

## Massages

---

### *Swedish Body Massage*

A relaxing treatment that melts away stress and tension through gentle manipulation of the muscles in combination with long gliding strokes for serene satisfaction. Benefits are enhanced with aromatherapy

### *Therapeutic Deep Tissue Massage*

This custom massage is designed for individuals wanting more detailed bodywork on specific muscle groups. Techniques are used for lengthening muscles and restoring range of motion to reduce muscle pain and stiffness

### *Desert Stone Massage*

The healing art of stone massage has been practiced in the Southwest for thousands of years. Warm Basalt stones are incorporated into this full body massage to induce deep relaxation soothe the nervous system

### *Pre & Post-Natal Massage*

For our new mommies and mommies-to-be, this is the perfect way to help ease the various discomforts that come along with the beauty of motherhood - leaving mommy AND baby in a peaceful state

### *Ultimate Foot Combo*

Relax as we wrap your feet in hot towels and gently stretch and compress your feet. You will then receive a stimulating exfoliation foot scrub followed by a hydrating foot cream applied with a full deep Foot Massage. To complete, reflexology massage is performed to reflex points on the feet leaving you feeling refreshed.

### *Back, Neck, Shoulder Massage*

These areas carry a large amount of stress for the body. This soothing massage quickly relieves stress, tension and improves circulation

### *Foot Reflexology*

Trigger-point foot therapy in which acupressure is applied to reflex points to pamper your feet from heel to toe

### *Cold Stone Face Massage*

Refresh your senses! Hot towels are placed on the face to stimulate circulation and then cold stones are used to reduce inflammation. Lavender essential oil is added to help relieve your stress. An excellent treatment for sinus, headache and TMJ problems

### *Add on to any service*

Cocktail / Lunch  
Aromatherapy  
Peppermint Scalp Massage  
Mini Cold Stone Face Massage  
Marine Masque  
Sugar Glow Body Polish

**Please call 480-951-5150 for current service pricing. Gratuity is not included in service pricing.**

*To provide a seamless experience for our guests, a 20% service charge, which is modifiable, will be added to your treatments.*