



## Nourish Your Body





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# TAKE TIME FOR YOURSELF

### MASSAGES

### ASPIRE MASSAGE 🙏

Natural aromatherapy oils and diverse massage techniques are customized to answer one simple question: How do you want to feel? (60 minutes)

### HEAVENLY SPA SIGNATURE MASSAGE

A heated compress invites back muscles to relax before a Swedish massage leaves you feeling physically rested and mentally uplifted. (60 minutes)

### INTENSIVE MUSCLE RELEASE 🙏

An intensive massage that works deep into stiff, tight, aching muscles to instantly release pain and tension.
(60 minutes)

### MASSAGES CONTINUED

### UPLIFT 🙏

For times when you need a little emotional pampering, this indulgent treatment helps to harmonize and rejuvenate the spirit. (50 minutes)

### SLEEP DEEPLY A

This head-to-toe massage uses carefully applied pressure to induce a serious state of relaxation, leaving you prepared for a sound night's sleep. (50 minutes)

# ULTIMATE PRENATAL/POSTNATAL MASSAGE 🙏

Relieve stresses and strains, heavy legs and an aching back with this all-over body treatment. Includes a relaxing and rejuvenating full scalp and facial massage.

(50 minutes)

### RENEWAL RITUAL 🙏

An unforgettable 25-minute aromatic and therapeutic scalp and shoulder massage with a moisturizing hair oil treatment.

(25 minutes)

### Let Go

Close your eyes, and allow your mind to be free. Breathe deeply, and let the tension slip away with each breath. Remember, this time is for you.



# **BODY TREATMENTS**

## ENERGIZE SCRUB 🙏

The body is scrubbed using a personalized aromatherapy oil blends and natural exfoliating olive grains, leaving the skin feeling smooth and the mind energized. (30 minutes)

### PERFECT BACK 🙏

Designed for backs prone to blemishes and oiliness, this treatment restores skin, leaving it smooth, glowing and flawless. (50 minutes)

### Arrive Early

Arrive 30-60 minutes before your first service, and enjoy the steam room, sauna, whirlpool or a warm shower. It's a great way to relax and warm your muscles, aiding the therapeutic benefits of our treatments and services.

Aromatherapy Associates experience

For reservations, please contact the spa to schedule your appointments. We require 4-hour notice for changes or cancellations.

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### **FACIAL TREATMENTS**

massage plus a scalp or foot massage.

### REVIVE FACIAL 🙏

A soothing, "extraction-free" aromatherapy facial with customized oils based on how you want to feel after the treatment. (50 minutes)

### DEEP CLEANSE FACIAL

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside a freshwater mud mask, leaving skin clean and fresh. (50 minutes)

### AGE REPAIR FACIAL 🙏

An intensive treatment for aging skin, showing instant results, with a rejuvenating mask and a firming massage. (50 minutes)

### ESSENTIAL ROSE FACIAL 🙏

Luxurious rose oils help condition and deeply nourish the skin for a smooth, radiant complexion and relaxed state of mind. (50 minutes)

### SKIN SOLUTIONS FACIAL 🙏

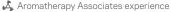
Designed to regulate problem skin, this pampering treatment instantly brightens the complexion for a radiant glow. (50 minutes)

# ESSENTIAL CARE FOR THE HANDS AND FEET

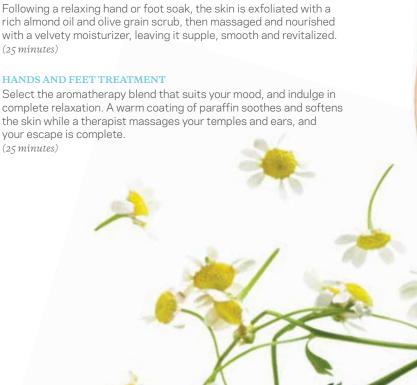
### NOURISH

rich almond oil and olive grain scrub, then massaged and nourished with a velvety moisturizer, leaving it supple, smooth and revitalized. (25 minutes)

Select the aromatherapy blend that suits your mood, and indulge in complete relaxation. A warm coating of paraffin soothes and softens the skin while a therapist massages your temples and ears, and your escape is complete.



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# DISCOVER A NEW YOU

### **PACKAGES**

### PACKAGE ONE: HOPE

Skin is smoothed, muscles released and thoughts uplifted with an aromatic scrub and relaxing Swedish massage.

Energize Scrub (25 minutes)
Heavenly Spa Signature Massage (50 minutes)

### PACKAGE TWO: DREAM

Surrender to the healing touch of massage, followed by a soothing, aromatic facial that elevates the mood.

Heavenly Spa Signature Massage (50 minutes)
Revive Facial (50 minutes)

### PACKAGE THREE: WISH

Pamper your skin, body and scalp with uplifting, aromatic treatments that restore a sense of balance and well-being.

Energize Scrub (25 minutes) Aspire Massage (50 minutes) Renewal Ritual (25 minutes)