



# AQUATIC MASSAGE

## WATSU

**50 MINUTES \$195 / 90 MINUTES \$300**

Swimwear required. Float comfortably and fully supported in a pool of warm water while a therapist uses massage techniques to soften muscles, stretch tissues and open energy pathways. As your body moves through the water, it reaches a state of relaxation so deep that the mind can follow. A freedom of awareness encourages healing to occur. Watsu® can address stress, chronic back pain, orthopedic limitations, arthritis, sleep disorders, fibromyalgia, range of motion issues and emotional release. This is a profound experience unlike any other.

## WATER CRANIOSACRAL

**50 MINUTE \$160**

Craniosacral Therapy in water is a gentle aquatic therapy technique that enhances the function of the craniosacral system. Craniosacral therapy deals with the bones of the head, spinal column, sacrum and the underlying structures. This type of therapy employs a very light touch and uses specifically designed techniques to release restrictions and compression in these areas. It detects and corrects motor, sensitive and neurological dysfunctions that are creating an unbalanced Craniosacral System. Applying Craniosacral Therapy in Water multiplies its therapeutic effects in this state of in-gravity where specific pressure awakes corrective movement in the body.

## WATER REFLEXOLOGY

**50 MINUTE \$185**

After entering the warm pool, you will be guided through deep breathing rhythm while floating, leading you to a state of relaxation and freedom. Your therapist will then give you an incredible reflexology treatment. Reflexology is an alternative medicine involving application of pressure to the feet with specific thumb, finger, and hand techniques. It is based on a system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work effects a physical change to the body. Your stressed organs will be calmed and you will begin to feel weightless as you become one with the body.