

Massage Therapy

Massage therapy is a powerful stress reliever for both mind and body.



Massage techniques are practiced to improve many common ailments including arthritis, insomnia, migraine headaches, chronic and acute pain, irritable bowel syndrome and many others.



Massage therapy also promotes a general feeling of well being while reducing anxiety and relieving stress.



All treatments are tailored to suit your specific needs to provide you with the most restorative experience possible.

Massage & Spa Services

Massage & Muscular Therapy

Your choice of Sports, Swedish, Deep Tissue, Sport & Area Specific, Prenatal, Ashiatsu Oriental Bar, Hot or Cold Stone or relaxation.

30 minutes	\$35
45 minutes	\$45
60 minutes	\$65
90 minutes	\$90

60 minutes Ashiatsu \$75

Add Hot Stones \$15

Add Cold Stones \$15

Sugar Body Scrub

Works to awaken and exfoliate your skin.

Conditioning Body Masque

Deep conditioning for your dry skin.

Scrub, masque & massage
2-hour treatment \$125

Scrub & massage
90 minute treatment \$100

Masque & massage
90 minute treatment \$100

Seasonal specialty wraps and scrub glows available. See Member Services for details.

Swedish Massage

This is a treatment using massage oil long, deep strokes that soothe sore muscles and relax the nervous system. This massage technique also uses kneading to wring out tension and knots.

Deep Tissue

This massage is aimed at the deeper tissue structures of the muscles and fascia.

Deep Tissue uses many of the same techniques as Swedish, but with more pressure applied.

Ashiatsu

Ashiatsu is an ancient form of bodywork first brought to us

by Buddhist Monks. It uses a variety of gliding strokes with the therapist's feet to create a very effective push-pull-pumping effect on the complex arrangement of muscles.

Hot or Cold Stone

Hot stones add to any massage by softening tight and aching muscles.

Cold stones work to reduce inflamed sore muscles.

Prenatal

Prenatal massage is a nurturing Swedish style massage intended to help ease the back and hip pain of the expecting mother.

Sport & Area Specific

Massage and stretching aimed at enhancing athletic performance preventing injury & increasing range of motion after an injury.