

# TREATMENT DESCRIPTIONS

## 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.

## NATIVE HERB MASSAGE

Sachets of 4 herbs, which include peppermint, lavender and Spearmint, are soaked in warm oil and used to massage the body. A refreshing, relaxing and hydrating treatment for the skin.

## 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.

## HONEY CHILE WRAP

The combination of honey and chile help to open up the pores which in turn soothes and moisturizes the skin, leaving you with a healthy glow. Enjoy the scalp and foot massage followed by a 25 minute massage using warm avocado 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.

## CUSTOM RELAXATION MASSAGE

A full body massage that incorporates smooth flowing strokes which penetrate the muscles under the skin, releasing tension in both body and mind. Great for those with emotional stress or anxiety as it helps to release endorphins and serotonin in the body.

## CUSTOM THERAPUTIC MASSAGE

A full body massage for those who need a little extra focus on certain areas of the body. Using a variety of modalities our therapists can help release tension in the connective tissue thus relaxing muscles and decreasing pain.

## HIMALAYAN SALT 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.

## THERAPEUTIC MASSAGE WITH A TWIST

A full body massage that uses Himalayan hot stones or a hot pad to warm up the muscles of the back. Arnica oil is then used to penetrate and soothe the muscles.

## 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.