



Massage and Spa Guide

OMAHA MASSAGE AND HEALING ARTS





Before Your Visit

For all clients, new or returning, a new Health Questionnaire is needed. You will receive this in your email prior to your visit.

Debbie Dugan ★★★★★

My husband and I live in Lincoln and always make a point to come here when we do date nights in Omaha. We have tried several therapists and always had a great experience! Once I was pregnant and they had an amazing pregnancy table that was so comfy! Consistent great massages and super relaxing environment!

A CREDIT CARD OR GIFT CERTIFICATE IS REQUIRED TO RESERVE ALL APPOINTMENTS.



At checkout we accept Gift Certificates, Cash, Check, Visa, MasterCard, American Express and Discover.

Cancellation



If for any reason you would have to cancel or reschedule your appointment please give us 24 hours notice.



Cancellations within 4 hours of appointment time will be charged **50%** of the service you have scheduled.



No show appointments will also be charged a **50%** service fee. There is no charge for cancellations made more than 4 hours in advance.

**We are by appointment only!*

What to Expect From Your Treatment



Meeting with Your Massage Therapist

Once everyone is ready, your massage therapist will come out to greet you and take you back to the treatment room.

In the privacy of the treatment room, you and your massage therapist will go over your health questionnaire and reasons for seeking massage therapy. Your massage therapist will ask you questions to customize your session to meet your specific needs and preferences. You will have the opportunity to discuss any concerns or to ask any questions you may have about massage therapy. Your massage therapist will then briefly go over a plan for your massage therapy session. If you have any questions, feel free to speak up.

When you are ready, your massage therapist will exit the room to allow you privacy to undress or change and get comfortable on the massage table. You may prefer to completely disrobe or remain partially clothed.

Get comfortable on the massage table underneath the top sheet. If any adjustments need to be made to the bolsters or face cradle, your massage therapist can help you when they come back to the room.

During Your Massage

After your massage therapist washes their hands they will knock on the door and ask permission to enter.

Every massage therapist has a unique style and approach to giving a massage. Relaxing massage techniques may be used at first, and as you become more relaxed more specific areas of tension may be worked with deeper pressure if that is your preference. Your therapist may periodically ask for feedback on pressure or techniques, and may gently move your limbs or make requests throughout the session.

You should expect to be comfortable and relaxed during your massage. If you experience any pain or discomfort at any time, let your massage therapist know right away. Speak up if the pressure needs adjusting, if you need a blanket, or if there is anything your massage therapist can do to help you relax.



I received an incredible deep tissue manage! My masseuse was very attentive and ensured I had relaxing experience. I will definitely return!

-Lauren D Tien

What to Expect From Your Treatment

Communicate with Your Massage Therapist

Good communication is key to achieving the best results during your massage appointment. After all, this is your massage!

Be sure to give feedback to help your therapist meet your specific needs. The more relaxed you are, the easier it is for us to do our job! If there is anything your massage therapist can do to make you more comfortable, let them know.

Definitely communicate with your therapist if you feel any pain or discomfort, or if you have any concerns during your massage. Some types of massage that work on deep layers of muscle and tissue, such as deep tissue or sports massage, these modalities will require more feedback to ensure that the pressure is comfortable.



Concluding the Massage

When your massage is complete, your therapist will then exit the treatment room. Slowly and carefully get off the massage table. When you are dressed and ready, meet us in the lobby area.



This was an absolutely amazing experience. I set up an appointment for my mother with Julia and she loved her. Julia made her feel safe, comfortable, and completely exceeded her expectations, and mine as well. The location is beautiful with rooms that enhance a relaxing experience. I am planning to make another appointment with Julia for another family member in the near future, and a probably a few for myself. Extremely satisfied.

-Togami Byakuya

What to Expect From Your Treatment



Follow-up and Checking Out

You and your massage therapist will discuss how your session went, answer any questions you may have about your massage, and make any other notes for your next massage.

Everybody is different, so feel free to give your massage therapist honest feedback about what you like and what you don't like about your massage. Remember, this is your appointment and we are here to make it most beneficial for you!

If you would like to leave a tip, simply add the gratuity at checkout. Tipping is neither required nor expected, but of course we appreciate the gesture! However, the best appreciation you can show is by referring your friends and family to us and writing a review to let everyone know about your great massage!

