

RELAX & REJUVENATE



KEYONNA BEACH

Wellness Cottage



Body Treatments

COUPLES

ART OF LOVE MASSAGE

Luxury massage for you & yours starting with dry body scrubs using organic powders and silk gloves. You both then receive aroma filled Swedish massages with scents of vanilla and Peppermint.

\$230
60 MINS

SACRED STONE MASSAGE

All tensions dissolve as sacred river stones are comfortably warmed, applied with soothing massage strokes & placed on energy centers found on the body. Come into balance as the stones neutralize tension & dissolve energy blocks, reconnecting you in total peace & well being.

\$165
60 MINS

DEEP TISSUE MASSAGE

A Swedish type massage, but with deeper pressure. Beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons & fascia.

\$155
60 MINS

SWEDISH MASSAGE

Enjoy soft, long, kneading strokes, as well as light, rhythmic, tapping strokes, on topmost layers of muscles. The massage is also combined with movement of the joints. Swedish therapy is both relaxing and energizing.

\$115
60 MINS

BODY BLISS

This shoulder to shin body rub down softens the skin with self heating, sinus clearing Peppermint and Eucalyptus essential oils combined with sea salts.

\$95
45 MINS

KEYONNA COCOON BODY TREATMENT

A gentle body scrub of sea salt, coconut oil and mint essential oils, followed by a body wrap, shower and soothing full body massage. This treatment is hydrating, detoxing and calming, while polishing away dull surface cells and impurities, leaving the skin soft and smooth.

\$190
90 MINS

BAMBOO MASSAGE

Bamboo sticks are used to give a deep firm massage. Stubborn muscles pain and tension melt away as muscle are massaged and kneaded using a method similar to a deep tissue massage.

\$165
60 MINS

BACK MASSAGE

Alternating levels of light to medium pressure are applied to muscles and problem areas to relax and relieve tension.

\$75
30 MINS

STRESS FREE MASSAGE

The aromatic scent of lavender with a Swedish body massage helps reduce muscle tension & increase circulation to lull you into a total state of relaxation.

\$115
60 MINS

HEAD, NECK & SHOULDER MASSAGE

This treatment uses & adapts classic Swedish massage techniques for treating scalp, face, neck, shoulders & upper arms. It works on the areas of the body that are most affected by stress. While the treatment is just on the upper part of the body, its effects are felt throughout the mind and body.

\$75
30 MINS

PRENATAL MASSAGE

Swedish massage techniques, using long sweeping strokes with minimal pressure are applied to the body with client lying on their side and/or back.
client must be in their 2nd or 3rd trimester to receive a prenatal massage

\$115
60 MINS

HYDRATING FACIAL

This treatment helps alleviate excessive dryness & restores moisture to the skin. Benefit from clearer skin, diminished fine lines, better skin tone & firmness.

\$115
45 MINS

Hands & Feet

MANICURE

A moisturizing skin treatment of the hands including cuticle neatening, nail filing & the application of polishes

\$60
45 MINS

PEDICURE

A therapeutic treatment for your feet that removes dead skin, softens hard skin & shapes & treats your toenails

\$75
60 MINS

RE-POLISH

An express treatment to include removal of old polish, nail shaping, buffing, cuticle detailing & choice of polish.

\$35
30 MINS

PARAFFIN HAND & FEET TREATMENT

A soothing treatment in which the hands & feet are submerged in a warm mixture of paraffin, a petroleum-based wax & mineral oil. This warming treatment soothes aching joints & improves circulation & the combination of oil & wax softens rough skin.

\$30
30 MINS

FOOT REFLEXOLOGY MASSAGE

Enjoy soothing pressure applied to specific points on the feet in order to relieve stress, pain or soreness. Reflexology not only benefits the feet but also positively impacts various other parts of the body.

\$75
30 MINS

IMPORTANT INFORMATION

Prices are quoted in **US\$** and are inclusive of government tax. To ensure availability, we recommend that you make your reservations at least **24 hours** in advance. Same day appointments are available but are subject to availability. Cancellations made less than **8 hours** of the schedule time will incur a charge of **50%** of the treatment price. Rescheduling a treatment less than **4 hours** of the schedule time will incur a charge of **50%** of the treatment price. We ask that you arrive at least **10 mins** prior to your appointment.

Please note that if you are late, your treatment length will be modified and the full price be applied.

