

Massage

MASSAGE THERAPY

With excellence, each session is uniquely customized using multiple therapies... Swedish, Specific Deep Tissue, Neuromuscular Techniques, Sports, Acupressure and Prenatal

30 minutes \$50

60 minutes \$85

90 minutes \$115

120 minutes \$145

HOT STONE MASSAGE

An ancient treatment using hot stones made smooth by the waves of Lake Superior to create a state of deep relaxation and healing in the body. Long, slow strokes promote a sense of grounding while the heat softens and relieves tense, tired muscles.

60 minutes \$95

90 minutes \$125

120 minutes \$155

GRATEFUL BACK

Your back is begging, give it what it deserves. Our 45-minute session gives you focused work where you need it most. Deep tissue techniques combined with soothing strokes and heat will release your over-worked, over-stressed back, shoulders and neck.

45 minutes \$70

75 minutes (full-body) \$100

PEPPERMINT PEDISSAGE

Using steaming towels and our "Peppermint Tootsie Balm" to massage the feet and calves, this is a treatment that truly has a "sole" focus. Delightful on its own or the perfect-ending to a full-body session.

30 minutes \$50

Add-on to another treatment \$40

THE CROWN TREATMENT

Your whole body will sing after this scalp, face and neck treatment. We begin with a neck and shoulder massage to help you relax and then continue with a warm oil scalp massage infused with essential oils. A nourishing argan oil is massaged into the facial skin and a steaming towel finishes the treatment to leave you feeling refreshed. A treat on its own or a fantastic add-on to a full-body session.

30 minutes \$50

Add-on to another treatment \$40

Facials

ESSENTIAL DECADENCE FACIAL

This treatment combines the classic European facial techniques of cleanse, exfoliation, steam, extraction, mask and nourishment with extended massage of the head, neck and shoulders and a special hand treatment. Your face will glow both from the careful attention to the needs of your skin and the relaxation of your entire body.

60 minutes \$85

SENSORY DELIGHT FACIAL

Our signature facial combines all the elements of the Essential Decadence facial with an aromatic facial steam, a hot stone facial and neck massage and finishes with a foot treatment. Heated hand mitts are the cherry on top, keeping you cozy while your skin gets the attention it deserves.

75 minutes \$100

FUNDAMENTAL FACIAL

An abbreviated version of the Essential Facial for people who want to add on a skin care service to their massage or body treatment. This can also be a mini-facial for teens to introduce them to important skin care concepts or incorporated as a back facial treatment.

30 minutes \$55

Add-on to another service \$45

BLISSFUL BODY TREATMENT

The perfect option for the person who doesn't want to limit themselves to a single service. This treatment begins with our refreshing Fundamental Facial for the back and lengthy massage of the back and legs. You'll then enjoy our Essential Decadence Facial along with extended massage time for the rest of the body. The Blissful Body Treatment is truly the best of both worlds, full-body massage and skin care.

120 minutes \$155

***Couples sessions are available with our
Massage Therapy, Grateful Back,
Peppermint Pedissage, Crown Treatment and
Ultimate Relaxer spa treatments.
Couples sessions are offered by appointment only.**

Spa Treatments

THE ULTIMATE RELAXER

Our classic spa treatment focuses attention on the head, neck, shoulders, hands and feet. With a customized aromatherapy facial steam, luxurious massage and hot towels for your feet - you'll see why it earned this name.

45 minutes \$70 75 minutes (full-body) \$100

THE STEAM CANOPY

A unique treatment that resembles floating in a cloud. A dry brush exfoliation invigorates the skin and begins the detoxification process. Your body then enjoys a private aromatherapy steam while your head and face are kept comfortable with a cool stone facial and scalp massage.

30 minutes \$45 Add-on to a massage \$35

These services incorporate a changing menu of scrubs, body masques and hydrating body butters made with the season's freshest ingredients to delight your senses and refresh your body.

View the website for our current seasonal selections.

BODY POLISH INDULGENCE

Expertly blended in to a full-body massage session is our seasonal exfoliant designed to increase circulation and smooth the skin. Your body is then treated to the warm steam therapy and deep relaxation of our Steam Canopy while your scalp and face receive extra attention.

105 minutes \$140

REFRESHEN WRAP MASSAGE

You are gently brushed with our seasonal body masque and then cocooned into a wrap to stay cozy and warm while you enjoy a scalp and facial massage. A quick rinse follows after which you are deeply relaxed and ready for your full-body massage carefully designed to meet your specific needs.

105 minutes \$140

PARADISE PERHAPS

A masterful combination of the above two services. We begin with our unique Steam Canopy to soften the skin and relax the mind. Your legs, arms and back are polished and the exfoliant is melted away with warm compresses. A beautiful body masque is applied and your body is wrapped and kept warm while you drift away. An incredible full-body massage using our seasonally chosen body butter finishes this amazing service.

120 minutes \$165