

# The Healing Grounds Spa

Beautiful music, aromas and peaceful surroundings at the Healing Grounds Spa will introduce you to the well-being that comes through the power of touch.

## Massage

### RELAXATION MASSAGE

Melt away stress and calm your mind. This relaxing full body massage will help leave you blissfully relaxed.

60 min	\$145
75 min	\$165
90 min	\$185

### DEEP TISSUE MASSAGE

Regenerate with this treatment that will help relieve muscle tension and pain due to stress and strain, targeting the massage specifically to areas that need a little extra TLC.

60 min	\$150
75 min	\$170
90 min	\$190

### THAI MASSAGE

Consists of pressure on energy lines and points and a large variety of stretching movements which affect the entire body by increasing flexibility, releasing both deep and superficial tension and helping the body's natural energy to flow more freely, leaving one feeling both relaxed and energized.

60 min	\$150
70 min	\$170
90 min	\$190

### SHIATSU MASSAGE

Shiatsu, also known as acupressure, uses forms of finger, hand and elbow pressure applied to specific points of the body. The goal of this type of bodywork is to restore the healthy flow of energy throughout the body, helping to ward off illness and maintain good health.

60 min	\$150
70 min	\$170
90 min	\$190

### HOT STONE MASSAGE

Enjoy a Relaxation Massage with the added benefit of heated basalt stones placed on specific areas of your body to enhance muscle relaxation on a deeper level.

60 min	\$155
75 min	\$175
90 min	\$195

## Body Treatments

Each body treatment includes a refreshing outdoor shower or a luxurious bath soak.

### LAVENDER MANGO BODY WRAP

This luxurious experience begins with a lavender soy body scrub that will re-hydrate the skin, heal skin care concerns and improve skin tone. Your skin will feel silky smooth and will leave you renewed while your body indulges in the sense of deep relaxation.

90 min	\$200
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### ORGANIC SEAWEED BODY WRAP

A full body green tea seaweed salt glow will prepare your skin for the organic seaweed wrap. Seaweed will help remineralize, firm, detoxify and regenerate your skin.

90 min	\$200
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### SEAWEED SALT GLOW

A dual exfoliation process will leave your skin incredibly soft and supple. A pure and natural French lavender body scrub will be massaged in light circular motions to cleanse, exfoliate and stimulate circulation. The treatment will end with a moisturizing body cream .

60 min	\$150
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## Facial

### THE FRESH FACE

Whether it is time to re-hydrate, renew or de-stress your skin, this is the perfect facial that will leave you feeling relaxed and rejuvenated.

60 min	\$155
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## Our Product Line

**Yonka Paris** is a complete line of face, body and sun care products, essential oils, botanical extracts, fruit acids and a marine extract base to allow your skin to benefit from all the plant world has to offer.

**Ancient Secrets** uses natural ingredients specifically selected for their holistic healing benefits such as: Canadian glacial clay, sustainably harvested Pacific organic seaweed, French lavender essential oils and pure soy extract. Each

treatment works on remineralizing the body to create balance, eliminating toxins, moisturizing, healing and improving skin tone.

All inclusive packages include massage as follows:

3 Nights:	1 hr massage services
4 Nights:	1 hr massage services
7 Nights:	2 hr massage services

Additional spa treatments are an additional cost beyond the all-inclusive package rates.