



# SPA MENU

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## TREATMENTS

## HOLISTIC & TRADITIONAL & ESTHETICIAN

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## HOLISTIC TREATMENTS

### WHAT IS A HOLISTIC TREATMENT?

Focusing on mental, physical, and spiritual well-being as a whole, instead of individual problems, Holistic Therapy uses a combination of traditional and non-traditional methods that promote overall health and relaxation.

*\*Ask your spa therapist or the front desk about our personalized holistic jewelry*

#### REIKI 60 Min - \$110 | 45 Min - \$85 | 30 Min - \$70

A non-invasive healing technique that restores the body's inner balance by channeling energy through the Therapist and into the client. This treatment will promote physical, emotional, mental and spiritual balance, as well as gentle relief for headaches, arthritis, depression and lethargy.

#### THE "SPIRITUAL GROUNDING" FOOT TREATMENT 60 Min - \$130

This treatment focuses on healing your Root Chakra, which governs the adrenal glands, spine, blood, and reproductive organs. The treatment includes a foot scrub, aromatherapy, hydrating mask and reflexology to reconnect your Foot Chakra, leaving you feeling more stable, safe, calm, and anchored in reality.

#### THE "UNCONDITIONAL LOVE" HAND TREATMENT 45 Min - \$100

Focusing on your Heart chakra, this massage aims to relax you and realign your emotional energy. This is done with aromatherapy, a pampering hand scrub and massage, and a hydrating mask to bring balance and relieve tension in your hands.

#### THE SEVEN CHAKRAS BALANCING MASSAGE 75 Min - \$180 | 60 Min - \$150

With this massage, our therapists focus on complete rejuvenation of each of your 7 chakras. Using aromatherapy, Reiki and crystal therapy, along with a full body massage using basal lava stones, you will leave this treatment in a state of deep relaxation.

#### THE DIVINE INTUITION SCALP AND HAIR TREATMENT 60 Min - \$130

Recover from stress, relieve tension in your head, neck and shoulders, and activate the energy of your eye chakra with this divine massage that works on your lymphatic system to remove toxins using aromatherapy and our delightful nourishing scalp and hair mask.

#### THE CHAKRA BALANCING BODY WRAP 90 Min - \$300

Using Moor Spa's Gemstone Clay Body Mask alongside 30 minutes of healing Reiki, this treatment will help to clear all 7 Chakras and form a protective shield around the body.

#### URBAN DETOX BODY TREATMENT 90 Min - \$300

Enjoy the ancient technique of hot stone massage as basal lava stones are laid carefully over the body, relieving stress, anxiety, tension, and pain. The aromatherapy oils used in combination with the stones will leave you feeling warm, comforted, and grounded.

#### REFLEXOLOGY 30 Min - \$70

This treatment involves massaging the precise pressure points of the feet to relieve tension and pain of related areas of the body. This treatment promotes relaxation, improves circulation, reduces pain, soothes tired limbs, and encourages overall healing.



## TRADITIONAL TREATMENTS

#### HOT STONE MASSAGE 60 Min \$130 | 45 Min - \$100

A warm and comforting experience as aromatherapy oils are massaged into your skin using hot stones. This ancient technique will induce a deep state of body and mind relaxation as the stones are laid carefully over your body leaving you feeling grounded and connected. (Available seasonally).

#### NECK, FACE, SCALP 30 Min - \$60

By focusing on your neck, face, and scalp, this 30 minute massage promotes relaxation and helps to lower blood pressure, alleviate tension headaches and migraines, and promotes healthy hair growth.

#### RELAXATION MASSAGE 60 Min - \$115

Pamper yourself with this traditional, full body Swedish Relaxation massage using light to medium pressure to relax aching muscles and stimulate circulation. Using a combination of long strokes and gentle stretches, this massage will help you relax and provide gentle pain relief.

#### BACK, NECK, AND SHOULDER 60 Min - \$115 45 Min \$85

This classic massage focuses on relieving tension in the back, neck, and shoulders. This treatment improves circulation over a wide area of the body, allowing more oxygenated blood to nourish the tissues, relieving aches, and aiding in tissue recovery and repair.

#### AROMATHERAPY MASSAGE 60 Min - \$120 | 45 Min - \$90

Experience the therapeutic powers of essential oils in a relaxing massage that incorporates the healing powers of essential oils through the senses of smell and touch. Helps to naturally increase circulation, while nourishing the skin.



## ESTHETICIAN TREATMENTS

### BACK FACIAL

60 Min - \$120

A luxurious treatment for acne prone bodies using Moor Spa products, consisting of a deep cleansing, exfoliation, extractions, mask, and moisturizer. Includes a light to medium pressure back massage.

### AUSTRIAN MOOR CLASSIC FACIAL

60 Min - \$130

Specially designed Classic 60-minute facial designed for ultimate relaxation while also focusing on areas of concern specific to each client. Your skin will be detoxified, purified, toned and revitalized by organic active ingredients.

### ANTI-REDNESS FACIAL

60 Min - \$130

Treat your skin to this relaxing facial designed to decrease redness, calm inflammation, and aide skin conditions. Using the calming products of moor spa to sooth skin prone to redness, this facial is best suited for clients with rosacea or sensitive skin.

### SKIN PURIFYING / BRIGHTENING FACIAL

60 Min - \$130

Moor Spa skin system is designed to help effectively treat current blemishes while preventing new ones from forming by using potent, active, natural ingredients. This facial service can create balance to the skin while promoting a healthy, clear complexion.

### PLATINUM SUPREME ANTI-AGING FACIAL

60 Min - \$140

This facial uses Moor Spa's most intense age-defying ingredients to rejuvenate your skin. This facial will hydrate, and nourish your skin, aiding in the prevention and counteraction of the effects of aging.

## REGISTERED MASSAGE THERAPIST TREATMENTS

### RMT RELAXATION MASSAGE

60 Min - \$130

Pamper yourself with this traditional, full body Swedish Relaxation massage using light to medium pressure to relax aching muscles and stimulate circulation. Your skillful and nurturing therapist uses a combination of long strokes and gentle stretches intended to bring you to the ultimate state of relaxation.

### RMT BACK, NECK, AND SHOULDER MASSAGE

60 Min - \$130 | 45 Min - \$105

It will loosen the muscles in the back and shoulders where tension exists. Allowing your body to unwind during a Back, Neck & Shoulder Massage will get rid of stiffness and promote deep relaxation. By speeding up circulation over a wide area of the body, more fresh, oxygenated blood will nourish the tissues, relieving aches and aiding tissue recovery and repair.

### RMT DEEP TISSUE

60 Min - \$140

Registered Massage Therapist only, Limited Availability. A Therapeutic Deep Tissue Massage that helps treat fibromyalgia, scar tissue, and fight muscle tension. This massage will help promote faster healing by increasing blood flow and reducing inflammation.

