



## Sea Breeze Spa Menu

Spa Therapist: *Hazel Meyer*

SWEDISH MASSAGE 60 min - 90 U\$D 90 min - 130 U\$D

It helps to clear the body and mind of unwanted responses to stress. Increase Flexibility. This massage will elongate the muscles, open the joints and decrease swelling, all of which will ease movement and increase flexibility. Improve Posture.

DEEP TISSUE MASSAGE 60 min ~ 90 U\$D 90 min - 130 U\$D

This massage technique focuses on penetrating into the deepest parts of muscle tissue and tendons by using slow, deep strokes across the muscle grain. Relief pain and stiffness by improving blood circulation and restore range of motion.

INDIAN HEAD MASSAGE 50 min ~ 100 U\$D

Relief of headaches, stimulating the scalp and hair follicles, shoulders and upper back relief, facial drainage and relaxation.

COUPLE MASSAGE 60 min ~ 240 U\$D per couple 90min - 320 U\$D per couple

Indulge in a peaceful journey with someone special. Relaxing your mind, body and soul leaving you refreshed and renewed.

HOT STONE MASSAGE 60 min ~ 130 U\$D 90 min - 155 U\$D

Holistic treatment experience using volcanic stones to work six times deeper into muscles releasing muscle tensions, remove toxins, improve circulation, helps with digestions, relaxes the nervous system, lymphatic drainage and helps insomnia.

BACK MASSAGE 60 min ~ 120 U\$D

Focusing on problem area that needs more attention.

PRENATAL MASSAGE 50min - 100 U\$D

Body works focusing on special needs of mother-to-be as her body goes through changes. It improves circulation and general body tone and relieves mental and physical fatigue.

REFLEXOLOGY MASSAGE 50 min ~ 90 U\$D

It works on the body on multiple levels which promote feelings of well-being, strengthen the immune system and release pain and tension.