



Our licensed massage therapists and body treatment specialists 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. A pass for The Shimmer Spa is \$20 per guest per stay and includes usage of the spa facilities from 8am to 8pm, fresh robes and towels, and access to the amenity products located in the spa. If you are purchasing one of the spa treatments listed below, please note that the main room of the spa is always available to any guest who has purchased a spa pass. The treatment room of the spa is separated from the main area by a curtain. If you prefer to have the treatment in your room, please let us know. Spa treatments are performed one at a time.

swedishmassage

Manual manipulation of the body's soft tissue to enhance circulation and relieve muscle tension. 1HR—\$90

deeptissuemassage

Detailed massage applications to deeper muscles and connective tissue. In other words, a massage that really "digs in." 1HR—\$105

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—\$120

aromatherapy

Based on ancient tradition of adding all-natural, pure essential scented oils to your Massage, accessing the healing properties of the oils. 1HR—\$105

couplesmassage

You will each get a full Swedish massage, one after the other, while our massage therapist teaches you how to give your partner's body exactly what it needs. 2HR—\$180

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—\$105

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—\$105

Please note that we strongly suggest booking as far in advance as possible. 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.