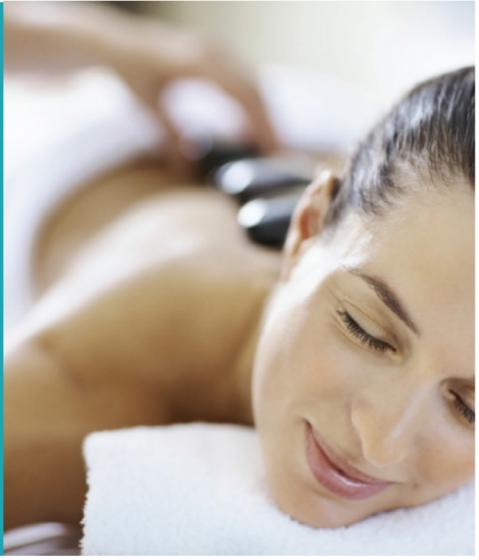


MASSAGE & BODY WORK

The Spa at Honor's Haven Retreat offers natural and restorative treatments that will help you de-stress and unwind; transporting your mind and body into a deep state of relaxation.

Please contact Spa Desk for available appointments.
In House Ext. **3087**
Direct Phone **845-210-3087**



Swedish Massage

25 min.	\$60	50 min.	\$95	75 min.	\$135
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Swedish massage is the most basic and relaxing massage. It uses medium pressure with long flowing strokes applied to most of the body and is intended to soothe minor aches and pains by reducing stress, improving blood circulation, lymphatic drainage, and minor muscle repair. This massage unifies and aligns the mind, body, and spirit.

Deep Tissue Massage

25 min.	\$65	50 min.	\$105	75 min.	\$145
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Deep Tissue Massage incorporates medium to deep pressure intended to move past the surface muscles and target more complex and specific muscle structures. The purpose of the Deep Tissue Massage is to alleviate pressure surrounding recurrent injuries or weakened areas of the body. The deep tissue technique is specifically tailored to the needs of the client and may or may not include the entire body, trigger point therapy, and stretching techniques.

Reflexology

25 min.	\$65	50 min.	\$105
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Reflexology is a massage that applies pressure to the feet and hands using specific thumb, finger, and hand techniques. Based on a system of zones and reflex areas that reflect an image of the body on the feet and hands, reflexology works under the premise that such therapy effects physical change to the body. This is a delightful treat for tired feet.

Aromatherapy Massage

25 min.	\$65	50 min.	\$105	75 min.	\$145
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Aromatherapy Massage is the practice of adding essential oils derived from flowers, bark, stems, leaves, and roots to a base oil to enhance the physiological and physical well-being of a client during a massage. The combination of inhalation (to stimulate brain function) and skin absorption (whole body systemic healing and pain relief) contributes to the improvement of the mind, body, and soul triad.

Hot Stone

50 min.	\$105	75 min.	\$145
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Smooth basalt or river rocks are immersed in hot water until they begin to retain heat. The heated stones are lubricated with oil and then applied to the body with pressure in a series of long flowing strokes. The Hot Stones allow a therapist to provide therapy past the surface muscle structures, by infusing the surface muscles with a penetrating heat which encourages them to be more malleable and relaxed.

Lower Back Release

50 min.	\$110	75 min.	\$145
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Lower Back Release is a highly specialized massage which utilizes a predominantly deeper pressure and focuses on pain in the lower back region. Treating the body as a system, the massage begins on the back, applies trigger point therapy to the Gluteal muscles, and stretches to the quadriceps, hips, hamstrings, and calves. This massage requires constant communication between the therapist and client (not for relaxation.)

Prenatal Massage

50 min.	\$105
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Prenatal Massage is a massage tailored specifically for pregnant women. The massage incorporates a light to medium pressure to induce relaxation, encourage lymphatic drainage, improve blood circulation, and reduce stress. Usually done after the passage of the first trimester, the prenatal massage avoids certain trigger points along the shoulder region and in the foot region. The technique is applied while the client is in the side laying position to ensure the comfort of both the mommy and baby-to-be.