

MASSAGE TREATMENTS

NOTE: Any 50-minute massage treatment with a ^P after its name and all 80-minute and 100-minute massages are not recommended for pregnant women.

Swedish Spa Massage (50, 80 or 100 minutes) \$100, \$157, \$195

This light, soothing, massage will ease tension in your body and calm your mind, leaving you feeling peaceful and relaxed.

Norwich Signature Massage ^P (50 or 80 minutes) \$130, \$205

This beautifully choreographed, full-body, firm massage will release the tension in the entire back and shoulders, leaving you with a renewed sense of well being.

Duet Massage (50 minutes)

Spend some relaxing time with a spouse, friend or family member. Individual therapists massage each person on separate tables in our Duet Treatment room. Any of our 50-minute massage treatments can be scheduled as a Duet Massage. The charges are per person and depend on the treatment selected.

Deep Tissue Massage ^P (50 or 80 minutes) \$150, \$240

This specialized technique uses direct pressure to release chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia. This massage can include the use of thumbs, elbows, knuckles and forearms. Your therapist will frequently ask how you are and will also give you information on what to expect in the days following your deep tissue massage. **NOTE:** Not for those in fragile physical condition or for pregnant women. Available in packages at an additional charge.

Swedish Spa Massage with PhytoTherapy

(50, 80 or 100 minutes) \$105, \$165, \$205

This classic Swedish massage is complemented by the use of custom blended aromatic plant oils. Make your choice from a variety of oils based on each one's specific benefit to your body, mind and spirit.

Norwich Signature Massage with PhytoTherapy

(50 or 80 minutes) \$135, \$210

Complement the Norwich Signature Massage described above with the use of custom blended aromatic plant oils. Make your choice from a variety of oils based on each one's specific benefit to your body, mind and spirit.



Native Hot Stone Massage ^P (50, 80 or 100 minutes) \$115, \$184, \$230

This massage uses a combination of soothing Swedish Massage with the centuries-old use of heated, water-smoothed stones to bring relief to sore muscles. A warm, peaceful state and deeper muscle relaxation is achieved.

Native Hot Stone Massage with PhytoTherapy ^P

(50, 80 or 100 minutes) \$120, \$192, \$240

Complement the Native Hot Stone Massage described above with the use of custom blended aromatic plant oils. Make your choice from a variety of oils based on each one's specific benefit to your body, mind and spirit.

Relaxation Ritual (50 minutes) \$100

Your therapist targets two areas that harbor stress. Imagine your tension melting away with a lingering head, neck and shoulder massage followed by a foot massage with hot stones. **NOTE:** You will be on your back for this entire treatment.

Site-Specific Massage (50 or 80 minutes) \$125, \$200

This therapy uses advanced massage techniques such as trigger point release, movement therapy, skin rolling and compression to provide relief from aches and discomforts associated with overworked muscles.

Pregnancy Massage (50 minutes) \$100

Especially now, your body and back need nurturing, relaxation and tension relief. Treat yourself to a Swedish massage on a pregnancy massage table.

Teen Swedish Massage (50 minutes) \$100

Gentle Swedish massage techniques are performed with sensitivity to ensure comfort and achieve total relaxation.

Hand & Arm Massage with Vacuum Cupping (50 minutes) \$100

This highly therapeutic treatment penetrates deep into the muscle. The therapist will use site-specific massage techniques as well as suction using a hand-held cupping tool. This treatment is excellent for reducing adhesions and increasing circulation. Particularly helpful for those with carpal tunnel and/or tendonitis.

Deep Heat Muscle Relief Massage ^P (80 minutes) \$250

This massage will surely address stress, tension, knots and discomfort, leaving you feeling like new. We combine targeted, specialized deep tissue techniques that use both the hands and the heated basalt stones. While this is a full body massage, the therapist will be guided to customize and work most deeply with concentrated attention, in the areas YOU define as most important.

Express Massage (25 minutes) \$65

Designed to relieve tension from two sites of your choice.

Hand Massage (25 minutes) \$65

This treatment stimulates energy pathways from your elbows to your fingertips. Great for carpal tunnel relief.

Foot Massage (25 minutes) \$65

This treatment starts below your knees and ends at your toes. Your therapist uses a skillful application of pressure to stimulate circulation and relieve aches in your feet.