

massage

Live! signature massage - 50 MIN \$140 | 80 MIN \$220

A customized blend of massage techniques designed for your specific needs and wants. Your choice of swedish, deep tissue or a little of both!

deep tissue - 50 MIN \$150 | 80 MIN \$240

This treatment uses heat-driven muscle repair with steamed towels to broaden the fibrous tissues of the muscles, tendons and ligaments, breaking down adhesions and restoring mobility to the body.

pre-natal - 50 MIN \$140

Prenatal massage can reduce stress hormones, swollen joints and muscle pain while improving sleep. Our special pillow system is designed for the body of an expecting mother, allowing her to lie face down with full support. Given only by specially trained therapists, this pampering experience is designed with the safety and comfort of mother and child in mind.

himalayan salt stone - 50 MIN \$150 | 80 MIN \$240

Known for its purity, versatility and mineral content, Himalayan Crystal Salt offers wellness for the body. This restorative massage uses warm stones to sooth sore muscles and naturally replenish the body with vital minerals, restoring balance and removing toxins.

gentleman's organic well-being massage - 50 MIN \$140 | 80 MIN \$220

Choose from 4 organic aromatherapy oil blends. Your massage journey starts with choosing the oil most suited to your wellness needs, followed by a warm towel introduction on the back and then a luxurious full body massage. Enjoy a relaxing scalp massage, topped off with a tailored 5-minute men's face treatment to ensure you not only feel your best, but also look your best.

couple's - 50 MIN \$280 | 80 MIN \$440 | 110 MIN \$600

Spend time together while enjoying your choice of side-by-side massages. Couple's massage is an excellent way to spend quality relaxing time together. Not just for spouses, couple's massage can be enjoyed with best friends, family or special loved ones.

a couple's suite is available for the above services.

MASSAGE ENHANCEMENTS

hot stone - \$25

siberian ginseng scalp ritual - \$25

sole survival foot ritual - \$25

enhancements available for 80 minute treatments only.