

Spa Menu

massage specials

SWEDISH MASSAGE – Classic massage with both long strokes and rhythmic grace is used to improve muscle tone, stimulate circulation and relax the entire body. As well as being healthy for the soul, massage can help improve the body's circulatory, lymphatic, muscular and nervous systems. This massage is perfect for those who have never before experienced a massage.

30 min \$60 | 50 min \$100

DEEP TISSUE MASSAGE – A massage customized for your body's needs. Neuromuscular and Orthopedic massage techniques help to enhance the effects of deep tissue massage. Designed for your body type, the Deep Tissue Massage increases circulation, decreases muscle tightness and generates an overall sense of well-being and balance.

30 min \$60 | 50 min \$100

HOT STONE MASSAGE – Balance will be restored emotionally, mentally, physically and spiritually with a Hot Stone Massage. The deep penetrating warmth of the hot stones is combined with the relaxing Swedish massage technique for maximum results.

60 min \$100

AROMATHERAPY MASSAGE – Long rhythmic strokes with essential oils help to relax and rejuvenate. This massage will offer complete stress relief!

50 min \$100

PRE-NATAL – (This service is available only during the 2nd and 3rd trimester) Expectant mothers will feel nurtured by the pampering of the massage and the nurturing environment. Therapist will provide a full body massage with the intention of relieving the discomforts of pregnancy.

50 min \$100

THERAPEUTIC MASSAGE – This massage is for persons seeking deeper, more detailed bodywork for specific areas. Massage may include Orthopedic, Neuromuscular, Myofascial Release, and /or Sports Massage.

30 min \$60 | 50 min \$100

GENTLEMAN'S MASSAGE – Neck, Back and Shoulder's – Perfect for relieving tension, releasing muscle tightness or recovering from a long day of hunting/fishing. The Gentleman's Massage is ideal for anyone with upper back and neck tightness.

30 min \$60

ULTIMATE MASSAGE EXPERIENCE – The ultimate massage utilizes aromatherapy and hot stones. The fragrances help ease stress of the mind and spirit while the warmth of the hot stones enables muscles to completely decompress.

90 min \$150

rejuvenating facials

REFRESHER FACIAL – A gentle cleansing is performed followed by a personalized mask. Light massage will bring instant radiant glow to the skin, leaving it soft and luminous.

25 min \$30

EXPRESS FACIAL – Benefits of a rich cream mask will leave your face deeply cleansed and polished. A unique combination of toners, mask and massage will bring out the natural radiance of your face.

45 min \$60

HOT STONE FACIAL – Benefits of the Express Facial with the warmth of relaxing hot stones placed on the face. Heat from the stones will send you into relaxation while a selected mask will help balance skin tones.

50 min \$70

SIGNATURE FACIAL – Deep cleansing therapeutic facial designed for ultimate relaxation. Exfoliation, steam, nourishing treatment masque and finishing crème are based on skins needs. A heated hand treatment and relaxing face and neck massage are included.

50 min \$90

nail care

MANICURE - \$30

PEDICURE - \$40

PARAFFIN HAND OR FOOT TREATMENT - \$15

(Sorry, we do not offer artificial nail services.)

Packages may be customized to suit clients' needs. For reservations please call 478-237-3474 or mcobb@flatcreeklodge.com.

