

Massage Ceremonies

Swedish Massage – Long, gliding, light pressure strokes are used to improve circulation and increase muscle tone and relaxation.

Deep Tissue Massage – Moderate to deep therapeutic techniques are used to reduce muscle aches and tension from exertion and/or stress.

Sports Massage – This massage is used to facilitate muscle recovery and to enhance performance geared towards work outs and physical exertion.

Golfer's Fitness Massage – A massage geared towards the muscle groups associated with playing your favorite sport. This massage will expedite after game recovery or can be tailored for conditioning muscles that will be used to play golf.

Aromatherapy Massage – A custom blend of essential oils will be used for your specific needs. Long, soothing strokes will be used to help relieve tension and stress and promote a sense of relaxation.

Sweat Lodge Stone Massage – Your therapist will enhance your massage by placing oiled and heated sacred stones on your body to penetrate the deeper layers of your muscles. Gentle, long, smooth strokes will follow to ensure the ultimate sacred ceremonial relaxation.

Maternity Massage – A wonderful full-body massage for the mother-to-be. Mom can experience a sacred, relaxing and bonding moment with your baby while relaxing those muscles and discomforts that occur from your body changes.

Reflexology – A centuries old massage based on ancient Chinese medicine to enhance overall general health. Pressure is applied to the foot and ankle areas to reduce fatigue and improve circulation and well being.