

## **SERVICE DESCRIPTIONS**

30 Minute Full Body Massage: 30 minute Swedish style massage, great method for relaxation and reducing stress.

60 Minute Full Body Massage: 60 minute Swedish style massage, great method for relaxation and reducing stress.

60 Minute Seasonal Massage: 60 Minute massage done with our preferred seasonal oil of choice to spruce up your season joy.

60 Minute Firm Pressure Massage: 60 minute massage using a soothing Arnica massage lotion to reduce pain and inflammation.

60 Minute Prenatal Massage: 60 minute Swedish style massage to cater to the stresses of pregnancy.

60 Minute Hot Stone Massage: 60 minute massage that incorporates warm lava stones and a relaxing atmosphere.

60 Minute Essential Oil Wrap: 60 minute massage combines with an organic essential oil and hot towel wrapping technique.