

# *Pamper Me...Indulge in Luxurious Spa Treatments...*

## **European Body Wraps and Facials**

Honey lift facial massages and tones all the muscles of the face. Cellulite Wrap is helpful because it stimulates circulation and helps to breakdown accumulated fat. Chamomile, Lavender and Valerian Relaxation Wrap is used as a mild sleep aid and anxiety reliever. Remineralizing Seaweed Wrap are exceptionally beneficial as a quick way to remineralize the body and replenish it with nutrients and elements lost on a daily basis. The Ginger and Lemongrass Detoxification Rejuvenation Wrap has been found to rid the body of flu-like symptoms and respiratory ailments.

## **Massage**

Luxurious massage invites your senses to let go, while your mind is calm and your skin is nourished with exotic oils and essences.

## **Deep Tissue Massage**

A highly therapeutic, full body massage which uses deeper and more direct pressure, concentrating on specific

muscle groups. These techniques help to eliminate deep tension, releases tightness and reduce muscle pain.

## **Swedish**

Traditional massage, which includes, firm strokes, kneading and circular motion to relax and relieve tension.

## **Japanese Hot Stone Massage**

Hot Stone therapy is a very soothing massage that is active, using continuous motion of the hot stones. The heated stones melt away the tension by penetrating deep into the body.

## **Shiatsu**

This is an integrated treatment where the therapist applies pressure directly to triggerpoints to release physical and emotional blocks in the neuromuscular system.

## **Medical Lymphatic Massage**

Lymphatic Drainage is a technique designed to activate the Lymphatic system. It is critical to our body's ability to detoxify and regenerate tissue, filter out toxins and foreign substances, helps with water retention and helps maintain a healthy immune system.

## **Hawaiian Lomi Lomi**

Experience the traditional massage of Hawaiian Royalty, with this combination of long, gentle strokes and manipulation of muscle tissues to induce deep relaxation and well-being.

## **Sports Massage**

Using massage and range of motion techniques, this massage may be used to concentrate on specific injured areas.

## **Cupping**

A wonderful ancient oriental technique, Massage Cupping is used to release rigid soft tissue, drain excess fluids and toxins, loosen adhesions and lift connective tissue, and bring blood flow to stagnant skin and muscles, all by creating suction and negative pressure.

## **Some Benefits of Massage...**

- Improves Sports Performance
- Reduce Injury Recovery Time
- Increase Strength and Stability
- Eliminate Muscle Discomfort
- Enjoy more restful sleep

*Reiki, Prenatal, Endermologic and Aromatherapy Massage also available.*