

Wellness Spa Menu

All sessions are designed for your unique needs !

Gift Certificates

A gift that will nurture and rejuvenate those you care about.

The perfect gift for;

Birthdays, Anniversaries, Mother's Day, Christmas, Valentines Day, Graduation

Massage Therapies

Your massage takes place in a private room with adjustable lighting and soothing music to enhance your experience.

*Swedish Wellness Massage

Gentle and relaxing massage for those who have never taken massage or are recovering from auto accidents. This massage incorporates long strokes running the length and direction of the muscles to promote relaxation, ease muscle pain and reduce the development of trigger points.

\$35 ~ 30 min. \$55 ~ 45 min. \$70 ~ 60 min. \$85 ~ 75 min. \$95 ~ 90 min.

*Hot Stone Therapy Massage

A luxurious and relaxing massage combined with penetrating, heat therapy. Polished, lava stones are warmed and incorporated into the massage. The combination of heat with the pressure of the strokes, helps penetrate deeply into the muscles, thereby creating a soothing, healing therapy and incredible relaxation!

\$85 ~ 60 min. \$100 ~ 75 min. \$110 ~ 90 min.

*Deep Tissue Massage

This therapeutic massage incorporates deep, specific, muscular work in combination with pressure point therapy to release long standing muscular tension issues.

\$40 ~ 30 min. \$60 ~ 45 min. \$80 ~ 60 min. \$105 ~ 90 min.
Add on Hot Stones ~ \$15.00

*Pre-Natal Massage

This massage helps to relieve the physical discomfort that pregnancy can bring, such as backache, leg cramps, fatigue, insomnia and headaches. Must be past the first tri-mester. A perfect gift for an expecting mother!

\$75 ~ 60 min. \$90 ~ 75 min.

*Neuromuscular Therapy

This therapy is a combination of deep tissue work and range of motion designed to release restricted body patterning that has occurred after traumatic injury.

\$45 ~ per 15 min.

*Delirium

Experience the intense relaxation a scalp massage can bring. Essential oils are combined with aloe to nourish the scalp and hair then head is wrapped in hot towels to expand the effects of the oils on the senses.

\$25 ~ 25 min.

Spa Services

Your massage takes place in a private room with adjustable lighting and soothing music to enhance your experience.

*Reiki

This natural, holistic, complimentary healing modality can restore and maintain your health by balancing your energy field, chakras and auras. Through the use of this technique, our Reiki Master practitioner transfers healing energy in the form of "chi" through the palms.

\$40 ~ 30 min. \$60 ~ 45 min. \$80 ~ 60 min. \$100 ~ 75 min. \$115 ~ 90 min.

*Foot Reflexology

Release blocked energy channels by applying pressure to specific points on the feet, deeply relaxing, feet are wrapped in hot towels to aid in the release of toxins through the lymphatic system. Great to combine with an ionic footbath.

\$50 ~ 45 min.

*Lymphatic Drainage

A subtle, gentle technique is used to promote lymphatic drainage for clients with chronic fatigue issues and those who are actively trying to detoxify their bodies.

\$35 ~ 30 min.

*Sinus Relief Treatment

Relieve the pressure of sinus trouble with this warm soothing treatment. Lymphatic drainage and essential oils promote the opening of the sinuses to eliminate pressure.

\$25 ~ 15 min.

*Ionic Footbath Detoxification

Sit back and relax as you detox. Creating an ionic exchange in the water naturally promotes the removal of toxins for the body. The perfect combination with foot reflexology.

\$25 ~ 30 min. session \$65/3 session pkg \$200/10 session pkg

*Non-Surgical Face Lift

Enjoy a safe, effective, relaxing, non-invasive facelift with immediate results and no down time! Microcurrent mimics the body's natural electrical currents, triggering chemical reactions at a cellular level that increase production of collagen and elastin and provides circulatory benefits. The results are immediate firming, smoothing and re-hydration of the skin while reducing the appearance of fine lines and wrinkles. Creates that "well-rested" look in minutes!

\$99 ~1 hour session Package pricing available.

Massage & Spa Policy:

Please arrive 15 minutes before your scheduled appointment time.

We request the courtesy of a 24 hour cancellation notice for all spa services.

Cancellation of less than 24 hours will be charged a 50% fee or a gift certificate reduction.

No shows will be charged 100% fee.

A Wellness Center & Spa

770-966-8000

Call to schedule your appointment or purchase a gift certificate today.