

# Massage

Escape into a calm, tranquil & warm heaven, surrounded by candle lights. Leave all your worries & stress behind, and pamper yourself to a massage which will soothe your mind, body & soul. Your balance will be restored while muscle fatigue relieved.

**Indian Head Massage** 20 mins \$ 30

Indian head massage is great for relieving the stress and tension in our everyday lives. The technique uses controlled movements and has a strong effect on the mind, body and spirit. It helps to relieve insomnia, ease headaches, stimulate the hair & scalp, release anxiety and reduce stress.

**Back, neck & shoulder relief** 30 mins \$ 45

Relax in a candle lit room while your massage therapist uses Swedish massage movements to relieve the muscle tension and stress accumulated in your neck, shoulders and back.

**Aromatherapy Full Body Massage** 1 h 10 mins \$ 89

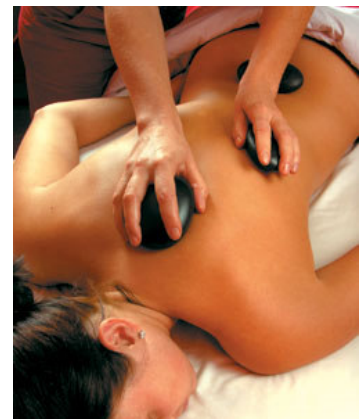
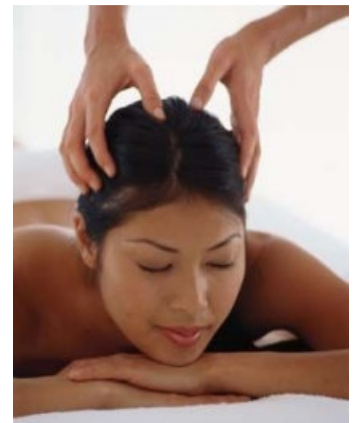
Your massage therapist will use the most beneficial Dermalogica essential oil blends to de-stress or energize you with a relaxing / medium massage pressure. A warm herbal tea is served at the end of the treatment to soothe you from the insides.

**Hot Stones Massage** 1 h 10 mins \$ 98

Stone (volcanic rocks) therapy is thermotherapy. When incorporated with massage techniques, it will bring about a feeling of deep relaxation and well being, providing benefits that are not possible through normal massage.

**The Ultimate Hot Stones Massage** 1 h 30 mins \$ 125

This massage combines both hot stones and Swedish massage movements to give you the ultimate hot stones massage experience. A warm herbal is served at the end of the treatment. You are guaranteed to feel soothed from the inside and out.



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