

# Massage Menu



Every Massage or Facial Treatment includes choice of aromatherapy, hot towels and a complimentary Member for a Day pass to enjoy our facility, group fitness classes, sauna & steam room. Sandals & robe are available upon request.

- **The Wave** (Greate Bay Swedish Massage)  
*Classic, stress-relieving, light to medium pressure massage to promote circulation and an overall sense of tranquility.*  
**50 minutes - \$79 / 80 minutes - \$115**
- **Don't Sweat It** (Sports Massage)  
*Customized to fit your lifestyle. Whatever your needs, this massage improves flexibility, helps prevent injuries & gets you ready for your workout! Also a great way to relax and repair fatigued muscles post-workout.*  
**50 minutes - \$89 / 80 minutes - \$135**
- **Deep Muscle Therapy** (Deep Tissue Massage)  
*Focus on those overworked muscles with this intensely therapeutic massage. Customized to relieve pain where knots, heavy physical activity and everyday stress occur.*  
**50 minutes - \$99 / 80 minutes - \$145**
- **Hot Stone Massage**  
*Through strategic placement of smooth, heated stones, this massage eases muscle stiffness and tension while promoting deep relaxation.*  
**50 minutes - \$109 / 80 minutes - \$155**
- **Baby And Me** (Prenatal Massage)  
*How about a massage for two? Designed specifically for the expecting mother, this soothing massage gives you and your baby the much needed attention you deserve. Helps improve circulation, reduce swelling, release tension and relieve stress.*  
**50 minutes - \$79, performed in 2nd or 3rd trimester**

## Add-On Services:

- **Reflexology** is the application of pressure to specific points on the feet, hands or ears that correspond to different body organs & systems. Proper application of pressure on such points has a beneficial effect on the different organs as well as general health & well being. **10 minutes-\$15 / 20 minutes-\$115 / 30 minutes-\$45**
- **Sole Refresher Foot Scrub** Hydrate and replenish those overworked feet with this fresh feeling peppermint foot scrub therapy that finishes off with a rich, rehydrating foot lotion and hot towel service. **\$15**
- **Spray Booth Tanning** Get that fresh off the beach glow the safe way. Spray tan is the way to go! Add this tan onto any massage or facial service & you'll have that healthy looking glow without the sun damage. **\$15**

## Ask about our Monthly Specials - Open to the Public!

Prices & plans are subject to change without notice. Please visit our website for detail on all policies and procedures.

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