



## Massage at Trapp Family Lodge

Whether you need quiet time to unwind, or want to revitalize sore or tired muscles, we look forward to providing a relaxing and effective massage.

### Therapeutic Massage

*Friday - Monday 30 Minutes \$70.00 | 60 Minutes \$110.00 | 90 Minutes \$145*

*Tuesday - Thursday 30 Minutes \$65.00 | 60 Minutes \$100.00 | 90 Minutes \$135.00*

Our therapists practice a blend of Swedish/Sports Massage, and integrate Shiatsu/Acupressure to release all your stress and tension.

### Hot Stone Massage

*60 Minutes \$130.00 | 90 Minutes \$160.00*

Creating sensations of comfort & warmth. Experience the soothing and trans-formative effects of our Hot Stone Therapy. Relax while heated basalt lava stones are comfortably placed on the body. This ancient healing art uses warm stones to gently massage and release the tension in your aching muscles.

### Sweet Surrender

*60 Minutes \$115.00 | 90 Minutes \$150.00*

Surrender yourself to a revitalizing sugar/salt scrub. This nourishing exfoliation will remove impurities, leaving your skin silky smooth. Choose from the Seasonal Scrubs: Mango Ginger Brown Sugar or Lavender Salt Glow

### Radiant Glow

*55 Minutes \$100.00 | Add-on 35 Minute Back Massage \$60.00*

This soothing treatment for the face is intended for relaxation and skin rejuvenation. Experience a soothing treat for the face, and feel the effects from head to toe. Relax as your skin is cleansed, gently exfoliated and lightly steamed.

Enjoy a full massage of your face, neck, shoulders, and décolleté. A combination of hands-on lifting and firming massage techniques are designed to release facial tension and relax fine lines and wrinkles. Discover true paradise as your feet are pampered with warm steamed towels and massaged. Revitalize with a nourishing honey rose masque.

Your face is left feeling radiant and moisturized, your mind, clear and calm.

*Please remove make-up before facial treatments. Extractions are not performed.*

### Peppermint Foot Revitalizer

*60 Minutes \$100.00 | Add-on 30 Minutes \$60.00*

Put your feet up during this refreshing experience as the therapist pampers those tired aching feet with steamed towels. Indulge as the feet are exfoliated with a peppermint scrub and treated to a relaxing massage and spa reflexology.

Tender loving care will soothe and revitalize your feet as well as your mind.

If you have questions about the massages or would like to schedule an appointment, please inquire at the Fitness Center x5722.

Please note: There is a 24-hour cancellation policy.