



# WELLNESS

MASSAGE | SKINCARE

*"Your personal retreat for relaxation and rejuvenation"*



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*Wellness Massage & Skincare is your personal retreat  
for relaxation and rejuvenation.*

**The moment you walk in the door, you will sense the difference of a “Green Spa”.**

Wellness is a serene boutique spa that offers the treatments you expect from a larger day spa without frenzied or impersonal atmosphere. Only the finest natural and organic massage and skincare products are used during your treatments. State-of-the-art equipment is maintained and sterilized strictly according to board of health guidelines. Tranquil fountains, calming aromas, soothing sounds, and heated treatment tables in rooms accented with candlelight create an atmosphere that is the ultimate in comfort.

**You owe it to yourself to look and feel your best, whether you work hard or play hard.**

You deserve to reap the rewards of your efforts by enriching your health and well-being. In today's fast paced society, we often experience imbalances due to stress, sleeplessness, poor diet, insufficient exercise, chemicals and pollutants. These factors are known to contribute to a decline in physical vigor and show their signs on our skin - the largest organ of the body. The good news is that many of these effects can be effectively treated safely and naturally with therapeutic massage & professional skincare.



greenspa™



## ***Therapeutic Massage***

Treatments are individually tailored to meet your specific goals for the session. Choose from Therapeutic Deep Tissue Massage or Classic Swedish Massage.

## ***Warm Stone Massage***

The massage is performed with smooth, polished Basalt Lava Stones which are warmed in water with essential oils. Relieves tension, stress and tight muscles with deep heat therapy.

## ***Ashiatsu Oriental Bar Therapy<sup>™</sup>***

Utilizing parallel bars overhead for balance and leverage, the AOBT therapist uses body weight to apply pressure directed through bare feet. Smooth, flowing and gliding techniques on lubricated skin, provide an intensely deep, and amazingly relaxing therapeutic massage like no other.

## ***Wellness Thai Massage***

Affectionately known as the "lazy man's yoga," Thai sessions are performed through loose fitting clothing with deep compression, muscle stretching, reflexology and gentle rocking.

## ***Wellness Reiki Session***

Reiki draws upon the universal life force energy animating all around us to balance the physical, mental, emotional and spiritual levels of the body, and restore one's own vitality.

## ***Prenatal Massage***

A nurturing yet therapeutic experience for the mom-to-be. Designed to increase circulation and reduce water retention while easing lower back and hip discomfort.

Complete your massage experience with an Exfoliating Back Scrub. Available with Dead Sea Salts or a Sugar Body Polish. An exhilarating treatment leaving your back softer and smoother.