

## MASSAGE THERAPIES & BODYWORK

### SERENITY SIGNATURE JOURNEY - 60 | 90 MIN

This light-to-medium rhythmic massage will lull you into a deep state of relaxation and delight with a delicious scalp massage using wild lime oils. You depart refreshed, reawakened, and ready to re-enter the world.

60 MIN \$125 | 90 MIN \$185

### FIT FARM SIGNATURE - 60 | 90 MIN

Combining the best of all massage options including Swedish trigger point/neuromuscular, myofascial, and deep tissue to relieve the aches and pains during your fitness journey. Arnica healing benefits.

60 MIN \$125 | 90 MIN \$185

### SWEDISH MASSAGE - 60 | 90 MIN

A gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help relax and energize.

60 MIN \$150 | 90 MIN \$225

### DEEP TISSUE MASSAGE - 60 | 90 MIN

Uses slower, more forceful strokes to target the deeper layers of muscle and connective tissue, commonly to help with muscle damage from injuries.

60 MIN \$195 | 90 MIN \$290

### HOT STONE THERAPY - 60 | 90 MIN

Melts away tension, eases muscle stiffness and increases circulation and metabolism. Promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body.

60 MIN \$180 | 90 MIN \$199

### REFLEXOLOGY - 60 MIN

Reflex points in the foot relate to specific organs and glands, and stimulating those points promotes health in the organs via the body's energetic pathways. Our specially trained therapists restore overall health to your body by massaging the feet and reflex points, leaving you relaxed, rejuvenated, and balanced.

60 MIN \$160

## FACIALS & SKINCARE SERVICES

### REJUVENATE TREATMENT - 60 MIN

This skin-quenching treatment is perfect for all skin types and contains vitamins and antioxidants that dramatically lift, tone, and hydrate the skin.

60 MIN \$150

### BACK FACIAL - 60 MIN

A cleansing treatment for your back with exfoliation and a mask.

60 MIN \$170

## HEALING THERAPIES

### REIKI - 60 MIN

Japanese-style massage for deep relaxation and healing. This massage is enjoyed while staying fully dressed. With hands lightly on the body or slightly above, this treatment aids with energetic blockages and may help to balance the Chakras.

60 MIN \$150

### TABLE THAI - 60 MIN

Enjoy the benefits of a Thai Massage on a traditional massage table. This therapy consists of stretching the entire body, focusing mainly on the lower half of the body. Similar to yoga stretching. Moving deeper into the mechanical functioning of the body and working deep muscle tension. This massage can be done while wearing loose, comfortable clothing.

60 MIN \$150

### ACCUPRESSURE - 60 MIN

Acupressure is a therapy developed over 5,000 years ago as an important aspect of Asian, especially Chinese, medicine. This treatment uses finger pressure rather than fine needles on specific points along the body to reduce stress, tension and alleviate aches and pains. This release allows energy to flow more freely through the meridians, promoting relaxation, healing and the restoration of proper function.

60 MIN \$150

### MYOFACIAL RELEASE - 60 MIN

This powerful treatment focuses on fascia, the tough connective tissue that surrounds, separates, and supports muscles throughout the body. Your therapist locates areas that feel tight and immobile, and using focused pressure and gentle stretching, works to release the fascia, improving mobility and reducing pain and tension.

60 MIN \$150

### CUPPING - 60 MIN


In this traditional Chinese medical technique the therapist uses heat to create a vacuum in a cup, then quickly places it on the body using a gliding motion along the skin. The resulting suction moves energy, or Qi, to increase local circulation, relieve pain and promote healing. Cupping may be performed on the back and shoulders or along the thighs and upper buttocks to help reduce the appearance of cellulite. Cupping may cause bruising

60 MIN \$150

### IONIZED FOOT DETOX - 30 MIN

A peaceful foot soak working to pull the toxins out of your body through your feet. Combined with infrared and tens healing solutions. Enjoy a detox and a handsfree mini-massage simultaneously.

30 MIN \$75

 =Serenity Day Spa Select Service

## MASSAGE ENHANCEMENTS

Soothing Foot Scrub & Massage - \$25, Hypervolt - \$35, CBD Oil - \$19, Aromatherapy Selection - \$19