



## CLASSIC MASSAGES

### ESTUARY SIGNATURE SWEDISH MASSAGE - 50/80 Minutes

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

Mon-Thurs  
\$140/ \$190  
Fri-Sun  
\$150/\$200

### DEEP TISSUE MASSAGE - 50/80 Minutes

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

Mon-Thurs  
\$150/ \$200  
Fri-Sun  
\$160/\$210

### HOT STONE MASSAGE - 50/80 Minutes

Full-body massage using warm stones to comfortably deliver the therapeutic benefits of a deep tissue massage without the pressure. This massage is performed with unscented oil.

Mon-Thurs  
\$150/ \$200  
Fri-Sun  
\$160/\$210

## SPECIALTY MASSAGES

### NIRVANA STRESS RELIEF MASSAGE - 50/80 Minutes

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

Mon-Thurs  
\$150/ \$200  
Fri-Sun  
\$160/\$210

### BLUE EUCALYPTUS MASSAGE - 50/80 Minutes

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.

Mon-Thurs  
\$150/ \$200  
Fri-Sun  
\$160/\$210

### RENEW HERBAL MASSAGE - 50/80 Minutes

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

Mon-Thurs  
\$150/ \$200  
Fri-Sun  
\$160/\$210

## SPECIALTY MASSAGES

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

\$160

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.