

# AMANDA'S MASSAGE & BODYCARE

## *Bodycare Treatments*

*Suitable for Couples Sessions*

Each treatment lasts 45 minutes and occurs in a massage room

Add to any massage - \$70

Combine two or more bodycare treatments for a \$10 savings.

A single body treatment without massage - \$80

### *Natural Facial*

Treat your face to a gentle cleansing, toning and hydrating experience using natural products to soothe the complexion with calming aloe and calendula. Includes mild exfoliant made from organic rolled oats, peppermint leaves, chamomile flower heads, rose petals and elderberries. Suitable for sensitive skin. Allow a lengthy facial massage to calm your busy mind.

Looking for a more extensive facial that includes skin analysis, steam and extractions?

### *Ultra Hydrating Shea Butter Body Wrap*

Enhance your massage with the soothing hydration of unrefined African Shea Butter. Start this restorative process with a dry skin brushing with take-home brush. Then infuse your thirsty skin while warmly wrapped in this rich emollient.

### *Tingling Head, Neck & Scalp*

Includes warm towel wrap for face, nourishing botanical oils for hair and scalp and a tingling finish for the head and neck with a European oil of peppermint, eucalyptus, wintergreen, juniper and clove.

### *Hot Stone Hand & Foot with Reflexology*

Small, smooth rocks create penetrating warmth for your hands and feet preparing you for a reflexology massage with a tea tree oil, peppermint and aloe vera balm

### *Chakra Balancing*

With our use of healing crystals, transcendental music and subtle energy techniques you'll achieve a calm, meditative state allowing power centers within your body to be balanced.

### *Seaweed Body Wrap*

Detoxify your body and rejuvenate your skin with a nourishing blend of sea kelp, klamath blue-green algae, aloe vera , vitamin E, rose hip and lavender oils. Skin is primed by dry-brushing with a take-home brush. Deeply relax nestled in this warm, comfortable full body wrap. \*

\* Body wraps are not recommended for pregnant clients. Certain aromatherapy blends should be avoided as well. Please inform us of your pregnant condition and address any specific concerns with your physician, midwife/doula in advance of your session