

M A S S A G E S

50 MIN \$140 | 80 MIN \$190 | 110 MIN \$240

SWEDISH

This deeply relaxing treatment, featuring long connective strokes, is designed to ease fatigue and soothe over-stressed nervous systems.

DEEP TISSUE

More engaged pressure for those who want to feel every nuance of the massage. Firm pressure and thoughtful sequencing for maximum results.

SPORTS

For the athlete or weekend warrior who needs specific techniques to address performance enhancement or pain-reduction.

FOCUS

When you really want only a couple areas treated because they really, really need it. Forget doing everything and just focus on what you really want and need. This isn't necessarily symmetrical or formulaic because you're not!

PRENATAL RESCUE

The perfect massage when you're working twice as hard! Relieve tension, fatigue and swelling. Baby will thank you! Note — this is done in side-lying position with bolsters.

COUPLES

Receive two customized massages side-by-side. Chit-chat or be silent while therapists customize the perfect massage for your needs.

*price per person