



SELECT ONE OF THE FOLLOWING:

Massages:

- 1** **Custom Swedish** (50 min) Relax, rebalance, and renew with this classic nourishing massage specially tailored to your specific needs. Your therapist will consult with you to determine your desired light to medium pressure along with any areas of concern.
- 2** **Deep Tissue** (50 min) This massage concentrates on the deep layers of muscle and fascia in the body. This is a highly effective treatment to break up old scar tissue, relieve muscle tension, and ease chronic pain. Techniques customized to each guest will be used on specific areas of concern to restore and heal overextended muscles.
- 3** **Waterfall Vichy Shower Massage** (45 min)..... Experience the ultimate in relaxation with our Waterfall Vichy Shower Massage. This treatment uses the unique features of our state-of-the-art seven-head Vichy Shower, positioned three feet above the massage table, to provide a soothing flow of water over the body. Developed originally in France, this hydrotherapy technique combines water pressure and temperature with expert massage to calm the nervous system, reduce muscle spasms, increase lymphatic flow, detoxify the body, and hydrate the skin, delivering a truly therapeutic and pampering experience.
- 4** **Soothe Your Sole Foot Therapy** (50 min)..... This treatment is sure to delight your soul —and your soles. Giving your feet much-deserved attention, we apply hot, steamed towels and a rich foot balm imported from Germany to give you a deep foot massage. We then apply a healing lotion to your hands, which are then tucked into warmed mitts. You're sure to walk out of this treatment feeling lighter in your step. This pampering service takes place on a massage table (not a pedicure chair)

Full Body Scrubs:

Salt Scrub (45 min) . Revive your skin with our full-body scrub treatments - luxurious polishes designed to exfoliate, smooth, and renew. Whichever you choose, your skin will feel refreshed, radiant, and silky smooth.

Select either:

- 5** **OH! Signature Resort Honey Salt Scrub** or
- 6** **Spruce & Cedar Himalayan Salt Scrub** or
- 7** **Stone Crop Sea Salt & Sugar Scrub**

Facials:

- 8** **Customized Facial** (50 min) Personalized based on your skincare needs (anti-aging, hormonal, sensitive, etc.).
- 9** **Relaxation Facial** (50 min)..... Designed primarily for stress relief with a touch of skincare — the perfect alternative to a full-body massage. 80% relaxation, 20% skincare.