60 min - \$220

SOUND BATH BLISS

This is newest addition to our Wellness Program at Nimmo Bay. Experience a combination of skilled and customized massage while harnessing the power of sound and vibration with our crystal singing bowls. Help bring the body into a state of deeper relaxation and move stagnant energy from our physical and emotional bodies.

90 min - \$370 | 2 hours - \$440