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## Spa Services

### Body Massages

Whichever massage you choose, we desire to not only meet, but exceed your expectations. All massages are performed in a room complete with soothing music and soft lighting to calm and relax your senses.

Choose from the following massage techniques best suited for your needs.

*Massages are not recommended for certain people:*

- *People with infectious skin disease, rash, or open wounds*
- *Immediately after surgery*
- *Immediately after chemotherapy or radiation, unless recommended by your doctor*
- *People prone to blood clots. There is a risk of blood clots being dislodged. If you have heart disease, check with your doctor before having a massage*
- *Pregnant women should check with their doctor first if they are considering getting a massage.*

Services	Description	Min	30	60	90
Swedish Massage	Swedish massage can be very gentle and relaxing consisting of long smooth strokes, kneading, and circular movements on superficial layers of muscle using massage lotion or oil. If you've never had a massage before, this is a good one to try first.	Reg	40	70	85
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Aromatherapy Massage	Aromatherapy massage is massage with the addition of one or more essential oils to address specific needs. This is an ideal treatment for new mothers after delivery to decrease post-partum blues and anxiety, and increase vigour and attachment to their babies.	Reg	45	75	90
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Hot Stone Massage	Hot stone massage is suited to people who tend to feel chilly or who have cold feet. It's also suited for people who have muscle tension but prefer a lighter massage. Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles, allowing the spa practitioner to work the muscles without using deep pressure.	Reg		100	120
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Deep Tissue Massage	Deep tissue massage targets the deeper layers of muscle and connective tissue. This massage consists of slower strokes across the grain of the muscle which is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury. People often feel sore for one to two days after deep tissue massage.	Reg 45 75 90
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Pregnancy Massage	Also called prenatal massage, pregnancy massage is becoming increasingly popular with expectant mothers. Pregnancy massage is used to reduce stress, decrease swelling, relieve aches and pains, and reduce anxiety and depression. The massage is customized to a woman's individual needs. This massage is not recommended in the first trimester.	Reg 45 75 90
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Reflexology		Reg 60 45 45
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