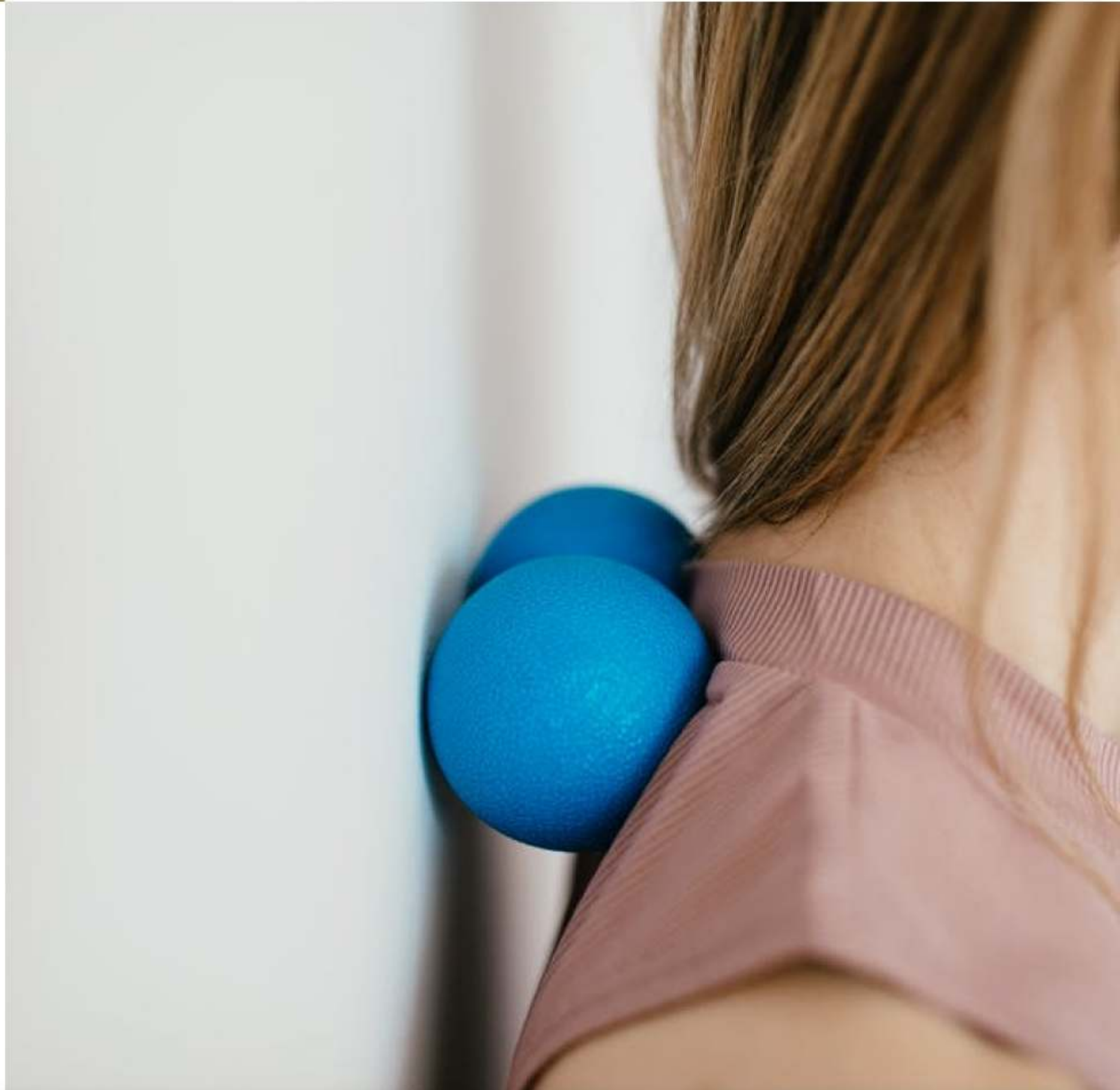
Now is also a good time to schedule your next massage appointment.

After Your Massage

Most people feel relaxed after a massage. How you feel will vary depending upon your personal condition, the types of massage therapy you received, the length of your session, and how often you receive massage. You will generally feel better the more massage therapy sessions you receive as the benefits add up over time.

If possible, it's a good idea to have a little quiet time after your massage.

This will help prolong the positive effects of the massage and make the most of the time you have invested taking care of yourself. We encourage you to drink extra water throughout the day to stay hydrated post-massage.



