

# HEALING WATERS SPA

Appointments Available from 9am to 6pm

PLEASE CALL AHEAD TO SCHEDULE

307-326-5261 EXT. 208

## • MASSAGES •

### CUSTOM MASSAGE

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

60<sub>MIN</sub> \$135 • 90<sub>MIN</sub> \$190 • Add Hot Stone \$20

### 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.

60<sub>MIN</sub> \$135

### REFLEXOLOGY

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

30<sub>MIN</sub> \$80

### COUPLES MASSAGE

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

60<sub>MIN</sub> \$270 • 90<sub>MIN</sub> \$380

### *For the Face*

#### SHAMAN FACIAL

25<sub>MIN</sub> \$75 • 45<sub>MIN</sub> \$125

A one-of-a-kind facial massage for both men and women alike. Receive exactly what your mind, body and soul need to repair itself from the outside in. Begin this facial rejuvenation massage with a hot towel steam, followed by a gentle face cleanse with cellular renewal products. Experience deep relaxation with ancient Ayurvedic facial and scalp massage techniques from a Reiki Master Esthetician. Soothing Sound Therapy is utilized to further aid in the healing process. Great for relieving sinus pressure, headaches, TMJ and all forms of stress.

#### MINI FACIAL MASSAGE

15<sub>MIN</sub> \$45

(Ages 7 + older)

### *For the Feet*

#### BACKWOODS SOAK (Ages 11 + older)

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

30<sub>MIN</sub> \$80

#### HAPPY GAMPER (Ages 4-10)

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

15<sub>MIN</sub> \$45

### *For the Body*

#### SUNRISE GLOW

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.

60<sub>MIN</sub> \$155 • 90<sub>MIN</sub> \$200

## •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

30-45<sup>MIN</sup> \$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.

*(This service is not a massage)*

### CRYSTAL CHILD

15<sup>MIN</sup> \$45

Youth are particularly sensitive to energy. This shorter version of Chakra Balance is a soft energy tune-up to help provide balance and harmony to little growing souls. *(This service is not a massage)*

### REIKI

30<sup>MIN</sup> \$75 • 45<sup>MIN</sup> \$120

Reiki is a Japanese energy technique for stress reduction and relaxation that also promotes healing and positive well-being. Reiki is a gentle touch therapy that involves the placing of the therapists hands on various locations of the body to promote relaxation and a sense of calm. It 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.

*(This service is not a massage)*

## •HEALING WATERS SPA PACKAGES•

### IN AND OUT SPA

30<sup>MIN</sup> \$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.

### LOVE AND LIGHT

45<sup>MIN</sup> \$130

A healing session of sound therapy, reiki, chakra stones, crystal therapy and The Shaman Facial Massage to balance and rejuvenate your energy centers - truly a one-of-a-kind experience.

### HEAD TO TOE RELAXATION

60<sup>MIN</sup> \$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

110<sup>MIN</sup> \$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!

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 MARCH 2022