

Massage Treatments

Spa Tranquility Well Being Massage * 60 Min

Spa Tranquility signature massage, a relaxing experience incorporating Swedish massage techniques as well as movements designed to improve circulation, ease tension, reduce stress and relax the body.

Back Massage or Head Massage * 30 Min / 60 Min

Great for those who would like to concentrate in this area of back, shoulder, neck and head.

Pregnancy Massage * 60 Min

This soothing and gentle massage eases muscle tension and fatigue during pregnancy, focusing on the special needs of the mother-to-be. (Must be more than 3 months)

Thai Yoga Massage * 60 Min

Experience the extraordinary healing benefits of the ancient bodywork techniques for a whole-body tune-up that will relax and invigorate both body and mind. Palms, elbows, thumbs, knees and feet are used to apply pressure along the meridians to tone, stimulate and balance the body's energy. (Please wear loose clothing)

Reflexology * 60 Min

Release life's tensions through the energy meridians of the body located on the soles of your feet. Delight in this relaxing, therapeutic foot massage that improves circulation and restores energy flow throughout the entire body.

Sport Massage * 60 Min

No matter what your sport or activity, this massage helps reduce tension, increase range of motion, and provide a focused warm-up for critical joints and muscle groups.

Deep Tissue Massage * 60 Min

Feel the need for a really deep massage? Put yourself in our expert therapist hands for a deep tissue massage experience that provides the best therapeutic modalities for releasing deep muscle layers. It's the ultimate muscle meltdown.

Aromatherapy Massage * 75 Min

Enjoy all-natural, sense-seducing escape from the everyday world. Nourish the skin, eliminate toxins and strengthen the immune system while contributing to equilibrium of mind, body and spirit. This fragrant, full body treatment is the ultimate healthy pleasure. Just breathe.

Sabai Stone Massage * 60 Min

The combination of massage and stone placement circling the spine, radiating through the shoulders and neck, and flowing down the legs to the feet, melts away tension within the body. The hot stones are known to facilitate the flow of relaxation through the mind, body and spirit.