

SPA MENU | *HOLISTIC THERAPY*

RELAXATION MASSAGE \$110/160

This massage uses light to medium pressure to improve circulation and promote overall well-being. It's perfect for anyone seeking solace and a traditional calming technique to quiet the nervous system, leading to restoration and healing.

INDIE HEAD MASSAGE \$130

Relax and rejuvenate with our Indie Head Massage, a blissful treatment that targets the muscles of the upper body, face, and scalp. Unwind as skilled hands work to release tension and soothe away stress, promoting deep relaxation and improved circulation. Enhance your experience with our nourishing Argan Oil Hair Mask, leaving your locks silky-smooth and deeply hydrated.

BALINESE MASSAGE \$120/170

Transport yourself to a state of deep relaxation with our Balinese Massage treatment. Drawing from traditional Balinese techniques, this soothing therapy focuses on gentle stretching, acupressure, and long, flowing strokes to release tension and restore harmony to body and mind. Let the rhythmic movements of our skilled therapists melt away stress, while aromatic oils envelop you in a sense of tranquility. Experience a renewed sense of well-being as muscular knots dissolve, leaving you feeling utterly rejuvenated from head to toe.

THAI HOT COMPRESS MASSAGE \$130/180

Indulge in our Thai herbal compress massage, a traditional healing method that combines massage methods with the use of warm herbal compresses infused with a mixture of traditional Thai herbs. To offer a soothing and healing sensation, the herbal compress are heated, and softly rolled and smoothed over the body.

REFLEXOLOGY \$120

Experience the ancient art of reflexology at Strathmere Wellness Retreat, where skilled therapists apply pressure to specific points on the feet, hands, and ears to stimulate healing and relaxation throughout the body.

FACIAL LIFTING MASSAGE \$130

Experience a rejuvenating facial lifting massage that incorporates advanced lifting techniques, including intraoral work. This luxurious treatment helps firm and tighten the skin, promoting a youthful and radiant appearance. Includes cleanse, mask and serum and moisturizer.

FIRE & ICE MASSAGE \$130/180

Experience the invigorating and rejuvenating effects of Fire & Ice, our massage add-on that combines the soothing warmth of hot stones with the refreshing coolness of cold stones. This contrast therapy technique promotes circulation, reduces inflammation, and enhances overall relaxation and muscle recovery, leaving you feeling refreshed and revitalized.

BODY RENEWAL RITUAL \$190

Begin your journey to radiant skin with a gentle exfoliation using natural scrubs, designed to slough away dead skin cells and reveal a renewed glow. Next, surrender to the nourishing properties of our rejuvenating mud mask, which detoxifies and hydrates the skin, leaving it soft and supple. While the mask works its magic, enjoy a refreshing facial tailored to your skin's needs, followed by a soothing scalp treatment to melt away tension and promote relaxation.

REIKI WITH CRYSTALS \$120

This ancient Japanese healing technique focuses on channeling universal life force energy to promote balance and harmony within the body, mind, and spirit. As you lie comfortably on a massage table, our skilled Reiki practitioner will gently place crystals on or around your body, enhancing the healing energy flow and amplifying the effects of the treatment. Through the gentle laying on of hands, you'll feel waves of soothing energy enveloping you, releasing tension, stress, and emotional blockages.