

# Rituals of Touch

*The benefits of massage are boundless, leading the mind and spirit to new levels of relaxation and awareness. Massage & reflexology treatments include steam room privileges.*

## **Belmora Aromatherapy Massage**

50 minutes - \$90.00

90 minutes - \$145.00

Using a customized blend of pure flower and plant root oils, this specially designed massage uses light, rhythmic movements along the body to promote detoxification, nourishment and body awareness.

## **Swedish Massage**

50 minutes - \$85.00

90 minutes - \$135.00

Gentle and relaxing, using long, smooth strokes designed to improve circulation, muscle tone and relieve soreness, stress and tension.

## **Balinese Massage (Deep Tissue massage)**

50 minutes - \$95.00

90 minutes - \$150.00

This traditional Indonesian massage, complete with sounds of island, utilizes therapeutic techniques borrowed from Europe, India and China to invigorate muscles and increase blood circulation. Ideal for athletes and aerobic fans.

## **Cupping Therapy Massage**

30 minutes - \$85.00

Cupping is an ancient practice used throughout Egypt, China, and the Middle East to treat various ailments such as pain, inflammation, and numerous pathologies. The AMA (American Medical Association) states that dry cupping is a safe, harmless practice that induces muscle relaxation. During a treatment session, the practitioner will apply cups to your skin that will have a suction effect. This effect is sometimes described as an "inside out" massage, for blood rushes to the surface whilst pulling the muscle up to the dermis. Once the therapy is complete, the practitioner will remove the cups and a circular discoloration will appear which may last up to two weeks or more. A tingling feeling may also last up to a few hours after the cupping treatment.

## **Maternal Interlude**

50 minutes - \$90.00

This light massage reduces discomfort and water retention, alleviates lower back pain and releases muscle tension in the neck and shoulder areas.

## **R'A'ie Fenua Massage**

75 minutes - \$135.00

Polynesian for "Heaven on Earth," this tropical spa ritual focuses on the head, scalp and feet to perfect the balance of one's energy. Special massage techniques stimulate organ and gland functions while releasing tension.

## **Mandara Massage**

50 minutes - \$175.00

Combining a multitude of techniques from around the world, this massage is performed simultaneously by two trained therapists for a spiritual dance over one's body that leads to a harmonious, peaceful, soulful place.

## **Aroma Stone Therapy**

75 minutes - \$135.00

Using the natural rhythm and resources of the Earth, hot stones offer a deeply relaxing experience that brings balance to one's emotional and spiritual life. A deepened level of relaxation that goes beyond the traditional massage.

## **Healing Stone Foot Massage**

50 minutes - \$90.00

Penetrating muscles in the feet to improve circulation. The heat from the stones lingers on the body to eradicate stress and reduce pain. To complete the experience, feet are wrapped in a revitalizing, algae-based paraffin mask.

### **Scalp Massage**

30 minutes - \$60.00

This massage stimulates blood flow, helps to prevent and fight avoidable hair loss and reestablish the natural development of healthy hair. In addition to all this, it is extremely relaxing, calming, and helps relieve headaches and migraines.

### **Reflexology**

30 minutes - \$60.00

50 minutes - \$90.00

Series of six treatments available

Based on the belief that each part of the body is connected to the feet through a network of nerves, Reflexology stimulates the body's natural healing abilities by applying pressure to specific areas. Eliminates stress, improves energy flow and increases circulation.

### **Well-Being Back Massage**

30 min. - \$60.00

Focusing on the back and shoulders to relieve tension and aching muscles, this target specific treatment is a great "pick-me-up."

### **Himalayan Salt Body Treatment**

90 min. - \$225.00

Himalayan Salt is totally natural, free from additives and pollutants, and is rich in natural substances. It has extremely high bioenergetic values and contains all the minerals and trace elements the human body needs. The salt stones bring such an incredible balancing, calming, and invigorating quality to warm stone massage.