I had a prenatal massage yesterday with Rania and she was great! I've been having some back and sciatica issues during my pregnancy and I had no issues after a 60 minute massage yesterday. I also was able to sleep through most of the night last night (the first time in months).

The essential oils they used, smelled fabulous and I could smell them on my body up until I went to shower last night.

The table they have there was super comfortable even though I'm 6 months pregnant.

I woke up this morning still feeling great. I would def. recommend them!

-Donna Halford



Frequently Asked Questions

Laura Myers ★★★★★

Amazing massage experience. Aromatherapy, relaxing music and it ended with tea and chocolate. We opted for the couples hot stone massage. Highly recommended the whole experience.

Scheduling, Payments, & Policies

Can I book my appointment with a gift certificate?

Yes, you may reserve your appointment using your gift card and use that to pay for all or a portion of your treatment.

What is the process for a body wrap or how does it work?

We provide towels and linens for proper draping, so you are never exposed at any point during the body wrap. We apply the warmed product of your chosen body wrap to the entire back, legs, arms, upper chest and abdomen if you would like. If there are any areas you would like us to avoid please let us know. You are then wrapped in 4 layers (2 sheets, a solar blanket and a light blanket). We can wrap you looser or leave the feet and neck more open if you tend to feel claustrophobic. You are in the wrap for about 30-minutes. During that time a 15-minute scalp massage is given and also time for you to just be present in the wrap. Your therapist will remain in the room in case you would like to be let out of the wrap early. You then shower and rinse the product off.

What type of massage is included with spa days? Can I upgrade to a different type?

Spa Days include either a Swedish or Deep Tissue massage. If you would like to upgrade to a different type of massage for an additional charge please text or give us a call at (402) 212-4520, so we can make sure a therapist that offers that service is available.

I looked online and there is no availability. Is that correct?

Yes! You may call or text us at (402) 212-4520 to be added to our cancellation list. Be sure to inform us of the day and time that you are interested in scheduling.

Our massage therapists tend to be booked out, so we recommend booking in as far in advance as possible. Keep in mind, we have a very flexible change/cancellation policy so there's no risk to planning ahead!

How can I schedule an appointment?

Booking online via our website is the easiest way. Keep in mind, our system doesn't allow bookings less than 8-hours before the desired appointment time. You're welcome to text or call us at (402) 212-4520 and we'll find just the right appointment time for you!

****A credit or debit card is required to reserve an appointment, however you are not charged for anything until after the appointment is completed. After your appointment, you can choose any form of payment.**

Are walk-ins and same-day appointments available?

Our facility is by appointment only. We can sometimes accommodate same-day appointments, and we can also put you on our waiting list.

Our massage therapists tend to be booked out, so we recommend booking in as far in advance as possible. Keep in mind, we have a very flexible change/cancellation policy so there's no risk to planning ahead!

Will I get a full 60-minutes of massage when I book a 1 hour appointment?

Yes, you receive the full amount of treatment time that you've scheduled, as long as you arrive on-time for your appointment.

Do you offer couples massage?

Yes, we do! In fact, we have several different couples treatments available. Check them out [here](#).

What if am late arriving to my appointment?

Please arrive on-time for your appointment. Time for your appointment has been specially arranged for you. If you arrive late your session may be shortened in order to accommodate others whose appointments follow yours. We will do our best to provide you with the services you have booked, but we cannot guarantee the full time if you arrive late. Full payment for your scheduled services will be expected.

What should I do if I need to cancel my appointment?

If you need to reschedule your appointment, you can log into your account and make changes anytime. For late notice cancellations, please text or call us directly at (402) 212-4520 as soon as possible.

Cancellations without 4-hour notice will result in a 50% charge for your treatment, as that time has been set aside specifically for you.

What forms of payment do you accept?

We accept cash, check, credit card, or gift certificates.

A credit or debit card is required to reserve your appointment, however you are not charged for anything until after the appointment is completed. After your appointment, you can choose another form of payment.

Do you take insurance? What if I have a flexible spending account (FSA)?

Do you take insurance? What if I have a flexible spending account (FSA)?

Should I tip my massage therapist?

Tipping is neither required nor expected, but of course we appreciate the gesture! If you would like to leave a tip, simply add the gratuity at checkout.

Leaving us a review and referring your friends and family to our facility is also greatly appreciated!

