



Our licensed massage therapists offer treatments that help our stressed-out, maxed-out bodies reduce stress, reduce blood pressure, stimulate circulation of body fluids, and increase our deteriorating range of motion. The Shimmer Spa has locations in both The Roxbury North and The Roxbury South. A spa pass (\$20 per person per stay) gives you access to both locations from 8am until 8pm. The Shimmer Spa North has a large reading library and relaxation area, two treatment rooms, a large steam room, and lockers. The Shimmer Spa South has a hot tub and dry sauna. We encourage you to "spa hop" while you're here and get the most out of both locations. If you choose to receive a spa treatment you may use the spa features immediately before or after your treatment.

swedishmassage

Manual manipulation of the body's soft tissue to enhance circulation and relieve muscle tension. 1HR—\$110

deeptissuemassage

Detailed massage applications to deeper muscles and connective tissue. In other words, a massage that really "digs in." 1HR—\$125

reflexology

Massage based on reflex zones of the feet corresponding to the glands and organs in the body. Massaging these reflexes helps to increase circulation, eliminate toxins and reduce stress. 1 HR—\$125

aromatherapy

Based on ancient tradition of adding all-natural, pure essential scented oils to your massage, accessing the healing properties of the oils. 1HR—\$125

hotstonetherapy

Hot stones are the most effective medicine for muscle pain and tension. The stones are used as a tool to relax and soothe your body, mind and spirit. 1HR—\$135

saltglow

An exfoliation of the skin with sea salt, rich base oils and essential oils custom blended to suit your unique needs. After rinsing off the salt glow, the treatment is finished with a full body rub to moisturize the skin. 1 HR—\$140

traditionalcouplesmassage

You and your partner enjoy a full Swedish massage one after the other with one massage therapist teaching you how to give your partner's body exactly what it needs. 2HR - \$220

simultaneouscouplesmassage

You and your partner enjoy a full Swedish massage at the same time in the same room with two massage therapists. 1HR - \$220

We strongly suggest booking treatments as far in advance as possible—especially for simultaneous treatments. Time slots fill up quickly and we cannot always guarantee they will be available if you do not book prior to your stay. The above rates do not include gratuity.