

Massage & Bodywork

serenity & natural healing

Hot Stone: soothing heat from smooth, basalt stones penetrates achy muscles, melting tension and relaxing the total being.

Reflexology: stimulation of feet, hands, ears and/or face calms and elevates mood, restores balance and natural healing.

Swedish: classic strokes glide, knead and smooth to relax, reduce stress, detoxify and rejuvenate. hot towels and sensual therapeutic-grade essential oils enhance this deeply restorative treatment.

Options: clothed and pregnancy bodywork are also available.



injury & pain relief

Deep Tissue: deeper, targeted pressure relieves pain, increases circulation and mobility and accelerates healing. an effective muscle shorting technique (structural relief therapy) is sometimes used to further address troubled areas. powerful essential oils and hot towels also enhance the therapeutic effects.

Reflexology: therapeutic stimulation of feet, hands, ears and/or face enhances organ and gland function, relieves headaches and hormone imbalance.

Lymphatic Massage: slow light repetitive strokes in a specific sequence to enhance entire immune system. helpful with inflammation due to edema or injury.



balancing energies

Craniosacral: subtle touch to head, spinal column and sacrum relaxes connective tissue, calms and revitalizes.

High Touch Jin Shin: an ancient Oriental therapy using gentle fingertips to harmonize and restore energy flow and relieve stress.

Reiki: with hands on or above the body, loving energy is directed toward the client to balance and calm body, mind and spirit.

Vibrational (Energy) Medicine: customized sessions target meridians, chakras and organs to restore overall physical, emotional and mental balance.



Our Signature Spa Treatments

“Earth, Water, Spirit”: this 3-in-1 treatment combines Hot Stone, Swedish massage and Reiki to create a transformational experience.

“Essence of the Islands”: featuring island-created beauty enhancers from San Juan, Orcas and Lopez Islands, this indulgence is as locally inspired as it is therapeutic.

“Renewal for Him”: take the load off... work away tension from head, shoulders, hands and feet for a lighter, revitalized being overall.

“Touch for Two”: unwind, soothe and rejuvenate your senses together. Share the gift of massage with a loved one on side-by-side massage tables.

Body Exfoliation: corn meal, sugar or salt infused with oil exfoliates, stimulates, remineralizes and smooths the skin. clients should not shave or wax 24 hours before treatment.

Body Wrap: skin is exfoliated, clay-brushed to detoxify, and wrapped. moist, warm towels and essential oil lotion complete this deeply cleansing treatment.

Face Radiance: luxurious products for all skin types cleanse, exfoliate, mask, tone and moisturize to leave the face energized and radiant.

Foot Therapy: a soothing soak, scrub and massage leaves the sensitive feet feeling light and energized.

Hot Oil Scalp: hot oil drizzled and massaged into the scalp, conditions hair, stimulates the scalp and relaxes the entire body.

Raindrop Technique®: therapeutic-grade essential oils dripped onto the back and feet are massaged into the tissue so the powerful properties of the oils penetrate and work their magic...

Tibetan Eye Rejuvenation: amazingly, gentle foot and abdominal massage encourages therapeutic benefits to the eyes.

Tibetan Shirodhara: a fine stream of oil on the forehead enhances gentle foot and abdominal massage to encourage deep relaxation.