



## BODY AT PEACE SPA

### CORAZÓN PACKAGE | \$118

Choose two of the following treatments to receive consecutively for a 90-minute spa experience.

#### PEACE MASSAGE

Our signature treatment! See description below.

#### OATMEAL FACIAL

Cleanse, hydrate, and renew; both gentle and exfoliating, your skin will reap the rewards of hydrating and antioxidant-rich oatmeal.

#### PAPAYA BODY MASK

Nourishment from head to toe; soothing and cooling, this superbly healing fruit will bring forth new glow and deep hydration to the skin.

#### COFFEE BODY SCRUB

Exfoliate from head to toe with this invigorating natural blend of coffee, chocolate, sugar and coconut oil that revitalizes and repairs skin. Discouraged for those with sunburn.

#### FOOT REFLEXOLOGY

A holistic treatment based on the premise that reflex zones in the feet and hands correspond to all body systems. Pressure is applied to different zones to promote healing and overall well-being.

### MASSAGE TREATMENTS | \$118

Choose one of the following treatments to receive for a 90-minute spa experience.

#### PEACE MASSAGE

Soothe your tired muscles and ground into deep relaxation with this full body experience. Combining slow strokes and strong finger pressure, the purpose is to release the tension and tightness held deeply in your muscles and your connective tissues.

#### AYURVEDIC MASSAGE

This full-body Ayurvedic massage with sesame oil (also known as Abhyanga) soothes and purifies the body, mind, and being. The massage helps to balance the three doshas and restore health imbalances through the activation of marma points (energetic points) with light pressure. Leave feeling relaxed, grounded and cared for.

#### ABDOMINAL MASSAGE

An ancient treatment of the internal organs that stimulates metabolism, digestion, elimination and hormonal regulation. Clients receive non-invasive pressure on specific points of the abdomen to relieve emotional blockages, activate energy centers, and dissolve toxins held in the body.

#### THAI MASSAGE

This technique, originating from Thailand and Traditional Chinese Medicine, focuses on pressure points, range of motion, passive stretching and palpation along the energy channels. Clients remain clothed for these sessions which are done on a Thai massage mat on the floor without oil or lotion.

Prices do NOT include tax or gratuity. Cancellations within 24 hours will incur a 50% fee of treatment price. Missed appointments will be charged 100% of treatment cost. Please arrive 15 minutes before your appointment time.



# WOMEN'S HEALTH

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## BODY AT PEACE SPA

Every month, and throughout our lives, women go through cyclical phases of creation, death, and rebirth. These Women's Health treatments offer deeply integrative and transformative experiences that women of all ages can benefit and heal from. Please speak with our staff about which treatment is right for you.

### YONI PACKAGE | \$128

An approximately 90-minute experience

#### YONI STEAM

You will sit on a yoni steam box, allowing the warmth of the herbal steam to permeate the vagina, open the uterus, remove energetic cords, emotional and physical toxins, and bring balance and harmony.

#### WOMB MASSAGE

Receiving this massage regularly can address, and even reverse, states of chronic fatigue, anxiety, intestinal disorders, menstrual issues and more. A womb massage is an intense, intimate, and fascinating experience.

### 4-STEP WOMEN'S RITUAL | \$248

Receive all four steps in one transformative 3 hour experience.

*\*Specify treatment choice*

#### ENERGY-RELEASING MASSAGE

A massage to locate nodules, tension, fear and stored, encapsulated energy that needs to be released and relieved from the body.

#### SWEAT

After the bath, you'll be covered in blankets like a cocoon (even your face, nose exposed) so you can sweat profusely. The heat and darkness is the key to transformation of body and beliefs.

#### HERBAL BATH \*OR YONI STEAM

Women's dis-eases and emotional conditions come from having a hard, cold center of the uterus and abdomen. The hot herbal bath returns heat that the woman may have lost during childbirth, trauma, or life transition and process.

#### REBOZO WRAP \*OR WOMB MASSAGE

Cotton textiles will be used to put pressure on seven points of the body (head, shoulders, ribs, hips, thighs, calves, and feet) to support grounded relaxation, integration & connection.

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