



Massage Menu

We offer a variety of massages designed to tune into your body's unique needs and help you unwind after a full day of adventure. Our services are provided in the privacy of your Casita, allowing you to relax, revive and connect with your timeless surroundings in total privacy.

Lomi-Lomi Massage

This deeply relaxing and curative massage is designed to increase circulation, enhance immune response, lower blood pressure and promote healing. The free-flowing strokes will vary between long and smooth and quick to provide an invigorating and blissful experience.

60 Minutes, \$125

Three Essence Massage

A wonderful combination of three of our essential oils is used to bring physical, emotional and spiritual balance. This holistic experience is designed to reduce anxiety, strengthen the immune system, ease depression and induce sleep.

60 Minutes, \$125

The Mermaid's Massage

The soothing, gentle strokes of this massage are like waves upon your body, inducing total calm and relaxation. The treatment concludes with gentle stretching of the neck, arms, legs and feet.

60 Minutes, \$125

Foot Reflexology

This powerful ancient technique stimulates zones and reflex areas on your feet that benefit your entire body. Essential oils such as lavender and eucalyptus aid your sense of relaxation and rejuvenation as balance is restored. The benefits of reflexology go beyond the physical to improve your mental and emotional state.

30 Minutes, \$75

Therapeutic Massage

This massage is designed for those suffering from chronic conditions such as cervicalgia, fibromyalgia, lumbago and sciatica. Our expert therapist will customize your treatment to address the specific needs of your condition, helping to reduce tension, alleviate pain and restore balance with great care and knowledge.

60 Minutes, \$125

To enhance your treatment, we recommend that you:

- *Take a warm bath or shower to begin the relaxation process*
- *Not eat in the hour prior to your massage*
- *Drink plenty of water following your treatment*
- *Please advise the masseuse prior to your treatment if you have any medical conditions or special needs we should be aware of*