

# HYDROTHERAPY

Also known as water therapy, hydrotherapy involves the use of hot and cold elements to detoxify, relieve discomfort, promote relaxation and overall physical well-being. Our hydrotherapy includes our luxurious rain showers, soaking tub, dry cedar sauna, light snacks, filtered water, robes, towels, flip flops and tea.

\*Our steam room is currently not included in private hydro but can be added on for one person or partners/people living together.

## PRIVATE HYDROTHERAPY

For 1, 60 MINS | **\$175**  
+INCLUDE Steam | **\$200**

For 2, 90 MINS | **\$250**  
+INCLUDE Steam | **\$300**

For 3-5  
Recommended for families, roommates or people who have sheltered-in-place together.

90 MINS | **\$400**, +INCLUDE Steam | **\$450**  
2 HOURS | **\$475**, +INCLUDE Steam | **\$525**

+ADD ON Additional guests, MAX 7 | **\$50**

## NEW! FAMILY HYDRO

Outdoor hydrotherapy, shower/soak/sauna for 3-5 members of the same family. Taking the waters as a family is very common in many parts of the world. We would like to provide a safe and a relaxing space for families to bond and enjoy together. Children must be at least 8 years old and accompanied by their adult parent or guardian.

75 MINS | **\$300**

+INCLUDE Steam | **\$350**

## SEMI-PRIVATE HYDRO "HAPPY" HOUR

Every Tuesday from 1-2pm

**NEW!** Every Monday from 6:30-7:30pm and Thursday from 10:30-11:30am

For an hour, enjoy hydrotherapy in our beautiful outdoor oasis, with 2 options - either shower, soak & sauna or shower, soak and steam to allow safe-distancing. Bring your bathing suit and a mask! Space is limited to 2 guests.

60 MINS | **\$55 PER PERSON**

## +ADD ONS

Robe (included in Private Hydro Sessions) | **\$3**

Clay Face Mask | **\$5**

Chair massage, 15 MINS | **\$30**

# PACKAGES

**EXPECTING MOMS** Take care of yourself before baby comes! Includes a revitalizing foot soak + massage, a custom clay mask application, and a rain shower rinse before a 60 min prenatal massage. Relax and replenish and take our custom Revive Foot Soak to treat yourself at home!

APPROX 2.5 HRS | **\$325**

**BACKYARD BLISS FOR ONE** Bliss out with some YOU time with 45 mins of Shower | Soak | Sauna, a white clay mask (self-application) and a 45 min Cabin massage + your choice of a glass of bubbly, local beer or a coconut water.

APPROX 2 HRS | **\$300**

**BACKYARD BLISS FOR TWO** Savor some blissful time together with 45 mins of Shower | Soak | Sauna, you will each enjoy a white clay mask (self-application) and a 45 min outdoor or Cabin massage. You will each have a choice of a glass of bubbly or beer from a local brewery or coconut water to sip on throughout your experience. Massages may be at the same time or back to back depending on our therapists availability.

APPROX 3 HRS | **\$450**

**RELAX AND RESTORE FOR TWO** Our most popular package! An hour of Shower | Soak | Sauna, two glasses of bubbly and two 30 min hot stone massages. Perfect for couples or friends who need some R&R. Makes a great gift, too!

APPROX 2.25 HRS | **\$400**

# PRIVATE PARTIES 8-10 people

All private parties include towels, flip flops, filtered water, clementines and tea. For safety reasons, the steam room is not included at this time. We ask that you are very thoughtful about these gatherings as we want everyone to be safe and stay well.

## STANDARD

2 HOURS | **\$800**

## LUXE

3 HOURS, Includes robes & clay masks | **\$1,100**

## +ADD ONS TO PRIVATE PARTIES

Robe | **\$3** Clay Face Mask | **\$5**

Bag of ice, each | **\$5**

Chair massage, 15 MINS | **\$30**

Corkage fee | **\$10** – 1-2 bottles, **\$30** – 3-6 bottles

Fire Pit | **\$20**

\*Please limit bottles to 6 to insure feeling WELL!

