

Rituals

Feel the stress fade away as you experience the essence of mind-body-spirit rituals that are rooted in Asian & European traditions.

Asian Suite

THAI MASSAGE

Thai massage is an oil-free, energizing, rigorous and interactive method of massage therapy. A highly trained Therapist performs this treatment on a cushioned floor mat. It involves compression along your body's energy lines and yoga-like stretches to increase flexibility, relieve muscular and joint tension and balance the body's energy. You will be provided with comfortable loose organic cotton clothing.

1 Session (80 minutes) – \$140

Series of 6 (80 minutes) – \$756

1 Session (110 minutes) – \$190

Series of 6 (110 minutes) – \$1,026

THAI HERBAL BALL THERAPY

This treatment is great addition to a Thai Massage session. A Thai Herbal Ball compress is carefully applied to energy points in your body. Thai Herbal Ball Compress is an authentic blend of aromatic and healing herbs that help relieve muscle and joint pain. Leaving you in a state of bliss, Thai Herbal Ball Therapy increases blood circulation, relaxes and soothes the mind.

Additional (25 minutes) – \$40

SHIATSU

Based on the traditional Japanese technique designed to balance your vital energy, Shiatsu therapy combines traditional massage techniques with stretching and weight counterbalancing to encourage greater harmony of energy, circulation, flexibility, and postural integrity. While using elbows, knees, feet, fingers and thumbs, your Therapist concentrates on your body's acupuncture points. You will be provided with comfortable loose organic clothing

(80 minutes) – \$130

ASHIATSU

"Ashi" in Japanese means foot and "atsu" means pressure. This technique however is not a form of shiatsu, it is a massage performed with the Therapist's feet using long fluid strokes along with deep compression. It works whole muscle groups as opposed to specific points within the muscle while it remains a very firm massage, the pressure is smooth and continuous.

(80 minutes) – \$135

DELIGHTFUL DREAMS (SHIRODHARA)

Infused oil is slowly released onto the third eye or center of the forehead. Gently flowing through the hair, the oil is then massaged into the scalp. Complemented by a relaxing face, hand and foot massage.

(45 minutes) – \$70

AYURVEDIC SHIRODHARA RITUAL

This Ayurvedic treatment uses the potent regenerative and curative properties of plants, herbs and minerals to restore equilibrium to your body energies. This treatment will begin with a light dry, exfoliation, followed by a soothing massage. A body mask is properly selected according to your Ayurvedic energy, known as Doshas. After the mask is applied to your body, you are wrapped in warmth and oil is slowly released onto the third eye gently flowing through the hair. You will emerge feeling balanced and energized.

(80 minutes) – \$120

ORIENTAL AROMASOUL

The Oriental Aromasoul Ritual relates to the traditional Chinese medicine principles of YIN and YANG. This treatment begins with a customized exfoliation followed by an infinity soak, completed by an ancient massage rooted in Tui-na. Designed to bring harmony to our energetic system and, therefore, our mind and body. It is a powerful treatment that 'opens' us by stimulating our natural vitality and encouraging that vitality to travel through our body, revitalizing us deeply.

(80 minutes) – \$130

ASIAN HAMMAM RITUAL

This treatment begins with an optional steam immersion. A body scrub is then performed combining crushed pearls and an Oriental oil blend to exfoliate dry skin. After a warm shower, a resting phase will commence; involving a self-application of warmed Monticelli mud while a bath is prepared. Following the bath soak, a Oriental "Tui-Na" inspired massage is performed on a warm massage table. The treatment is concluded with revitalizing hair & scalp energizer massage.

(105 minutes) – \$175

THREE TREASURES

Surrender to the experience of complete bliss with our Asian-inspired trilogy. Your indulgence begins with an Asian inspired massage. Its precise and intense movements will alter the state of both body and mind, preparing you for a soothing massage of the face and scalp. A cooling eye mask soothes the weary facial features while a Reflexology session completes the ritual removal of all cares, quietly transporting you to a place of unprecedented tranquility. **(80 minutes) – \$135**

VITALITY BATH RITUAL

This is a nourishing treatment will begin with a dry exfoliation followed by a soaking bath where fine sea salts from the Himalayan Mountains are used in Ayurvedic care to restore energy and vitality to the body. This treatment will conclude with a light application of Laminaria oil. *(Not recommended for iodine sensitivity)*

