

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
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
90 min	\$190

THAI MASSAGE OR DEEP TISSUE THAI

Thai massage is an ancient form of bodywork that is luxurious, dynamic, fluid and deeply therapeutic. At a slow rhythmic pace, the practitioner uses palms, forearms, knees and feet to compress stretch and rock the body in order to relieve tension improve flexibility, muscle tone and circulation and adjust the skeletal structure. There is no oil used the practitioner uses a floor mat and the client wears comfortable clothing.

60 min	\$150
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
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
90 min	\$195

CRANIOSACRAL THERAPY

This gentle light touch therapy releases tension deep in the body by freeing the central nervous system and improving the whole body health and performance. Improving the function of the nervous system can bring dramatic improvement of your body dysfunction, relieving pain, stress, strengthening your resistance to disease, helping the body to relax and self correct, and enhancing your health and well being.

60min	\$150
90min	\$190



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

ORGANIC SEAWEED BODY WRAP

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

90 min \$200

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 \$120

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.

90 min \$160

ESSENTIAL PEDICURE

Love your feet with our Essential pedicure! Includes foot soak and seaweed scrub, callus removal cuticle and nail care, massage and polish of your choice.

1hr 15mins \$80.00

ESSENTIAL MANICURE

Relax with our Essential manicure. Includes cuticle and nail care and a soothing massage. Finished with the polish of your choice.

1hr \$60.00

Our Product Line

Yonka Paris is a complete line of products using 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.

