

Massage

Our massage rooms have been carefully created to envelop you with a sense of peace, well-being and tranquil escape. You will find our atmosphere peaceful and uniquely comforting.

Our Spa adds unparalleled relaxation and restoration of your mind body and spirit. A haven of tranquility that will introduce you to a new world of indulgence and a healthier lifestyle. Every effort will be made to ensure your comfort and privacy, making each visit a time for personal renewal and rejuvenation. All treatment times include consultation and time to change clothes.

Swedish Full Body Massage

Using long, gliding strokes and kneading techniques, this massage will improve circulation, soothe tired muscles and relieve tension. One Hour \$70
Ninety Minutes \$105

Plumyumi Series of Seven
Seven One Hour Massages \$425
Seven Ninety Minute Massages \$665

Deep Tissue Massage

A massage technique which aids therapeutically in increasing lymphatic flow and stimulating circulation. Designed to help release toxins and lactic acid that builds beneath the soft tissue and muscle. Helps relieve stress, decrease chronic pain & reduces muscle soreness.

One Hour \$80
Ninety Minutes \$115

Pregnancy Massage A massage technique which aids therapeutically in increasing lymphatic flow and stimulating circulation. Designed to help release toxins and lactic acid that builds beneath the soft tissue and muscle. Helps relieve stress, decrease chronic pain & reduces muscle soreness.

Specialized bodywork that focuses on a woman's changing needs of the childbearing year beginning with the second trimester through postpartum. An evaluation and individual assessment precedes all pregnancy massage therapies. Alleviates pain and discomfort associated with pregnancy. *Must have completed first trimester. One Hour \$75

Hot Stone Massage

A technique that activates the natural healing process of the body. A combination of stone massage with traditionally used massage techniques. Excellent for boosting the immune system and releasing stress, anxiety and fatigue. Affects mind, body and soul. Especially helpful for those experiencing pain from Fibromyalgia. Seventy-Five Minutes \$90

Stress Ease Massage

This thirty minute massage relieves stress held in the head, neck and shoulder areas. Especially good for migraine and tension headaches. Weekly visits will give added relief to migraine sufferers. Thirty Minutes \$50

Reflexology

A massage technique applied to the feet, hands or head. A systematic approach to the feet, based on energy zones. These zones are manipulated and massaged to relax the entire body, eliminate toxins, and enhance internal organ functions.

One Hour \$70
Dual Massage/Couples Massage One Hour \$140

Companion Services

Aromatherapy

Enrich any massage with the art and science that uses essential oils to help restore and maintain physical and emotional balance, while stimulating the senses. The aromatic power of essential oils are extracted from flowers, resins, roots and fruit.

Add to any Massage \$7