

NEW!

W I - F I MASSAGE



Do you spend a lot of time sitting at your desk or hunched over a computer? You've probably experienced tightness in your neck, shoulders, hands, arms, and lower back. Could you use a massage? Definitely. However, with a busy schedule, it's not always possible to come into The Spa for a relaxing, full-body treatment. We've designed a massage exclusively for you. **And, it's just a 30-minute service.** That's easy enough to manage during even the busiest day.

You don't need to live with chronic pain. In 30 minutes, we'll soothe and relax those areas of tension and overuse, focusing on the upper body and low back. As we invite those tight muscles to release, the tension to melt away, and the circulation to improve, you're certain to feel great for the rest of the day.

Giuseppe, Lead Massage Therapist, recommends:

Relax in the whirlpool and steam room for 5-10 minutes before your massage to unwind, begin the relaxation process, and warm up your body. It takes about 10-15 minutes for the body to get into a relaxed and receptive state for a massage. If you rush to your appointment, the massage is already halfway over before you begin receiving the full benefit.

Complement your massage with home care. In the evening, take a 20-minute bath with Phytomer Oligomer Lyophilized Sea Water to rejuvenate your health and bring your body back into balance.

At the end of a busy day, therapeutic neck and body wraps offer moist, penetrating heat to improve circulation and ease tension in the neck, shoulders, or back.

For instant pain relief without pills, try Sombra's warm or cool professional therapy gels or Phytomer's Soothing Leg Gel. Both are available in The Spa. Sombra is a pain relieving gel, whereas Soothing Leg Gel is a milder topical analgesic. Both are therapeutic aids used by massage therapists, physical therapists, and other health professionals to relieve fatigue and tension while revitalizing tired muscles.