

MASSAGE

THE TIMELESS SWEDISH

60 MIN \$100 / 90 MIN \$150

A SIMPLE, RESTORATIVE SWEDISH MASSAGE DESIGNED STRICTLY FOR GENTLE RELAXATION & RENEWAL. THIS SESSION USES EXCLUSIVELY LIGHT STROKS TO SOOTHE THE NERVOUS SYSTEM & MELT AWAY SURFACE TENSION WITHOUT DEEP PRESSURE

SIGNATURE MT DORA RESET

60 MIN \$120 / 90 MIN \$180

MOST REQUESTED FULL BODY TREATMENT DESIGNED TO COMPLETELY RESTORE BALANCE AND RENEW YOUR ENERGY. THIS ALL INCLUSIVE EXPERIENCE ELEVATES YOUR SESSION WITH A CURATED COLLECTION OF SPECIALIZED THERAPIES:

- SIGNATURE AROMA THERAPY
- GROUNDING HOT STONES
- SCALP RITUAL
- SINUS RELIEF/HEATED EYE MASK

CUSTOM THERAPEUTIC RELIEF

60 MIN \$115 / 90 MIN \$170

A FOCUSED SESSION TAILORED TO YOUR BODIES SPECIFIC NEEDS, UTILIZING DEEP TISSUE, MEDICAL MASSAGE, SPORTS THERAPY OR A COMBO OF ALL TECHNIQUES. PERFECT FOR ADDRESSING CHRONIC TENSION, EASING STIFFNESS & IMPROVING OVERALL MOBILITY.

GROUNDING HOT STONE

60 MIN \$115 / 90 MIN \$170

A DEEPLY RELAXING EXPERIENCE THAT USES SMOOTH, HEATED STONES TO MELT AWAY MUSCLE TENSION AND SOOTHE THE BODY. THE GENTLE WARMTH HELPS EASE DAILY STIFFNESS & PROMOTE A COMFORTABLE SENSE OF RELAXATION

STRECH SESSION

30 MIN / \$45

A DEDICATED, CLOTHED SESSION FOCUSED ON GENTLY IMPROVING FLEXIBILITY, RELIEVING JOINT TIGHTNESS & EXPANDING YOUR RANGE OF MOTION. THIS SESSION IS CUSTOMIZED TO YOUR BODIES COMFORT LEVEL TO HELP EASE OVERALL STIFFNESS.

EXFOLIATING & HYDRATION RITUAL ADD ON

30 MIN / \$50

1-2 BODY PARTS PER 30 MIN SESSION

A GENTLE SUGAR SCRUB BRINGS HEALTHY BLOOD FLOW TO SURFACE TO BOOST CIRCULATION WHILE EXFOLIATING DRY SKIN. THIS SESSION COMBINES A WARM BODY BUTTER TO DEEPLY HYDRATE, FINISHING WITH A HOT STONE MASSAGE THAT MELTS AWAY STIFFNESS AND TENSION.

SOOTHING TOPICAL ADD ON

\$15

SOOTHE TIRED, OVERWORKED MUSCLES WITH A COMFORTING RECOVERY CREAM. FT. OUR SELECTED BLEND OR TOPICAL OF THE DAY. THIS TARGETED APPLICATION HELPS RELIEVE DISCOMFORT, EASE STIFFNESS, AND PROMOTE RELAXATION WHERE YOU NEED IT MOST.

30 MIN REFRESHER

30 MIN / \$30

EXTEND YOUR TIME ON THE TABLE WITH AN EXTRA 30 MINUTES OF PEACEFUL, UNINTERRUPTED, QUIET IMMEDIATELY FOLLOWING YOUR SESSION