Relaxation/Deep Tissue Massage
Relaxing Swedish massage which can allow for deeper detailed modalities. **OR**
Deep Tissue/Sports Massage
By using myofascial and neuromuscular techniques, tight muscles relax and improve the body's structural balance.
30 Min. $60 60 Min. $80
75 Min. $100 90 Min. $115

Myofascial Release $85
Therapy that addresses restrictions and imbalances of the connective tissue in the body and is used to promote wellness, decrease or eliminate pain, and restore movement. **45 Min.**

Craniosacral Therapy $85
Working with the deepest layer of the fascial system (the dura). Restriction can have profound effects on the nervous system, the entire body, and being. **45 Min.**

Lymphatic Drainage $115
Encourages the natural drainage of lymphatic fluid, which carries waste products away from the soft tissues back towards the heart.
90 Min. (recommended)
30 Min. $65 60 Min. $85

Pregnancy Massage (On Request) $85
Special pillows allow mom to be face down.

Couples Massage $165
Same room – Two therapists/**60 Min.**
90 Min. $245 120 Min. $325

Hot Rock <u>Add-On</u> to Massage $20
The heat from warmed basalt stones allow for deep muscle relaxation.

"Stand on Your Feet All Day" Foot Rub
For your feet and lower legs only. This massage helps to recuperate from a long day at work. **30 Min. $55**

Foot & Leg Treatment $60
Relax in a warm herbal foot bath followed by skin exfoliation of feet & lower legs, ending with a relaxing massage leaving legs and feet refreshed. **40 Min.**

"Oh, Those Aching Hands" Hand Rub $50
For your hands and arms. This massage helps to recuperate from a long day at the computer. **30 Min.**

<u>Add-On</u> Paraffin Dip $15

Paraffin Hand Dip Only $20
20 Min.

Paraffin Hand Dip & Treatment $50
Deep penetrating heat for your hands **<u>or</u>** elbows giving relief to achy, stiff, and painful joints and soft tissues. Enjoy a relaxing head **<u>or</u>** neck massage while promoting wellness. **30 Min.**

Black Baltic Mineral Mud Wrap $90
Invigorate your body with a deep heat mud wrap. This treatment detoxifies, relaxes, cleanses, and refines your body all at once while receiving a gentle scalp & face massage followed with rich body butter. **60 Min.**

WilmaSchumann Signature (Anti-Aging) Facial $95
Designed to diminish fine lines and improve skin texture, tone, and elasticity. Treatment includes the use of collagen and vitamin C to ensure hydration and assist in the repair of sun damaged skin. Includes hand and foot massage. **60 Min.**

WilmaSchumann Purifying Facial $95
A cleansing treatment designed for the acne or breakout prone skin. Includes a purifying mask and hand massage. **60 Min.**

WilmaSchumann Balancing Facial $90
Deep cleansing followed by (1) soothing mask**.** Incudes hand massage.
Recommended for sensitive skin. **60 Min.**

Teenage Facial
13-15 yrs. **45 Min.** (lesson included) **$65**
16 yrs. or older **$90**

Teenage Facial – Group of (3) each **$55**

Complimentary make-up sessions using jane iredale® products offered