Do you offer any discounts?

We are proud to offer a 10% discount to all military. (Excludes gift certificates and couples services)

Can I request a specific massage therapist?

Absolutely! One of the things that makes Omaha Massage and Healing Arts special is our therapists work together to provide you with the best possible experience. This means that if you want a specific type of massage, we may recommend a different therapist to you because that service is one of their particular strengths.

We encourage you to check out our Team page to see who is the best fit for you.

You offer many different kinds of massage therapy, how do I know which one is right for me?

If you don't know where to start, reach out via email, text, or phone and we'll help you pick the right treatment for you.

- Are you just visiting and will only have one session with us?
- Are you looking for a therapeutic massage plan with multiple sessions to help with an existing condition?
- Are you coming alone, looking to book a couples or group treatment?

Scheduling, Payments, & Policies

Are your massage therapists licensed?

Yes. All of our massage therapists are licensed by the State of Nebraska. We are also members of the American Massage Therapy Association (AMTA).

To be eligible to receive a license for Massage Therapy in the State of Nebraska, massage therapists must complete a minimum of 1,000 hours in an approved Massage school.

Do you therapists take continuing education classes?

Yes. Massage therapists must complete 24 hours of continuing education to renew their Nebraska license every two years.

Before, During, and After Your Massage

What should I expect during my appointment?

For more information about what to expect during your appointment, please read about [Before Your Visit](#).

Do I need to shower before my massage?

You don't need to necessarily shower right before your massage, but do we ask that you come to your appointments clean and free of fragranced personal care products.

What should I wear and do I keep my clothes on for the session?

For most of our massage services, you will disrobe to your comfort level. Our team will guide you and guarantee a safe and judgment-free environment where you will be treated as the sacred being you are.

Should I take off my underwear when I get a massage?

This depends on your comfort level and the type of massage you are going to receive.

For Sports Massage & Stretching, Light Touch Massage, and Reiki & Energy Balancing, you may be asked to leave some or all of you clothing on.

For Swedish Massage, Deep Tissue Massage, Hot Stone Massage, Prenatal Massage, or Raindrop Technique, many people prefer to be completely nude when they receive a massage, while others prefer to keep their undergarments on. It's completely up to you, and you are encouraged to undress to your level of comfort.

Tight-fitting or bulky undergarments can sometimes get in the way of the massage, especially if your problem areas are the low-back, buttocks, or hips. Women usually remove their bras so no straps are in the way of back and shoulder massage.

Licensed massage therapists must ensure that clients are always properly covered by a sheet or towel, genitals will never be exposed, and only the specific areas being massaged will be uncovered.

The pressure isn't deep enough, but I don't want to complain. What should I do?

You are encouraged to openly communicate with the massage therapist about your preferences and comfort. If anything needs to be adjusted, or if we are almost (but not quite) getting the right spot, just speak up and let us know right away!

However, it is a myth that massage therapy needs to hurt in order to be effective. Some of the most effective techniques involve very light, gentle touch. Often, too much pressure can cause muscles to tighten further, and detract from the effectiveness of your treatment.

Is it okay to talk to the massage therapist during my massage?

You will experience the greatest benefits from your session if you just allow yourself to become quiet and relaxed...which helps your massage therapist focus on providing a great massage!

Definitely communicate with your therapist if you feel any pain or discomfort, if you have any concerns during your massage, or if there is anything your massage therapist can do to make you more comfortable. Some types of massage that work on deep layers of muscle and tissue, such as deep tissue or sports massage, will require more feedback to ensure that the pressure is not uncomfortable.

I woke up with a cold today. Should I come in?

A massage will likely just make you feel worse. If you are sick, you may get your therapist sick and pass it on to other clients that day. Even if you are giving less than a 24 hour notice, we prefer you reschedule your appointment if you are feeling unwell, so let us know as soon as possible.

When is it not okay to get a massage?

It is important for you to fully complete your Health Questionnaire and keep your therapist up to date on your condition. Not all types of massage are appropriate for all conditions.

What should I do after I receive a massage?

It's a great idea to give yourself some additional time after your massage to continue relaxing and to allow your body to fully absorb the benefits of massage. We leave plenty of time in between appointments so that you never feel hurried and can take your time before you head out the door.

Is it ok to exercise right after a massage?

Yes, it's ok to exercise after a massage, but most people prefer to stay relaxed.

