



## 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

*30 Minutes \$85 | 60 Minutes \$130 | 90 Minutes \$160*

*Add Steamed Towels for \$10*

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 \$145 | 90 Minutes \$175*

Creating sensations of comfort & warmth. Experience the soothing and transformative 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.

### Peppermint Foot Revitalizer

*60 Minutes \$120*

*add a 30 minute peppermint foot revitalizer to any massage for \$70 extra*

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.