



# Grand Spa Massage & Body Treatment

## MASSAGE TREATMENTS

### Swedish, Pre-natal, Sports, Deep Tissue or Neuromuscular

Some basic forms of massage therapy, each with a slightly different emphasis. Whether it is for relaxation, pain relief, or both, our therapists will customize your massage to your needs and wants.

**30 min: \$80.00**

**50 min: \$115.00**

**80 min: \$170.00**

### Ashiatsu

An Asian style done with the therapist's feet, this is a very deep form of massage that is great for those with chronic pain or feel they never seem to get enough pressure from a massage.

**50 min: \$125.00**

**80 min: \$190.00**

### Hot Stone

Smooth heated basalt stones are used to release toxins and massage away tension with ease, not force. The heat from the stones helps reach deeper layers of muscle for a more deeply relaxing massage.

**70 min: \$180.00**

### Couples Massage

Indulge together! You receive side by side treatments, tailored to your individual needs.

**50 min: \$230.00**

**80 min: \$340.00**

### Tandem

Two therapists work simultaneously on one guest, easing muscle aches and tension. The ultimate in relaxation!

**50 min: \$230.00**

### Reflexology

Based on the ancient belief that each organ in the body corresponds to a reflex point on the foot, your therapist will use gentle pressure-point massage to release blocks, allowing the return of healthy flowing energy. A Salt mini-glow or Sugar mini-scrub is highly recommended to enhance this treatment.

**30 min: \$85.00**

### Avocado Hot Scalp Treatment

The therapist massages the guest's scalp using warmed pure avocado oil. This improves circulation and nourishes the hair follicles.

**20 min: \$50.00**

### Reiki Treatment

It is an ancient Asian form of energy work where the therapist lightly places their hands on the fully-clothed recipients' energy centers to channel healing energy. It is used to relieve physical and emotional pain, speed the healing process, as disease prevention/health maintenance and to balance the body's charkas by clearing energy blockages. Limited Availability.

**50 min: \$115.00**

## MASSAGE ADD-ON SERVICES

Essential Oils: does not add time to service - **\$10.00**

Hot Scalp Massage: does not add time to service - **\$15.00**

Salt mini-glow: adds 30 minutes to a treatment - **\$40.00**

Sugar mini-glow: adds 30 minutes to a treatment - **\$55.00**



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## BODY TREATMENTS

### **Dead Sea Mud Wrap**

Emerge transformed from a cocoon of heat & your choice of organic healing products followed by a customized moisturizing treatment.

**75 min: \$135.00**

### **Sea Kelp Wrap**

An excellent option for those with dry skin, European sea kelp mineralizes and encourages cell regeneration. Skin will be deeply moisturized, soothed and protected.

**75 min: \$135.00**

### **Herbal Hibernation Body Wrap**

A delicious herbal experience! After a relaxing hydrotherapy soak, you are cocooned in warm fleece wrap of herbs and spices. These aromatic and therapeutic herbs penetrate the entire body, drawing out impurities.

**60 min: \$120.00**

### **European Salt Glow**

Essential oils and sea salts are used for a thorough exfoliation, leaving your skin feeling stimulated and smooth, with a beautiful natural glow. Finish off with customized moisturizing. A wonderful treatment by itself, a salt glow is also a great addition to any massage.

**50 min: \$85.00**

### **Organic Sugar Scrub**

Similar to a salt glow, Sugar is a great alternative for those with fairer or more sensitive skin.

**50 min: \$105.00**

*\*These are 2009-2010 Winter Rates. For rates prior please contact The Grand Spa at 970-871-5514*