

Sample Spa Menu

Sumptuous Sugar Glows

One Hour \$70–\$85

A sugar glow is a revitalizing treatment that stimulates circulation and relaxes the body while leaving skin silky. The client has three choices:

The **Victorian Garden Glow** surrounds the client with the soothing fragrance of an herb garden. Lavender, rosemary, thyme, rose, and just a hint of nutmeg invoke a warm afternoon in the sun. Think relaxing.

The **Zen Glow** is a revitalizing treatment that infuses spicy ginger with the invigorating scents of mandarin and lemongrass. Think nirvana.

The **Citrus Glow** is fresh and uplifting, with the scents of grapefruit, lime, lemon, and sweet orange intertwined in a constantly changing aroma melody. Think refreshing.

Body Boosting Back Treatments

One Hour \$70–\$85

If you experience back pain from overwork, or if you are an athlete slowed down by muscle tension, one of these treatments is for you. In each session, the back is buffed with soothing bubbles, massaged with infused oils, and slathered in a lavish treatment product like mud or seaweed.

The backs of the legs are massaged, as are the shoulders, arms, and neck.

Feeling scaly and water logged? The **Mermaid Shimmer**, fit for a sea siren, is more relaxing than a day at the beach. Luxurious seaweeds revitalize energy while an application of rich cream in a facial massage completes the indulgence. Think radiant.

In the **Mud Sport Treatment**, the back is massaged with deep-tissue techniques before a warm layer of parafango is applied to stimulate circulation and release muscle tension.

Parafango is a combination of special mud from Italy and paraffin with different melting points. It has been used since the 1950s in Germany for arthritis pain and chronic muscle conditions. At the client's request, the parafango treatment session can be tailored for special needs such as sore hamstrings or calves. Think throw me the ball.

Barefoot Bliss

One Hour \$60–\$80

In each of these blissful sessions, the feet are soaked, smoothed with an exfoliation cream, massaged, treated to a series of reflexology techniques, masked to facilitate detoxification, and finished with a lotion or dusting powder.

In the **Sole Soother**, lavender, ylang ylang, basil, mandarin, and rose oils caress your feet and allow the body to deeply relax. A paraffin treatment for your hands completes this delightful indulgence. Think elegance.

Temple Path begins with an Indian herbal foot soak that welcomes and purifies. The feet are smoothed with fine granules of pumice and massaged with taila (medicated ayurvedic oils). Ubtan—a traditional ayurvedic mix of chickpea flower, mustard seed, sandalwood, herbed milk, and oil—is smoothed on the feet to stimulate vital energy and detoxification. The session ends with the rich, ecstatic aromas of pure jasmine and sweet orange. Think tranquility.

Tired Feet Tingle refreshes your feet with a sea salt soak, peppermint exfoliation, and seaweed mask. Pain is eased through the healing properties of bay laurel and sweet birch oils. A massage of the neck and shoulders relieves any remaining tension. Think let's go dancing.

Our goal is to help our clients make good choices for healthier lives. Each spa service is designed to incorporate natural healing substances such as essential oils or therapeutic mud into a massage. This creates a satisfying experience for our clients. You don't have to give up your massage. Instead, you add spa products such as seaweed that enhance the effects of the massage and support the body.

Join Us for Spa Night!

Uncertain of the benefits of spa treatments?

Join us on the first Monday of every month for an open house.

Presentations, hors d'oeuvres, demonstrations, door prizes, and free treatments make this a fun way to spend the evening and learn about the benefits of spa. 6 p.m. to 9 p.m.