

# Bodywork Treatments

Therapeutic or PreNatal Massage 30,60 or 90 minutes.

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

Hot Stone or Warm Salt Stones Optional

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. 60 minutes.

Pampering, beginning with warm neck wraps (optional) and a foot massage, followed by a shoulder rub finished with a scalp massage. 45 minutes Held in The Lagoon Room with Anion/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

Reflexology, addresses issues in the entire body by working points in the feet and hands. Give your tired and sore feet a deeply relaxing foot treatment to alleviate tension. Pamper your soles and improve your well being, walk in and float out! 30, 45 or 60 minutes. Can be performed in Lagoon Room with Anion/Salt therapy or in the Amethyst Room with Infrared therapy for an additional fee.

Facial Reflexology Activates 12 major nerve centers in the body while stimulating collagen production and increase circulation

Lymphatic Drainage Gentle circular motions designed to move waste and toxins from the body's tissues. 30 ,60 minutes

Quantum Healing, 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.

**All our Bodywork Therapies are provided by certified Licensed Practitioners. Please plan for gratuities with cash or check**

SOTES Bodywork Package, a gentle, hands-on approach that releases tensions deep in the body from head to toe, to relieve pain and dysfunction and improve whole-body health and performance. Combination of, 20-minute Saltbed therapy, or 60-minute on the BioMat.

Energy Work performed by our seasoned Light Workers, Past Life Regression, and Human Tuning

