



## MASSAGES

### Aromatic Relaxation Massage

This massage uses long soothing strokes and the aromatherapy of essential oils to achieve total calm and relaxation.  
50 min. - \$120 / 80 min. - \$170

### Swedish Tonic Massage

A physiological massage delivered with medium to strong pressure, this massage increases circulation and is recommended before or after physical activity.  
50 min. - \$130 / 80 min. - \$185

### Sacred Waters Massage +

This signature massage takes its name from the waters of Elkhart Lake, considered sacred by the Native Americans who once lived on its shores. Muscle tension is dissolved as the healing warmth of the water penetrates the deep tissues of the body for an incredibly relaxing experience.  
50 min. - \$145 / 75 min. - \$180

### Moroccan Hot Oil Massage

Using aromatic jasmine oil from Morocco, this massage will smooth your skin as your body is transformed into a complete state of relaxation, induced by slow, enveloping strokes.  
50 min. - \$135 / 80 min. - \$195

### Pilates Massage

This kinesiotherapy massage is based on Thai massage and the Pilates method of physical exercise, stretching the muscles of the body and releasing the tightness in joint articulations.  
50 min. - \$120 / 80 min. - \$170

### Cedars Massage +

The Cedars Massage incorporates aromatherapy using fresh native Cedar, an herb used by Native Americans to purify and protect. This soothing, balancing massage leaves you tranquil and serene. An aromatic blanket of fresh Cedar is placed over the body at the end of the massage emitting its clean, purifying scent. 50 min. - \$145

### Four Palm Massage

This soothing massage is administered by two therapists in perfect harmony, creating the synchronized motion of four hands.  
50 min. - \$195 / 80 min. - \$270

### Lomi Lomi Massage

This traditional Hawaiian 'loving hands' massage uses percussive and wave-like movements with smooth strokes to induce a total state of relaxation. Jasmine oil is used for its aromatherapeutic benefits.  
50 min. - \$145

### Prenatal Massage

The prenatal massage, only available after the first trimester, uses soft to medium strokes to promote circulation and ease pressure on the joints, promoting tranquility and deep relaxation.  
50 min. - \$120

### Couples Massage

Couples of all kinds - sisters, friends, partners - enjoy the Aromatic Relaxation or Swedish Tonic Massage together.  
50 min. - \$135 per person

Couples enjoy additional time together with a whirlpool bath after the massage in the privacy of their own Aspira 'SpaSuite'.  
110 min. - \$180 per person

### Yin Yang Massage

This massage is a marriage of Western and Eastern philosophies, designed to cleanse the mind and the spirit. Balance is achieved through blending the physiological effects of the Aromatic Relaxation Massage and the Eastern energy chakra-opening techniques performed by the therapist.  
75 min. - \$185

### Crystal Chakra Balancing Massage +

Using the vibration from pure colored lights, the body's seven main chakra vibrations are balanced. Light, smooth strokes along the meridians complement the energy flow of the body.  
75 min. - \$185

### Customized Therapeutic Massage

Skilled therapists customize a treatment tailored to your specific needs, using their advanced training to target problematic areas. Long, soothing relaxation strokes conclude this massage.  
25 min. - \$75 / 50 min. - \$145

