

# HEALING WATERS SPA

Appointments Available from 9am to 6pm

PLEASE CALL AHEAD TO SCHEDULE

307-326-5261 EXT. 208

## MASSAGES

### CUSTOM MESSAGE

Customize from a light to medium pressure massage, each of our therapists specialize in a variety of modalities to cater to your specific needs.

60MIN \$135  90MIN \$190  
ADD DEEP TISSUE \$10  ADD WARM STONES \$20

### COUPLES MASSAGE

Enjoy a Custom Massage side by side with your partner, a friend, or a family member.

60MIN \$270  90MIN \$380

### REFLEXOLOGY

A pressure point hand and foot massage designed to help assist with the healing of ailments throughout the body.

30MIN \$80

### THAI MASSAGE

An energetic, fully clothed massage designed to create an overall feeling of physical and mental balance. Thai is a combination of rocking, compression, stretching, and assisted poses- waking up tired muscles and increasing joint flexibility.

60MIN \$135

## FACIALS

### SHAMAN FACIAL

Youthful skin renews itself constantly but over time, healthy cell turnover slows dramatically. The result is visibly aging skin. Your original, beautiful skin doesn't need to be a thing of the past. Experience this nurturing facial treatment with organic cellular renewal products combined with a comforting facial and scalp massage from a Reiki Master Esthetician. Soothing Sound Therapy is utilized to further aid in your healing process. This one of a kind facial allows you to receive exactly what your body, mind, and soul need to repair itself on the outside as well as the inside.

25MIN \$75  50MIN \$130

## ENHANCEMENTS

Additions to any service (included in the time of your treatment)

ARNICA MASSAGE OIL .....	\$15
MILD HAND EXFOLIATION .....	\$25
MILD FOOT EXFOLIATION .....	\$25
INVIGORATING SCALP TREATMENT .....	\$25
BUBBLING MUD DETOX .....	\$35
SAGE SMUDGE .....	COMPLIMENTARY



## TREATMENTS

### Body

#### SUNRISE GLOW 60MIN \$155 🏹 90MIN \$200

This treatment is an invigorating, full body, non-abrasive scrub followed by a shower and an application of our hydrating Shea Butter, sure to leave you with a healthy glow.

*Choose the 90 min option and receive a 50 minute Custom Massage.*

### Feet

#### BACKWOODS SOAK 30MIN \$80/PERSON (11 + older)

Enjoy a foot soak in our warm therapeutic mineral water, which includes all natural scrubs, masks and lotions of your choice. We end the treatment with a relaxing, thorough foot massage. Enjoy as a Lone Ranger or with a friend.

*Ask about adding a Pub drink to your session*

#### HAPPY CAMPER 15MIN \$45/PERSON (Ages 4-10)

Little toes can enjoy a foot soak and lotion massage next to mom or dad.

*With the purchase of any backwoods soak.*



## HEALING WATERS SPA PACKAGES

#### IN AND OUT SPA 30MIN \$90

Short on time? This session is the perfect way to fit a spa into a busy day. Package includes: 20 min scalp and neck massage with healing arnica oil, plus 10 min foot massage.

#### HEAD TO TOE RELAXATION 60MIN \$150

A luxurious Foot Treatment (soak, scrub, mask, and moisturizing massage) followed by a 25 minute Custom Massage including an invigorating Scalp Massage Treatment.

#### MOUNTAIN RETREAT 110MIN \$260

Package includes: 50 min Custom Massage, 30 min Sunrise Glow Exfoliation, and 30 min Foot Treatment (soak, scrub, mask and foot massage). The ultimate in mountain relaxation!



## ENERGY SESSIONS

*What to expect with an energy session:*

*The experience of an energy session can be varied. One can experience deep relaxation, release of pain, greater range of movement, changes in breathing, shifts in the nervous system, sensations of hot or cold, spontaneous movement and the surfacing of memories which can lead to a powerful emotional release of tears or laughter. This occurs because energy can become locked in the body due to physical damage, fear or emotional pain. This release can allow for profound healing.*

#### CHAKRA BALANCE 45MIN \$85

Chakra balancing is based on the ancient Indian belief in a series of seven chakras, or energy centers. Each of the seven main chakras contains bundles of nerves and major organs as well as our psychological, emotional, and spiritual states of being. Since a chakra is moving energy, if there is a blockage energy cannot flow which can manifest as illness, aches and pains, unknown sadness and more. During a Chakra Balancing Session, the practitioner assesses the flow of energy and removes blockages, as well as evens out the flow from all the Chakras. If your chakras are balanced, in most cases you feel balanced and lighter.

#### REIKI 30MIN \$75 🏹 60MIN \$130

Reiki is a Japanese energy technique for stress reduction and relaxation that also promotes healing and positive well-being. It is administered by "laying on hands" and is based on the idea that an unseen "life force energy" flows through our body. If one's "life force energy" is low, then we are more likely to get sick or feel stress, and if it is higher, we are more capable of being happy and healthy.

*We have the right to refuse service to anyone in a state of intoxication, skin/body contraindications, more than 30 minutes late, or for inappropriate behavior. Please allow 24 hours to cancel any appointment. A credit card is required to hold your appointment. In the event of a cancellation with less than 24 hours notice, a full spa treatment will be charged to your credit card.*

***Our menu prices do not include gratuities for your therapist.***

EFFECTIVE JULY 2021