

# TREATMENT DESCRIPTIONS

## SPIRIT OF HERITAGE

Start your journey towards balance and serenity with a foot soak in aromatic warm water. As your feet soak, we will apply a heated scented neck wrap to relax your shoulders. Enjoy this first part of the ritual with herbal tea or fruit infused water.

As we move into the second stage of the journey, your feet will be met with a 15 minute "sole revival" foot massage. Once your feet have been thoroughly restored, allow the rest of your body to disappear into the warmth and healing of our Himalayan Salt Stone massage. This 110-minute journey is sought to leave your senses fully awakened and spirit in balance.

## SPUN GOLD

A relaxation massage that begins with gentle dry brushing of the skin. Hot stones are then placed upon the back, soothing sore muscles. Warm chamomile oil infused with flecks of gold is massaged into your skin, creating a sense of calm and peace. All this while crystals cleanse your chakras.

## HERBAL FARMPRESS MASSAGE

Restores well-being by combining steaming therapeutic organic herbs with targeted compression techniques. The steam releases essential plant oils, minerals and vitamins that are absorbed by the body to help guests feel renewed. Relaxes muscles, stimulates blood flow, and eases stiffness and soreness, with an aromatherapeutic effect that creates a deeply soothing experience.

Choose from three blends:

**Rejuvenation-** Basil, Spearmint, Echinacea, Augustifolia, Oatstraw Flower, Orange peel

**Soreness Relief-** Basil, Feverfew, Augustifolia, Lemon Balm, Apples

**Tranquility-** Marshmallow Root, Burdock Root, Nettle Leaf, Catnip

## CHOCOLATE MOLÉ MASSAGE

Clay combined with cacao powder and Chimayo red chile masks your body as hot stones keep you warm in your wrap. Enjoy being pampered with a scalp and foot massage as the mask works its magic. We then top it off with a 25-minute massage using chocolate infused oil.

## TURQUOISE GEMSTONE WRAP

Warm blue/green clay masks the body as warm pieces of turquoise rest upon you in your wrap. A scalp and foot massage followed by a 25-minute massage using our signature turquoise sage oil caps off the ultimate southwest relaxation experience.

## CACTUS TONING WRAP

Cactus is rich in emollients and antioxidants which makes it great for people with dry or irritated skin. A scalp and foot massage during the wrap is followed by a 25-minute massage using our warm agave oil.

## SALT & SUGAR SCRUBS

Salt scrubs are the more abrasive of the two. The minerals in the sea salt are natural purifiers, helping to remove toxins from the pores while promoting better circulation and tightening of the skin.

Sugar scrubs being less abrasive are better for those with sensitive skin. The glycolic acid in sugar helps to protect the skin from harmful toxins and also acts as a moisturizer.

Both the salt and sugar scrubs are infused with oil, helping to leave your skin feeling silky smooth.

## ACUPRESSURE FOOT TREATMENT

Relieves tension, helps promote the natural function.

## CUSTOM THERAPEUTIC MASSAGE

A full body massage that is customized to your specific needs. We use the pressure you want, multiple techniques to focus on areas of stress or concern. You create personalized spa massage experience that you and your therapist develop to bring you total wellness.

## HIMALAYAN HOT STONE MASSAGE

Full body Himalayan Salt Stone massage integrates the philosophies of Oriental medicine, Swedish massage, thermal therapy, and salt therapies. This unique combination creates an array of benefits and allows the body to function in balance with increased sense of well-being.

## CRANIOSACRAL THERAPY

Using a light touch the therapist works with the physiology of the body. Shown to be effective with problems of pain and loss of function.

## REIKI

Laying on of hands used for stress reduction and relaxation. Good for helping to move the flow of energy and to help release emotional blocks.

## POLARITY THERAPY

Light touch is used to stimulate the male and female, positive and negative currents of the body. Helps to restore balance to the body.

## SPIRITUAL HEALING

Uses subtle energy to rebalance, align, and normalize the flow of energy to one's physical, etheric, emotional, and mental bodies.