



SEATED EXPERIENCE CHAIR MASSAGE

25 min / \$85 | 50 min / \$135

GOOD FOR THE SOLE

(foot massage)

A much-needed experience after a shopping rendezvous or a long day on your feet. The perfect pressure point foot massage that focuses on your feet & lower legs to add that extra skip in your step!

TAKE A SEAT 25 MIN ONLY

(head, neck & shoulder massage)

The ideal choice to transition from 9-to-5 to your perfect evening. This massage reduces muscular tension & stress. Thoughtfully crafted to relieve tense shoulders from crouching over your laptop all day.

I WANT TO ALL 50 MIN ONLY

(foot, head, neck & shoulder massage)

The ultimate chill – we recommend this when you want a little bit of everything. Just sit back & relax while we massage your upper body, feet & scalp.

FULL BODY BREAK TABLE MASSAGE

25 min / \$95 | 50 min / \$145 | 80 min / \$210

MUCH KNEADED

(signature massage)

Our signature massage! Curated by you, treated by us. This massage is “mapped” to your target areas. So whether you prefer deep tissue, relaxation, or something in between, this massage is customized to suit your lifestyle, mood, and needs.

APRÈS WORKOUT

(deep tissue & stretch)

Run, don't walk. For a little tough love, this sport-style massage is for those needing a firmer and deeper treatment. The perfect reward for your active body!

JET LAG CURE

(lymphatic drainage)

Worn out from all the wanderlust? This massage is focused on relieving muscles from traveling and sitting on a plane, using a lymphatic drainage technique to reduce inflammation, increase blood flow and reset your sleep cycle.

MAMA KNOWS BEST

(prenatal massage)

A special treat for the mom to be! This massage focuses on relieving common areas of tension that may arise during pregnancy. No worries, you may count for two, but we only charge for one...

TABLE FOR TWO

(massage for two in couples room)

Bring your friend (or lover). A little more social yet intimate, enhance your experience by sharing it with another. Relax side-by-side and let your energies flow together.



A LITTLE EXTRA?

BATH BOMB \$5

Add a little extra fun to your foot soak by dropping in a stimulating bath bomb!

MUSCLE RELAX \$5

Add on an arnica ointment to your massage to treat your sore muscles.

SWEET SENSES \$5

Breathe in, breathe out. This customized aromatherapy enhancement uses thoughtfully blended essential oils to heighten your massage.

SWEET SENSES \$30

Familiar with the “10-more minutes” rule? We got you! If you’re not ready to leave us, indulge a little longer and add the extra 10 mins to your massage.

BRIGHT EYE \$10

Add on a moisturizing eye massage & mask, stimulating so you can leave looking refreshed & rested.

CALL ME COCO 5 MIN \$15

Hello, paradise... A tropical foot scrub and mini-massage in one! Let your feet be exfoliated with our in-house coconut scrub that will transport you to the beaches of Tulum – talk about smooth.

LEND A HAND 10 MIN \$5

We work with them, we write with them – so reward them with a hand reflexology experience & arm massage. To release that texting & typing tension.

FREE YOUR MIND 10 MIN \$30

Clear your mind & enhance your blood flow with our head tingling scalp massage.

TECH NECK 10 MIN \$30

This massage will have you saying “aaaaah”. Works specially on your neck & shoulders to relieve that “tech neck” so you can get on with your day.

BEST FOOT FORWARD 10 MIN \$30

We get it, your feet need some extra TLC. This massage add-on is perfect to get those extra 10 mins exclusively on your feet, so you can step out refreshed and ready to put your best foot forward (literally).

* All massage therapy services are performed by Registered Massage Therapists (RMTs). If you have medical benefits provided through your employer and/or via insurance, RMT services are often covered as part of these benefits.

** Our “Little Extras” above can only be added on to a chair massage or table massage, and cannot be scheduled on a standalone basis.