



CLASSIC MASSAGES

ESTUARY SIGNATURE SWEDISH MASSAGE - 50/80 Minutes

\$130/ \$180

Light pressure with long connective strokes for overall relaxation. This massage is performed with unscented oil.

DEEP TISSUE MASSAGE - 50/80 Minutes

\$140/ \$190

Therapeutic deep pressure to relieve sore muscles and stiff joints. This massage is performed with unscented oil.

SPECIALTY MASSAGES

NIRVANA STRESS RELIEF MASSAGE - 50/80 Minutes

\$140/ \$190

This treatment uses aromatherapy and soothing massage with Lavender oil to unwind the body, re-boot the mind and transform stress into balance.

BLUE EUCALYPTUS MASSAGE - 50/80 Minutes

\$140/ \$190

This holistic treatment combats fatigue caused by daily stress. The session begins with a Blue Eucalyptus inhalation to boost immunity and is followed by a full body massage with Ginger Root oil and Mighty Mint Rescue Cream.

RENEW HERBAL MASSAGE - 50/80 Minutes

\$140/ \$190

This massage relieves muscle soreness and stiff joints while encouraging circulation and energizing the senses. This massage is performed with Arnica oil.

SPECIALTY MASSAGES

PRENATAL REST & RENEW TREATMENT **50 Minutes Only**

\$150

This treatment is designed for moms-to-be to help improve sleep, reduce stress and soothe muscle fatigue. Beginning with a Swedish massage, then followed by the application of Gotu Kola Healing Balm to help reduce the appearance of stretch marks. (Must be after 1st trimester)

BODY ENHANCEMENTS

****Can only be booked in addition to another body treatment****

Hand & Arm Tension Relief - 25 Minutes

\$60

This energizing enhancement combines a detailed hand and arm massage with Arnica oil and Mighty Mint Rescue Cream to enhance circulation, while steaming hot towels relieve hand and wrist tension.

MIGHTY MINT FOOT & LEG THERAPY - 25 Minutes

\$60

A revitalizing foot and lower leg treatment designed to invigorate the whole body. Calves and feet are massaged with Arnica oil and energizing Mighty Mint Rescue Cream to enhance circulation. Feet are then wrapped in soothing steamed towels.

WILD LIME SCALP AND HAIR TREATMENT - 25 Minutes

\$60

This scalp treatment is designed to promote relaxation, ease muscle aches and soothe stress. Wild Lime Scalp & Hair Oil is warmed and applied to the scalp, neck and shoulders to stimulate circulation and nourish the hair from root to tip.