

## Bodywork Treatments

**Please plan for gratuities with cash or check.**

### **Swedish or Deep Tissue**

30, 60, 90 min can be combined with salt therapy, Infrared therapy or Reiki.

**Lava Shell**, Warm smooth shells glide across your body, loosening tight muscles and relaxing the entire body. 45 minutes.

**High Performance** ultimate sports massage for athletes. Deep ~~tissue~~ massage, combined with the use of warm Lava Shells and Cool Glacial Shells to reduce inflammation, stimulate blood flow, heal sore muscles and restore flexibility. Raise your performance level, avoid injury, and preserve your longevity as an athlete. 60 minutes.

**Pampering**, beginning with hot towels and a foot massage, followed by a shoulder rub finished with a scalp massage. 45 minutes  
**Held in The Lagoon Room** with Salt Treatment one or to two people. **Held in the Salt Cave** for parties of up to eight people and may be combined with other services. Please call for pricing options.

**Custom Healing and Light**, a personalized combination of healing with energy work, guided meditation, and intuitive reading. Private and intimate way to connect to that special someone while healing body soreness. Release the grief of separation and allow the body to heal

**Acupressure**, using special techniques, therapist will use her hands to trigger points that release endorphins in the body. This blocks the pain and increases blood flow to targeted areas. Great to combine with other treatments

**Bodywork Integration**, addresses pain and limited mobility. Utilizing Myofascial Release, Reflexology, Thai Massage, and Myofascial Trigger Point and passive active resistance, or stretching to assist the body's healing for longer lasting effectiveness. 60 or 90 minutes. **Ideal for those with Fibromyalgia, chronic headaches, breast cancer surgery, MS, ALS, Parkinson's and more. Packages recommended, consult required.**

**Craniosacral**, A light touch modality that strengthens the body's ability to heal itself. Nearly unperceivable techniques are used to relieve undue pressure on the spinal cord via blockages and imbalances. 90 minutes.

**Quantum Healing**, a hands-on healing session. Clears disruptions in the nervous system, addresses emotional patterns in the body and past life regression. Connect with your spirit guides for shifting your future.

**Many of our massages can be done on the BioMat for infrared therapy, or in The Lagoon Room for salt therapy. You can also use the BioMat to loosen muscles prior to a massage.**

**Reflexology**, addresses issues in the entire body by working points in the feet and hands. For relaxation, stress relief, pain relief, and headaches. 45 minutes with salt therapy in The Lagoon Room. Can add infrared foot sauna to the service for an additional fee.

**All of our Bodywork Therapies are provided by certified Licensed Practitioners.**

**SOTES Bodywork Package**, a unique 60-minute hands-on customized intuitive approach that releases tensions deep in the body from head to toe specific to the body's own physical science. Perfect for Athletes. Can be combined with Shamballa Reiki.

Note: **Energy Work**, by our Reiki Masters, 45 or 60 minutes. Can be added with other services