# OUTDOOR MASSAGE THERAPY

As the weather cools, outdoor massages will be in the Cabin, a lightly heated cedar sauna custom built for massage, with doors open and a HEPA filter. Or under the pergola if weather allows. All massages use a combination of Swedish & deep tissue techniques tailored to your specific needs. Massages include hot stones, hot towels, and customized aromatherapy.

## OUTDOOR MASSAGE

Outdoor/Cabin Hour, 60 MINS | **\$175**

Cabin Signature, 75 MINS | **\$200**

Cabin Luxury, 90 MINS | **\$225**

## CABIN PRENATAL MASSAGE

A side-lying massage that focuses on circulation and relief from pregnancy strain. 70 MINS | **\$180**

## MASSAGE FOR TWO

Massages are done simultaneously, one outdoor in the Cabin the other in our private massage room with open doors, fan and HEPA filter. When possible they can be together under the pergola if weather allows.

APPROX 75 MINS | **\$350**

+ADD ON (Before or after your session)

Soak | Sauna, 30 MINS | **\$75**

Steam | Soak | Sauna, 30 MINS | **\$100**

# INDOOR MASSAGE THERAPY

## MINI MAINTENANCE

With a focus on upper body or a specific area of need, this massage is perfect to take the edge off and give your muscles some relief in a short amount of time.

Includes hot stones and aromatherapy.

30 MINS | **\$85**

## BODY MAINTENANCE

A 60 min full body massage that includes Swedish & deep tissue techniques and includes hot stones, hot towels and customized aromatherapy.

APPROX 60 MINS | **\$140**

## INDOOR PRENATAL

A side-lying massage that focuses on circulation and relief from pregnancy strain. Includes customized aromatherapy and hot towels.

APPROX 70 MINS | **\$160**

## SEASONAL! WINTER REFRESH (STEAM + MASSAGE)

30 mins of aromatherapy steam followed by a 30 min massage, focusing on upper back and chest opening, with hot stones and our Refresh body oil. The essential oils of peppermint, eucalyptus, rosemary and lemon will open sinuses and lungs to help you breathe WELL!

APPROX 75 MINS | **\$125**

## +INDOOR/OUTDOOR ADD ONS

Indoor Private Steam, 30 MINS | **\$30**

Outdoor Private Soak | Sauna, 30 MINS | **\$50**

Private Steam | Soak | Sauna, 45 MINS | **\$75**

## +INDOOR/OUTDOOR ADD ON MINI TREATMENTS

White clay mask application, 20 MINS | **\$30**

Facial Rejuvenator, 25 MINS | **\$50**

Revitalizing Foot Soak, 25 MINS | **\$50**

# BODY TREATMENTS

**GOMMAGE** Gommage means to “scrub” or “erase” in French. This traditional Hammam (steam room) treatment includes 30 mins of our aromatherapy steam room and soaking tub, then an application of Black Soap with an exfoliating mitt to detoxify and nourish the skin. Finish with a full body shampoo of your choice from our body care line. Take your mitt home!

APPROX 90 MINS | **\$225**

**REVIVE AROMATHERAPY SALT SCRUB** Steam & Soak followed by a full body scrub with our Revive custom blend of Epsom salts, dried herbs and essential oils. Experience in our cobalt rain showers or under the pergola (seasonal).

APPROX 75 MINS | **\$200**

**BODY REJUVENATOR** 30 mins of steam followed by a full body dry brushing. Finish with a full body application of Aba Love Petal Hydrating Mist and Skin Nourishing Body Tonic.

APPROX 75 MINS | **\$195**

**CABIN CLAY DETOX** Begin with 45 mins of Steam | Soak | Sauna followed by a full body dry brushing in the heated Cabin. Relax on our heated infrared pad that will further the detox process while we apply our Backyard Blend (our custom French Green Clay). Rinse off in the luxurious cobalt rain showers. Finish with a full-body application and light massage with your choice of aromatherapy oil from our body care line.

APPROX 2.5 HOURS | **\$400**