

Massage Therapy

Swedish Massage -

Considered an introduction to massage therapy. If you have never experienced a massage, the Swedish massage is the perfect place to start. Swedish massage is a very gentle, rhythmic massage that is very good to relax soft body tissue and facilitate healing. It is lighter in touch than other forms of massage techniques and includes long flowing strokes, kneading, and friction techniques on more superficial layers of the muscles.

50 Minutes \$100 80 Minutes \$140

Prenatal Massage -

Prenatal massage is becoming increasingly popular. Prenatal massage is used to reduce stress, decrease swelling, relieve aches and pains, and reduce anxiety and depression. The massage is customized to a woman's individual needs. (**Client will need to be 16 weeks or more along.)

50 Minutes \$100

Therapeutic Massage -

Specifically designed to target problem areas due to stress and tension. Also used for people who are active and work out often. The focus isn't solely on relaxation but on preventing and treating built up tension in the muscles. A combination of techniques are used. The strokes are generally faster and deeper into the muscles than Swedish massage.

50 Minutes \$110 80 Minutes \$150

Deep Tissue Massage -

Deep tissue massage targets the deeper layers of muscle and connective tissue. The therapist uses slower strokes or friction techniques across the grain of the muscle. Deep tissue massage is used for chronically tight or painful muscles, repetitive strain, postural problems, or recovery from injury.

50 Minutes \$125 80 Minutes \$170

Hot Stone Massage -

Heated, smooth stones are placed on certain points on the body to warm and loosen tight muscles and balance energy centers in the body. The therapist may also hold stones and apply gentle pressure with them. The warmth is comforting. Hot stone massage is good for people who have muscle tension but prefer lighter massage.

50 Minutes \$115 80 Minutes \$160



Back, Neck & Shoulder Massage -

A relaxing massage therapy concentrating on the back, neck and shoulder muscles. The massage is suitable to anyone who wants to relieve stress or complaints in the back, neck and shoulder areas in particular. It helps combat the stress of every day life.

25 Minutes \$65

COUPLES MASSAGE ALSO AVAILIABLE

Facial Treatments

Eden Express Facial -

For on the go glow, enjoy our express facial that offers you a refreshing hydrating antioxidant facial.

30 Minutes \$75

Eden Signature Facial (Nourishes Deprived Skin) -

Our signature facial is individually customized for your skin type. Includes skin analysis, exfoliation and a luscious masque to stimulate cell renewal for a healthy complexion.

50 Minutes \$120 80 Minutes \$160

Soothing Facial (Comforts Irritated Skin) -

For Delicate and Sensitive skin. Hydrate, soothe and repair your skin using calming techniques and an anti-inflammatory masque. Great for Rosacea.

50 Minutes \$130 80 Minutes \$175

Purifying Facial (Deep Cleanses Impurities) -

Designed to clear skin congestion, minimize pores, detoxify and control acne.

50 Minutes \$150 80 Minutes \$195

Premiere Age-Defying Facial (Lifts and Firms) -

Uses a trio of exclusive power-packed serums designed to slow down the aging process by boosting cell turnover and skin density.

50 Minutes \$140 80 Minutes \$185

Skin Brightening Facial (Reduces Hyper Pigmentation) -

Reveal a brighter, more even complexion by noticeably improving skin tone and texture.

50 Minutes \$140 80 Minutes \$185

Gentlemen's Facial -

Designed to help relieve irritation due to shaving and leave your skin deeply hydrated.

50 Minutes \$120 80 Minutes \$160



Body Treatments

Coconut Lime Salt Glow -

Deeply exfoliating, our fragrant Coconut Oil & Lime Mineral Scrub with an essence of lime and exfoliating mineral salts, followed by a coconut body butter invigorates and smoothes the entire body for a refreshing body wellness adventure.

80 Minutes \$160



Clarifying Back Facial -

Thorough cleansing, followed by exfoliation and extractions if needed. Purification to effectively treat acne on one of the most neglected areas of your body.

45 Minutes \$120

Raindrop Therapy -

Essential oils are dropped from 6 inches above your spine, simulating rain drops; enticingly one drop at a time. It is very relaxing and comforting. Combining several holistic modalities to bring balance and alignment to the body in a non-invasive manner. It also stimulates all the body systems on a physical and emotionally level.

80 Minutes \$160

Dead Sea Mud Wrap -

Enjoy the benefits of our nourishing and detoxifying dead sea mud wrap. Deeply soothing, remineralizing and balancing, we bring you the essence of renewal in our unique body wrap, followed by a warm shower. Then indulge in a moisturizing body butter.

80 Minutes \$160

**** SALT GLOWS CAN BE CUSTOMIZED TO YOUR PREFERENCE ****

Unscented, Lavender, Eucalyptus, Lemongrass, Coconut, Grapefruit, Orange, Peppermint

Salon Services

Eden Spa Manicure -

Cleanse, shape, cuticle removal, condition and polish application.

45 Minutes \$45

Seaside Manicure -

Pamper your hardworking, achy hands. Includes everything in the above Eden Spa Manicure with the extra indulgence of a warm seaweed paraffin wax dip, followed by an arm and hand massage.

60 Minutes \$65

Eden Spa Pedicure -

Enjoy the gorgeous view from our whirlpool footbath and massage chair. Ideal for both men and women.

Cleanse, shape, cuticle removal, moisturize and polish.

45 Minutes \$65

Seaside Pedicure -

Tired feet from a day of hiking? Come in and we will make them feel like new. Includes everything mentioned in the Eden Spa Pedicure plus you are treated to exfoliation, seaweed paraffin wax dip, and a lower leg and foot massage.

60 Minutes \$85



NAIL EXTRAS

CND Shellac Nails	\$40
Shellac w/Manicure	add \$20
Polish Change- Feet	add \$15
Polish Change- Hands	add \$12

WAXING

Lip	\$10
Eyebrows	\$20
Face	\$30
Lower Arms	\$30
Whole Arms	\$50
Lower Legs	\$30
Whole Legs	\$60
Back	\$40
Chest	\$60
Bikini	\$40
Brazilian	\$75