"Touchy" Topics

What if I fall asleep, snore, or drool during my massage?

This very often happens during a massage and is nothing to be embarrassed about. Just take it as a sign you are enjoying the relaxation!

Can I blow my nose, itch, or get up and go to the bathroom during a session?

Of course! We don't want you lying there uncomfortable and preoccupied, so feel free to take care of it.

What if I forgot to shave?

No problem!

Should I tell my therapist if I have a rash or wart?

Yes, please let your massage therapist know right away.

What if I have big breasts that get in the way or make it uncomfortable to lay face down?

If you are uncomfortable laying face down, or in any other position, let your massage therapist know. Bolsters and towels can be used to make you as comfortable as possible.

Is it ok to use tobacco, marijuana, or drink alcohol before my massage?

We ask that you please refrain from using tobacco, recreational drugs, or alcohol at least 4 hours before your appointment. Even some prescription or over the counter medications can contraindicate massage.

What if I've experienced a trauma (or abuse) that is still triggered by touch? Should I let my massage therapist know?

Yes, absolutely let your massage therapist know if you do not want to be touched in a specific area or in a certain way. You don't have to give us any details, and you have the right to ask to take a break or end your massage all together at any time, for any reason.

If I'm attracted to my massage therapist, can I ask him or her out?

Our professional ethical code of conduct that requires us to make sure boundaries are clear, and massage therapist-client relationships must be kept professional, or be terminated if things become personal. Additionally, we have a zero tolerance policy and any sexual advances, innuendo, or inappropriate touching is grounds for immediate termination of your session.

Can I joke about "happy endings" even if I have no interest in receiving one?

No, not even as a joke. This is disrespectful to your massage therapist and our profession. Additionally, we have a zero tolerance policy and any sexual advances, innuendo, or inappropriate touching is grounds for immediate termination of your session.

What if I get aroused or get an erection during my massage?

Arousal is a natural parasympathetic response, so don't feel guilty. However, understand that it was not your massage therapist's intention to arouse you. Our professional ethical code of conduct that requires us to make sure boundaries are clear. If there is a distracting technique or motion (i.e. rocking the prone torso) that aroused you, it is okay to tell your therapist to stop that motion. Just to be clear, we do have a zero tolerance policy and any sexual advances, innuendo, or inappropriate touching is grounds for immediate termination of your session.



Natalie Turner ★★★★★

I have so far experienced 2 incredibly therapeutic and enjoyable massages from Sophie, and they felt life changing. I am a massage therapist myself, and I've had many massages in the last 25 years, but I can consider myself lucky to have found someone who could help me release the tension, emotions and chronic pain trapped in my body. I look forward to my next visit, and I now think of Sophie as a member of my personal healing team. Recommended most highly!



Our Treatments

Massages | Couples | Spa | Body Wraps | Elevate Your Experience (Add-on)

Lauren D Tien ★★★★★

I received an incredible deep tissue manage! My masseuse was very attentive and ensured I had relaxing experience. I will definitely return!



Ashiatsu

60 Mins | \$95.00 90 Mins | \$130.00

In the Japanese language "Ashi" translates to foot and "Atsu" into pressure. Ashiatsu is a barefoot massage technique that is a deep, broad, consistent pressure utilizing the therapist's feet and body weight. With the help of gravity, Ashiatsu therapists are able to provide an effective therapeutic massage without causing pain or discomfort to themselves or the receiving client. Cream or oil is applied to the client's body making this deep therapeutic massage fluid and relaxing. Parallel bars are used above the massage table for balance, support and client safety.

Craniosacral Therapy

45 Mins | \$65.00

Craniosacral therapy (CST) is a gentle hands-on treatment that may provide relief from a variety of symptoms including headaches, neck pain and side effects of cancer treatment among many others. CST uses a light touch to examine membranes and movement of fluids in and around the central nervous system. Relieving tension in the central nervous system promotes a feeling of well-being by eliminating pain and boosting health and immunity.

Cupping with Massage

30 Mins | \$65.00 60 Mins | \$95.00 90 Mins | \$130.00

Cupping and massage bring fresh blood to the affected area to help improve circulation. By creating suction and negative pressure to the area, cupping is used to drain excess fluids and toxins from the body, loosen adhesions and lift connective tissue, bring blood flow to stagnant skin and muscles. It also helps open up the chest and benefit the lungs. Most commonly, it's used for aches and pains of various types as well as respiratory problems, coughing, wheezing, etc.

