

Holistic Spa

Natural, therapeutic bodywork

Hot Stone

Gentle and Deep Tissue

Thai Herbal Stem

Facials

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Bodywork:

Gentle Touch: Aromatherapy and Swedish massage techniques to calm and sooth from head to toe.

Deep Tissue: focussing on areas of chronic tension and pain. Experience the healing benefits of trigger point release and reflexology for increased vitality.

Hot ocean Stone:

Warm, smooth basalt stones are placed along body, providing deep heat to joints, energy centers and sore muscles while other stones are integrated into Swedish and deep tissue massage techniques.

Thai Herbal Stem:

Body: A steamed herbal compress massage to release toxins, increase circulation and work out painful knots. combined with Thai and Lomi lomi techniques this traditional massage is detoxifying and relaxing.

Facial: Specific herbs, steamed and gently applied to face and neck. Excellent for lymphatic health and natural skin enhancement.

Shamanic Healing:

Profound energetic work to release blocked and stagnant energy and awaken the soul. Harmonize with your highest destiny through this transformational ancient healing art.

Yoga and Nutritional consulting
also available