(45 minutes) – \$70

ISLAND OF THE ORIENT-FOOT TREATMENT

As with many ancient cultures, the quiet ritual of washing the feet is a gesture of reverence and renewal. Experience both in this precious treatment. Bowls of fragrant water are brought forth to bathe and scrub the feet preparing them for precise work on the reflex points. The whole body unwinds as the feet are caressed towards a sense of profound relaxation through the art of Reflexology. **(80 minutes) – \$110**

Old World Suite

MASSAGE FOR ROYALTY

Indulge as if you're royalty while two therapists perform this synchronized full-body Swedish massage. Working in unison, rhythmic hand and arm movements flow seamlessly over the body to invoke ultimate sensory delight. **(50 minutes) – \$140**

MEDITERRANEAN AROMASOUL

An interpretation of the Mediterranean: The sun and warmth of the sea in fluid movement. This treatment will begin with a Mediterranean exfoliation followed by a soothing soak. The nurturing aspects of water inspire this calming massage treatment, which encourages, through both gentle and powerful movements, to release, purify and renew. **(80 minutes) – \$130**

MEDITERRANEAN HAMMAM RITUAL

This treatment begins with an optional steam immersion. A body scrub is then performed combining olive seeds and a Mediterranean oil blend to exfoliate dry skin. After a warm shower, a resting phase will commence; involving a self-application of warmed Monticelli mud while a bath is prepared. Following the bath soak, a flowing Mediterranean style massage is performed on a warm massage table. The treatment is concluded with revitalizing hair & scalp energizer massage. **105 minutes – \$175**

MEDITERRANEO TREATMENT FOR TWO

For you and your fortunate companion, the restorative benefits of our Mediterranean inspired trilogy await. Begin by experiencing an invigorating exfoliation infused with aromatic oils of lemon and anise, while crushed olive stones gently polish the surface of your skin. Slip into the azure waters as you submerge your senses with this modern form of a timeless ritual, the treatment bath. The minerals perfectly prepare the tissues of the body for a massage that brings about transcendent relaxation. A delightful sensation that is even better, because it has been shared. **(110 minutes) – \$320**

SHARING THE EXPERIENCE

Embrace the unity of a shared spa experience. Treat yourself and a companion to the ultimate relaxation in a serene private suite. This dual Swedish massage inspires renewed unity and is the perfect way to celebrate a special occasion or cherish loving harmony. **80 minutes - \$250**

Customize your retreat by including champagne and chocolate covered strawberries. **Additional fee (24-hour notice required)**

COTE DE AZURE

Images of the balmy Mediterranean come to mind as your thoughts drift far away from the stress of the day. Soothed by tranquil blue waters that caress your body, cares will fade from view, replaced by the sense that all is well in this quiet place of serenity. Your immersion is followed by an exquisitely relaxing massage. Experience and enjoy! **(80 minutes) – \$130**

MUSCLE SOOTHING BATH RITUAL

This treatment will begin with a dry exfoliation followed by a soaking bath to including salt concentrates of magnesium and potassium are combined with analgesic essential oils to stimulate circulation and relieve muscle and joint aches. This calming treatment will conclude with a light application of soothing arnica oil. **45 minutes – \$70**

UOMO TRANQUILLO MEN'S MASSAGE TRILOGY

"Uomo tranquillo" means calm man and this treatment virtually guarantees that the gentleman who receives it will succumb to profound relaxation. Our tranquil sequence of serenity begins with the body massage, focused specifically on the areas of deepest tension, then transitions to our incredible massage of the face and scalp. Unwind with a cooling eye mask while the final indulgence, a full Reflexology session, completes the process of separating you from any stress, from head to toe.

(80 minutes) – \$135

SAND AND SEA HAND AND FOOT THERAPY

This intense anti-aging hand treatment exfoliates with a gentle peel to remove dead skin cells and reduce hyper-pigmentation. A deeply relaxing hand and arm massage follows with a firming cream and a hydrating seaweed oil. Your feet are then exfoliated with sea salts and then followed with an invigorating peel to reduce calluses and soften the skin. Your feet are soaked into a relaxing seaweed bath restoring essential minerals. A warm and aromatic seaweed bath will seal in hydration and provide soothing comfort. We follow with a cooling Anti-fluid Gel to bring instant relief to tired aching feet. A final touch to this blissful treat for your grateful feet.

(50 minutes) – \$70