

Ayurvedic Warm Oil Massage Traditional Indian techniques include the use of warm organic herbal oils to nourish the skin and joints, supporting one in the experience of true detoxification on a cellular level. Marma Points are used to relieve tension and balance energy.

Traditional Swedish/Deep Tissue Massage focuses on manipulating muscles, increasing circulation and benefiting all of the systems throughout the body. Addressing specific areas of tension, this treatment is good for anyone who just wants relief from pain or simply to relax.

Pre-Natal & PostPartum Massage The ancients massaged the expecting mother throughout pregnancy, during labor and after birth. With an intuitive awareness of pregnant women's needs, our therapist supports you by assisting in releasing tension, relaxing and rejuvenating during this sacred rite of passage.

Infant Massage This session uses oils appropriate for baby and includes a massage class for mom and dad to continue as part of daily routine for healthy infant growth and happiness.

Aromatherapy Massage Allow the senses to be overwhelmed with yum as Organic Oils are used all over your body, bringing deep bliss and relaxation.

Sacred (HOT) Stone Massage

This treatment connects us to the sacred energy of Mother Earth. Native cultures recognize stones as Earth's ancestors, containing wisdom. Healing stones can assist in awakening the body's inner ability to heal itself! Over three dozen stones plus organic oils assist in warming the body deep within. A completely grounding experience.

Couples Massage RELAX together in the same room with 2 therapists with in a romantic environment while you each get massage at same time.

Shiatsu/ Thai Massage Massage on the floor mat. You wear loose comfortable clothes. A variety of techniques involve passive stretching, working meridians and points to bring balance and pain relief.

Face, Head, Neck and Shoulder Massage uses aromatherapy, swedish. Deep tissue, intuitive energy work, scalp massage and good neck and shoulder work. Perfect for relieving headaches and relaxing shoulders and scalp.

EnergyWork/Chakra Balancing This work is using intuitive healing modalities to release holdings in the subtle energy body. In this work, the client and practitioner both take responsibility for the healing process. There is often conversation inbetween moments of silence to encourage a safe and nurturing experience.