



THE HEALING ARTS

Reiki Healing Treatment

A serene and meditative soft touch, our Reiki healer will guide you, helping to open and align your body, mind and spirit. Reiki, meaning Universal Energy, assists in the release of physical, mental and emotional blockages, and allows for an experience of deep inner calm.

50 min. - \$120 per person

Couples Reiki

For duos or couples, Reiki healing energy is simultaneously sent to both guests, providing total relaxation and connection.

50 min. - \$135 per person

Take additional time in your private SpaSuite™ to further enhance the Reiki experience. Whirlpool bath and private showers are included.

110 min. - \$180 per person

The Awakened Spirit

A day of journeying into yourself, begin with a 60-minute class featuring Classical Yoga, and the Art of Movement. Next, retreat to your SpaSuite for a full Reiki Healing Treatment. Finish with a gentle review of the earlier

Yoga class, followed by a tranquility meditation.

Up to two participants.

200 min. - \$265 per person

Craniosacral

Craniosacral, a relaxing therapy that balances the cerebrospinal fluid through the head and spine, uses gentle touch to allow the release of blockages, both physically and energetically. Creating and maintaining a healthy, balanced state, this service is beneficial for those who suffer from migraines, head and neck pain, tension, anxiety and stress. Please wear loose, comfortable clothing for this service.

50 min. - \$140

Myofascial Release

Using a hands-on technique that involves applying gentle pressure into the connective tissue restrictions, Myofascial Release helps the body to eliminate pain and restore motion. Trauma, inflammatory responses and/or surgical procedures create myofascial restrictions that can produce pain and pressure in the body. Myofascial Release Treatment is performed directly on skin without oils, creams or machinery.

50 min. - \$140; 80 min. - \$200

Energy Work

Incorporating a combination of intuitive massage, Reiki, reflexology and craniosacral, this treatment encompasses the whole person: mind, body and spirit. Using these healing modalities, the body's chakras or energy centers are balanced, resulting in a feeling of total peace and calm.

50 min. - \$160; 80 min. - \$220