Deep Tissue Massage (Myofascial)

60 Mins | \$90.00 90 Mins | \$125.00 120 Mins | \$165.00

Myofascial Release is a form of bodywork that aims to free constrictions or blockages and seeks to rebalance the body by releasing tension in the fascia (connective tissue). Depending on your needs the massage may also include trigger point work and/or sports massage.



Fertility Massage

60 Mins | \$100.00 90 Mins | \$130.00

"The principles that created Nurturing the Mother Fertility Massage is based on the techniques of cleansing, breaking up congestion, educating about fertility awareness, balancing and opening up the energy both physical and spiritual. This is truly a holistic approach to support the conception of a sprit into body"-Claire Marie Miller Using a blend of aromatherapy, cranial sacral technique, castor packs and deep abdominal massage, shiatsu, and energy work fertility massage can help ready the body Borge physically and energetically to nurture a successful pregnancy.

Gua Sha and Massage

30 Mins | \$65.00 60 Mins | \$95.00 90 Mins | \$130.00

Gua Sha (pronounced "gwa shaw,") is an East Asian healing technique. Gua means to scrape or rub and Sha meaning a 'reddish, elevated, millet-like skin rash' (aka petechiae). Gua Sha and massage is used when a client has pain associated with an acute or chronic issue. Client may be aching, experiencing tenderness and/or have a knotty feeling in the muscle. Gua Sha is used to treat and prevent common cold, flu, Bronchitis, Asthma, and any chronic disorder involving pain, congestion of Qi and blood.

Himalayan Salt Stone Massage

60 Mins | \$100.00 90 Mins | \$130.00 120 Mins | \$170.00

Warm Himalayan salt stones to help stimulate circulation, improve sleep, reduce inflammation, improve overall sense of well-being and reduce the signs of aging.

Hot Stone Massage

60 Mins | \$100.00 90 Mins | \$130.00 120 Mins | \$170.00

Muscles melt like butter when smooth, heated lava basalt stones glide over your skin. Great for all over soreness. Wonderful for replenishing the Earth element within the body. Your session could include a relaxing Swedish technique, specific deep tissue work, or a Chakra energy technique.



Prenatal Massage

60 Mins | \$80.00 90 Mins | \$110.00 120 Mins | \$145.00

Come and enjoy a relaxing massage for the expectant mother. The techniques used enhance the well-being of both the mother and the baby to reduce pregnancy discomfort

Reflexology Massage

30 Mins | \$55.00

Stimulating nerves on the feet in order to encourage a beneficial effect on some other parts of the body...or to try to improve general health. Imagine a full body massage for your feet!

Reiki

45 Mins | \$65.00

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through us and is what causes us to be alive. Reiki is a gentle, comfortable form of energy healing. A treatment will last between 30 and 45 minutes. It begins with the laying of hands directly on or above the body for extended periods of time, normally ranging from 2-5 minutes in each position. You may lay on your back or stomach during the treatment and you will remain fully clothed.

Sports Massage

60 Mins | \$90.00 90 Mins | \$130.00 120 Mins | \$165.00

Sports massage is a combination of deep tissue techniques and stretching. The intent of this type of therapy is to relax and elongate the muscle tissue, to increase flexibility, and joint motility. Each massage is specifically tailored to the goals of your chosen sport



Swedish Massage

30 Mins | \$60.00 60 Mins | \$80.00 90 Mins | \$110.00 120 Mins | \$145.00

Swedish massage is best for relaxation and general all over wellness. Using a variety of techniques to coax tension out of tight muscles and connective tissue, bringing a deep sense of peace and wholeness to body, mind and spirit.

Thai Massage

60 Mins | \$90.00 90 Mins | \$130.00

Thai Yoga Massage is a fully clothed treatment that combines massage therapy and yoga into one. It is performed with a mat on the floor using rhythmic compression, deep stretching, soft rocking, energy balancing and acupressure while the client relaxes. Thai Yoga Massage helps to increase flexibility assisting in releasing deep and superficial tension, enhancing the body's natural energy flow and promoting inner peace and a quiet mind. (Please wear comfortable clothing that allows for movement- a t-shirt and capri's or pants- no shorts please)

Tui Na

60 Mins | \$80.00

Tui Na is a gentle Chinese massage modality that helps to promote relaxation with the intention to sooth anxiety and stress while also helping to identify areas of the body that need focus work. Techniques such as rocking and shaking of the muscle are used to aid in the release of tight muscles and stiff joints.



