



MASSAGE

HAMMOCK MASSAGE

\$30

ENJOY 20 MINUTES OF SOOTHING ROCKING, COMPRESSION FOR THE ARMS, LEGS AND BACK, HAND STRETCHES, FOOT MASSAGE, GENTLE TRACTION FOR THE ARMS AND LEGS, A SCALP SCRUB AND THEN A NAP OR A GOOD BOOK IN THE HAMMOCK.

HAMMOCK MASSAGE FOR TWO

\$55

40 MINUTES OF BLISS TO SHARE BETWEEN THE TWO OF YOU.

THAI MASSAGE

\$50 | \$75 | \$100 | \$125

30 MIN. | 60 MIN. | 90 MIN. | 120 MIN.

PERFORMED ON A MAT ON THE FLOOR WITH THE RECIPIENT FULLY CLOTHED, THAI MASSAGE AIMS TO RELEASE TIGHT, TIRED MUSCLES THROUGH A SERIES OF SKILLFULLY APPLIED DEEP STATIC COMPRESSIONS, GENTLE STRETCHES AND PASSIVE RANGE OF MOTION EXERCISES.

TABLE MASSAGE

\$75 | \$100

60 MIN. | 90 MIN.

A COMBINATION OF SWEDISH, DEEP TISSUE, MYOFASCIAL RELEASE AND THAI TECHNIQUES ARE USED TO CREATE A UNIQUE EXPERIENCE TAILORED TO THE SPECIFIC NEEDS OF EACH CLIENT.

YOGA

COMPLIMENTARY GENTLE YOGA

IS OFFERED ON THE DECK EVERY MORNING

7:15-8:00

MATS, BLOCKS AND STRAPS ARE PROVIDED.

NO YOGA EXPERIENCE NECESSARY.