

Massage

Massage therapy is a proven method in relieving physical and mental stress, leaving your mind clear and your body relaxed.

Swedish

A classic relaxation massage that uses firm pressure to help increase circulation and relieve stress

50 - minute \$120 80 - minute \$170

Deep tissue

A deep pressure that massage that relaxes tight muscles and trigger points, this massage can be customized to specific areas to treat sports-related injuries

50 - minute \$120 80 - minute \$170

Pre-natal

A classic relaxation massage that increases circulation, helps reduce swelling and relieves lower back and hip pain, this massage is done lying on your side with pillows for comfort

50 - minute \$120 80 - minute \$170

CBD balancing massage

A massage using our CBD body balm to activate and stimulate the lymphatic and circulatory system. CBD has been shown to work as an anti-inflammatory, antioxidant, and analgesic to help alleviate injuries and inflammation of muscles. It is an integrated way to soothe your body and calm your mind.

80 - minute \$220

Add-ons

Aromatherapy

Choose from a variety of natural scents to elevate and enhance your well- being and take your massage to the next level

Scalp massage

Gentle pressure helps relieve tension & headaches

10 minute: \$20