

HEALING THERAPIES

Mind your body. Embody your mind. Our exclusive healing therapies feature a full range of massage modality options available for every need. Our highly-trained licensed therapists excel in delivering these therapies in accordance with tradition.



ACUPUNCTURE – 60 | 90 MIN

Our licensed acupuncturists use a series of fine needles to restore balance, and elevate the mind and spirit. Acupuncture relieves pain, enhances sleep, alleviates anxiety and stress, and treats acute and chronic muscular and degenerative conditions. *30-minute follow-up appointments only available upon completion of any 60/90-minute service experience.*

ACUPRESSURE – 30 | 60 MIN

Acupressure uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate aches and pains.

CUPPING – 60 MIN

In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase local circulation, relieve pain and promote healing. Cupping may be performed on the back and shoulders or along the thighs and upper buttocks to help reduce the appearance of cellulite. *Cupping may cause bruising.*

THAI MASSAGE – 60 | 90 MIN

Skilled therapists literally use their whole body to move you into various yoga-like positions, releasing muscles, increasing range of motion and leaving you relaxed and invigorated. *Please wear loose-fitting clothing.*

REIKI – 60 MIN

This Japanese healing tradition is a gentle hands-on technique that reduces stress, eases pain and facilitates healing. Reiki does not involve manipulation of the muscles or other soft tissue and may be performed fully clothed. It energizes and balances the body, mind and spirit, helping to relax and alleviate emotional stress.

CRANIOSACRAL – 60 MIN

This treatment is helpful for headaches, minor neck and back pain, and relieving stress and tension. *For this experience you will be required to wear loose-fitting clothing for the session.*

MYOFASCIAL RELEASE – 60 MIN

This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension.

HEALTHY SLEEP & RELAXATION

Allow our experts to guide you toward the best treatments and therapies to help improve alertness, mental clarity, muscle relaxation and circulation while reducing stress and anxiety.



SINGING BOWL THERAPY – 60 MIN

This ancient sound healing and massage practice harnesses the body's own vibrational and material properties on a cellular level. The subtler effects can include regulating energy flow in the astral body. The bowls can be used to activate the chakras and remove energy blocks to promote good health. The mind is centered and focused on the sound.

SWEET DREAMS AROMATHERAPY WRAP – 60 MIN

There is no better way to induce blissful sleep than through the use of therapeutic essential oils. Let the calming essences of lavender and ylang ylang work in tandem with this deeply moisturizing and warmly relaxing body wrap.