

Massages

Massages

Relaxation Swedish Massage

Our classic Swedish massage utilizes long smooth strokes, along with circular movements to help create an experience that is relaxing and beneficial at the same time. Tailored to fit your needs, this massage incorporates a variety of therapeutic techniques to ease tension, address aches and pains and provide deep relaxation. Choose from a collection of essential oils for a calming, energizing or relaxing experience.

<i>50 minutes</i>	<i>\$115</i>
<i>80 minutes</i>	<i>\$165</i>
<i>110 minutes</i>	<i>\$195</i>

Tension Relief/Deep Tissue Massage

With slower strokes and techniques, this therapeutic massage targets the deeper layers of the muscles and helps ease chronic tension. Your therapist will focus their attention on the areas that are overused and stressed from exercise, work or repetitive movements. Goals of treatment can be to promote flexibility, reduce fatigue, improve endurance or prepare the body and mind for optimal performance. This massage is perfect for athletes, post work-out or someone needing a deeper massage to enhance mobility.

<i>50 minutes</i>	<i>\$125</i>
<i>80 minutes</i>	<i>\$175</i>
<i>110 minutes</i>	<i>\$205</i>

Two-Together Massage

Some experiences are best enjoyed together. Our classic Swedish massage treatment is perfect for any duo, as you escape and enjoy a personalized massage with a friend, family member or romantic partner on side-by-side massage tables. After consulting with each of you, our therapists will work in unison to provide an unforgettable shared experience. Pricing is for two people.

<i>50 minutes</i>	<i>\$230</i>
<i>80 minutes</i>	<i>\$330</i>
<i>110 minutes</i>	<i>\$390</i>

Mother-to-Be Massage

Designed to nurture and support both mother and baby, this gentle massage uses specially blended herb-infused oils helps alleviate tension in the lower back, legs, feet and neck and improve skin elasticity. Spoil yourself or an expectant mother with a soothing massage designed to improve skin elasticity, reduce fatigue and relax areas prone to tension during pregnancy. It is designed to relax the mother-to-be using special positioning and pillows to ensure the safety and comfort of both mother and baby. Available after the first trimester.

<i>50 minutes</i>	<i>\$120</i>
<i>80 minutes</i>	<i>\$170</i>

The Greenhouse Signature Massage

You and your therapist will begin this journey by selecting an aromatic essential oil blend and discussing your therapeutic needs to develop a customized and targeted massage. Relax and breathe deeply as your therapist soothes or invigorates your muscles depending on your needs. Providing the ultimate in relaxation, this focused treatment utilizes a combination of massage techniques, scented oils with our serene and peaceful surroundings. Enhancing your experience is your choice of either our seasonal hand and foot scrub or a dry brushing treatment before your massage.

<i>80 minutes</i>	<i>\$200</i>
<i>110 minutes</i>	<i>\$240</i>

CUSTOMIZE YOUR MESSAGE

Targeted Massage

This massage is perfect for when time is limited or when you have a specific area of concern. While not a full body massage, this treatment aims to release the maximum amount of tension in a minimal amount of time. A concentrated back, shoulder or neck massage designed to meet your specific needs.

<i>30 minutes</i>	<i>\$89</i>
-------------------	-------------

Hot or Cool Stones

Practiced in ancient medicines for centuries, heated or cooled stones massage is a technique renowned for its healing and relaxing properties. These stones in conjunction with long flowing strokes soothe, release tension and offer deep relief to sore muscles. Add your choice of stones to any massage.

\$30

Reflexology

This balancing treatment has origins dating back more than 3,000 years. It is based on the theory that the reflexes in your hands and feet correspond to all parts of your body. Your therapist will apply gentle but firm pressure to the various reflex points on your hands and/or feet to promote greater circulation and relaxation.

<i>Hands or Feet – 15 minutes</i>	<i>\$30</i>
<i>Hands and Feet – 30 minutes</i>	<i>\$50</i>

Body Brushing

Using a natural bristle brush to stimulate your circulation and lymph systems, this treatment will revive dull skin while it exfoliates and detoxifies your body. The body brush is your gift to take with you.

<i>15 minutes</i>	<i>\$33</i>
-------------------	-------------

Back Scrub

Is your back dry or itchy? Select from one of several featured sugar scrubs to remove dry skin and hydrate your back. Add a back scrub to any massage to enhance your experience!

15 minutes	\$23
------------	------

Aromatherapy

Aromatherapy is a healing treatment that uses natural plant extracts in essential oils to promote health and well-being. Select from a variety of oils including lavender, lemon, eucalyptus and others to enhance your massage.

\$10
