



In-Room Massage Service Menu

Swedish Massage - a very relaxing and therapeutic style of bodywork. It combines oils or lotion with an array of strokes such as rolling, kneading, and percussion to help the body improve its circulation. The benefits of this type of bodywork are wide-ranging and include relief from aches and pains, decreased stress levels in the body, enhanced mental clarity, improved appearance, and greater flexibility.

60 min. - \$85 / 90 min. - \$120

Deep Tissue Massage - a form of bodywork that aims to relieve tension in the deeper layers of tissue in the body. We use various techniques with our hands, knuckles, and elbows and apply focused pressure on “problem areas” or “trigger points” in the body. Deep Tissue Massage is a highly effective method for releasing chronic stress areas due to misalignment, repetitive motions, and past lingering injuries. Keep in mind that soreness is pretty common after the treatment, and that plenty of water should be ingested to aid with the flushing and removal of toxins that will have been released from the deep tissue during the session.

60 min. - \$100 / 90 min. - \$140

Sports Massage - a type of massage designed for highly active people who engage in athletics. Engaging in sports is harsh on the body and can often lead to injuries in both the short and long term. Sports Massage enhances performance and prolongs a sports career by helping to prevent injury, reduce pains and swelling in the body, relax the mind, increase flexibility, and dramatically improve recovery rates. Sports Massage is also highly effective in aiding the rapid recovery of an athlete from an injury by encouraging greater kinesthetic awareness and in turn promoting the body’s natural immune function.

60 min. - \$100 / 90 min. - \$140

Couples Massage - Enjoy a relaxing Swedish Massage side-by-side with your partner in a cozy environment! Perfect for husband-wife, mother-daughter, or just two friends that want to experience Paradise together!

60 min. - \$160 / 90 min. - \$230



Please call to arrange your appointment time

727-360-4300