



TOUCH THERAPIES

THE SPA'S SIGNATURE SWEDISH MASSAGE

Indulge in a relaxing full body massage. This massage increases circulation, soothes tired muscles, reduces stress and promotes health and well being. Walk away feeling pampered and refreshed.

(50 minutes \$115. 75 minutes \$175)

THE SPA'S DEEP SWEDISH MASSAGE

Intense and deeply soothing, this full body massage is designed for our guests who prefer firmer, slower pressure to relieve stress.

(50 minutes \$125. 75 minutes \$175)

THE PGA SPORTS MASSAGE

Experience an invigorating massage that focuses on key areas to aid joint mobility, flush metabolic wastes from the tissues and relax tight muscles. Specially selected essential oils help to relax and rejuvenate your areas of concern.

(50 minutes \$125)

NEUROMUSCULAR THERAPY MASSAGE

Alleviate the stress-tension pain syndrome and regain neurological integrity and balance. Enjoy this localized massage that relaxes the soft tissues and tense muscles, then releases entrapped nerves and restores the body's natural flow of energy.

(50 minutes \$125. 75 minutes \$175)

THE REAL AROMATHERAPY EXPERIENCE

This authentic journey combines the power of pure essential oils with a specialized massage drawn from the traditions of both East and West, concentrating on the back, scalp, face, neck, shoulders and feet. Carefully applied spinal pressures and foot relax sequences target the nervous system, ease away stress, and revitalize mind and body. Choose from a selection of hand-blended oils to relax, de-stress, revive, support or renew.

(50 minutes \$125. 75 minutes \$175)

THE REFLEXOLOGY TREATMENT

This body treatment incorporates relaxing techniques combined with compression of specific pressure points on the feet that correspond to individual parts of the body. With origins in ancient Oriental and Egyptian healing arts, this experience promotes balance and deep relaxation of your entire body.

(50 minutes \$125)

THE SPECIAL GLOW MASSAGE

Indulge and be pampered with a gentle massage. Special pillows are used to position mother-to-be comfortably throughout this soothing, tension-relieving escape (only for women in their second or third trimester).

(50 minutes \$115)

THE COUPLES MASSAGE

Enjoy The Spa's Swedish Massage together. This full body massage is available for couples who wish to share the peaceful experience of this sensuous treatment in the same room.

(50 minutes \$115 each, \$230 total).

Deep Swedish Massage

(50 minutes \$125 each, \$250 total)

THE LYMPHATIC DRAINAGE TREATMENT

This ultra calming, light touch massage utilizes slow rhythmic strokes, enhances circulation in the immune (lymphatic) system, relieves stress, facilitates detoxification and helps eliminate water retention.

(50 minutes \$125. 75 minutes \$175)



TOUCH THERAPIES

THE CRANIO-SACRAL MASSAGE

This subtle, slow touch treatment connects with the body's intrinsic cranial pulse and lulls the body into a quiet relaxation where it can naturally adjust imbalance caused from physical or mental stress. The result is a tranquil return of rejuvenation to the body and mind.

(50 minutes \$125)

THE SPA'S LASTONE MASSAGE

Enjoy ultimate relaxation with the help of hot volcanic stones. The heat of the stones penetrates the muscles to warm the body and release tension, stress and tightness. Cold marble stones may be used in areas of extreme tightness. This treatment restores physical, mental, and emotional balance.

(70 minutes \$190)

THE TANDEM TOUCH MASSAGE

Experience twice the relaxation and double the therapeutic power of a soothing muscle massage as two therapists perform a Swedish massage in synchronized, rhythmic fashion to release the tensions and the toxins that have gathered deep within. Walk away renewed, refreshed and reinvigorated.

(50 minutes \$230)

THE THAI MASSAGE

This massage uses two primary procedures: applying gentle pressure with hands and feet, and a wide variety of passive stretching movements. With these techniques, space is created in the muscular-skeletal structure, allowing the body to begin to open and regain flexibility, increasing your range of motion.

(50 minutes \$125)

THE REIKI MASSAGE

Indulge and experience the gentle healing technique of Reiki. Combined with a full-body massage of slow sweeping strokes and kneading, Reiki produces a deep cleansing effect on mind, body and spirit by releasing blocked energy and eliminating toxins.

(75 minutes \$175)

THE LOMI LOMI MASSAGE

A part of traditional Hawaiian healing practices dating back nearly 1,500 years, Lomi Lomi is a flowing, vibrant, and deeply relaxing full body massage. It aids in increasing circulation, relieving stress and providing a sense of well being and self-awareness.

(50 minutes \$125. 75 minutes \$175)

THE IN ROOM MASSAGE

Enjoy a full body massage in the privacy of your suite.

Swedish Massage

(50 minutes \$155. 75 minutes \$200)

Deep Swedish Massage

(50 minutes \$165. 75 minutes \$210)

(12-hour notice required, based on availability.)