Couples Massage

60 Mins | \$180.00 90 Mins | \$245.00 120 Mins | \$330.00

You two, side by side in the same room...then delight in tea and organic chocolate while relaxing near our quartz rock fountain...Oh it's worth it

Himalayan Salt Stone Couples Massage

60 Mins | \$200.00 90 Mins | \$260.00 120 Mins | \$345.00

You two, side by side in the same room...then delight in tea and organic chocolate while relaxing near our quartz rock fountain...Oh it's worth it! Warm Himalayan salt stones to help stimulate circulation, improve sleep, reduce inflammation, improve overall sense of well-being and reduce the signs of aging.

Hot Stone Couples

~~Massage~~ 60 Mins | \$200.00 90 Mins | \$260.00 120 Mins | \$345.00

You two, side by side in the same room...then delight in tea and organic chocolate while relaxing near our quartz rock fountain...Oh it's worth it! Muscles melt like butter when smooth, heated lava basalt stones glide over your skin. Great for all over soreness. Wonderful for replenishing the Earth element within the body. Your session could include a relaxing Swedish technique, specific deep tissue work, or a Chakra energy technique.

Two Relaxing (Two Therapists)

2 Hrs 30 Mins | \$390.00

Enjoy the sauna together, your choice of body wrap and an hour massage. Tea and chocolate is served after spa day services.

Two Relaxing (Two Therapists) w/ Facials

2 Hrs 30 Mins | \$460.00

Massage, Body wrap, Couples sauna (free) and therapeutic facial

Couples Sauna

30 Mins | \$35.00

This is an add on service only and MUST be booked alongside another service



Spa Package Special (sauna, body wrap, massage)

2 Hrs 30 Mins | \$200.00

Body wrap, Massage, Sauna

The Aromatherapy

2 Hrs 30 Mins | \$240.00

Aromatherapy wrap, Spa Facial, Massage, Sauna

The Invigorator

2 Hrs 30 Mins | \$240.00

Detoxifying Salt Glow, Spa Facial, Massage, Sauna

The Purifier

2 Hrs 30 Mins | \$240.00

Seaweed body wrap, Spa Facial, Massage, Sauna

The Replenisher

2 Hrs | \$165.00

Hot Stone Massage, Spa Facial, Sauna

The Revitalizer

2 Hrs 30 Mins | \$240.00

Moor Mud body wrap, Spa Facial, Massage, Sauna



Aromatherapy

1 hr | \$90.00

Your choice of essential oil...try Lavender for a calming experience. Peppermint can be invigorating. Tangerine is more uplifting, and Eucalyptus can be a great decongestant

Exfoliating Mud Wrap

1 hr | \$90.00

Gently smooths away rough skin while soaking in the therapeutic properties of Moor mud and healing sea salt. Relax, detox, purify, revitalize and refresh with this soothing and sedating body wrap. It can ease pain and muscle tension while increasing circulation

Mud Wrap

1 hr | \$90.00

Moor Mud is known for its powerful therapeutic properties. Relaxing and detoxifying, Mud not only purifies, revitalizes and refreshes the body, it soothes and sedates. It can help ease pain and muscle tension while increasing circulation.

Salt Glow

1 hr | \$90.00

Rejuvenate and detoxify the body with an invigorating full body exfoliating scrub using sea salt and skin conditioning oils

Seaweed Wrap

1 hr | \$90.00

A purifying, Seaweed and French Green Clay Masque treatment detoxifies the body while restoring skin's tone and vitality. This deep cleansing body wrap, draws out toxins, hydrates and delivers essential minerals to the skin.



Therapeutic Facial

30 Mins | \$50.00

Starting with hot steam towels you will enjoy a relaxing therapeutic facial. It will include a cleanse, scrub, mask, toner and moisturizer. Our product is for sensitive skin and all natural! ***we are not estheticians so it is out of our scope of practice to break the surface of the skin***

Sauna

30 Mins | \$30.00

This is an add on service only and MUST be booked alongside another service

Elevate Your Experience

Scalp Massage

15 Mins | \$20.00

This is an add on service only and MUST be booked alongside another service