



Spa Services and Facilities



Relaxation Massage

A combination of Swedish, Cross-Fibre and Lomi-Lomi relaxation massage techniques with the use of natural essential oils.



Therapeutic Bodywork

Experience ultimate relaxation and balance through deep therapeutic bodywork. A variety of massage techniques, combined with acupressure, designed to release stress and revitalize your body, mind & spirit.

Seniors Relaxation Therapy

An excellent restorative Therapy. Experience the ultimate relaxation as the therapist leads you through deep restorative breathing, guided relaxation techniques, light massage, reflexology and acupressure. The treatment is done with the client lying down, wearing comfortable clothing.

Reflexology

Reflexology is an ancient healing technique based on the theory that there are reflexes on the feet, hands and ears that correspond to every organ, part and system of the body. Our reflexologist will gently sweep the five zones of the foot with fingers above or lightly touching the foot.



**Outdoor
Oceanview
Hot Tub**



**Exercise Equipment
with ocean view**

**Spa Appointments Available by Advance Booking
Please call our reservations line: 1-800-665-7745**



**Indoor
Cedar Sauna
with ocean view**