



SELECT ONE OF THE FOLLOWING:

Massages:

- 1 Sacred Healing/Swedish** (60 min).... Relax, unwind, and get balanced with long flowing strokes, kneading and friction techniques combined with the aromatic and healing properties of sweetgrass, cedar and sage.
- 2 Wild & Carefree/CBD** (60 min) CBD aids in regulating your immune system, reducing inflammation, quieting your nervous system, and healing your skin. Add it to your daily regimen to support your wellness lifestyle.
- 3 Challenger Deep Tissue** (60 min) In reverence to the deepest part of the sea, this therapeutic massage technique focuses on musculoskeletal issues, such as strains and sore muscles by applying sustained pressure using slow, deep strokes, to target the inner layers of your muscles and connective tissues.
- 4 Serenity/Salt Stone** (60 min) A healing technique using warm salt stones to ground and balance the body’s electromagnetic field, nervous system, and meridians. Salt crystals from an ancient primal sea beneath the Himalayan mountains are hand-carved into massage stones that gently soothe away an accumulation of stress and tension, bringing the mind, body, and spirit into balance.

Body Rituals:

- 5 4 Sacred Elements/Signature Body Buff** (60 min) Inspired by the four healing medicinal herbs of sweetgrass, cedar, sage, and tobacco to offer a sense of grounding, serenity, mindfulness, and focused awareness of oneself.
- 6 Get Salty/Invigorating Salt Scrub** (60 min).....Wake up your body and brain with this detoxifying and stimulating scrub using the therapeutic benefits of purifying magnesium and mineral salts along with organic skin conditioning seaweed, seaside botanicals, and revitalizing and uplifting essential oils.

Facials:

- 7 Sea Breeze Facial** (60 min) Customized to address the specific needs of your skin. An esthetician will analyze your skin and custom blend a facial experience leaving your skin feeling refreshed and vibrant. Tailored specifically for your skin type and desired results.
- 8 Ocean Facial** (60 min)..... Organic algae extracts and natural botanical oils help deliver vital nutrients, vitamins, and minerals directly to the skin. A custom cleanse and restorative mask focuses on your skin care needs while a relaxing face, scalp and arm massage soothes away tension and encourages a feeling of well-being.

*NOTE: Limited Availability on some Treatments — Get your Reservation in Early!! Email: dfrendt@sswa.com
 — 24 hour No Change or Cancellation Policy — Enhancements at Individual’s Expense — Treatment includes Standard Gratuity —*