

GAGE
SPA



MASSAGES

AROMATHERAPEUTIC MASSAGE

Begin your Swedish massage by choosing one of our aromatherapy blends to be used in your treatment. This Aromatherapeutic massage will be tailored to your individual goals of relaxation and stress relief. 60 to 120 minutes.

STARTING AT \$120

GAGE DEEP TISSUE

A fusion between Swedish and Structural massage techniques, Deep Tissue massage therapy features firm pressure and long, slow strokes to reach the deepest layers of muscle, tendon, and fascia - the protective layers of connective tissue that surround our muscles, joints, and bones. It is perfect for addressing musculoskeletal imbalances and alleviating stubborn tension and soreness. 60 to 120 minutes,

STARTING AT \$120

MOTHER-TO-BE

This gentle and thorough massage is tailored to the special needs of expectant mothers. Special pillows and bolsters make this a safe and soothing treatment. Massage during pregnancy helps to relieve tension, aches and pains, leg cramps, headaches, reduces swelling, and most importantly - deeply relaxing. 60 to 90 minutes,

STARTING AT \$140

MLD

Manual Lymphatic Drainage therapy uses gentle "stretch and release" movements applied on the surface of the skin to assist in the elimination of liquids and toxins from the body. It is a light and therapeutic form of soft tissue mobilization that encourages the natural drainage of the lymph, spurs the cells ability to regenerate and repair tissues, restores immune function, and enhances vitality. This therapy is also beneficial for anyone with post traumatic and post surgery swelling, fibromyalgia, chronic fatigue syndrome, migraines, and sinus congestion. 60 to 120 minutes

STARTING AT \$140

THE HOLISTIC ATHLETE

Range of motion and assisted stretching are added to a deep tissue massage, enhancing athletic performance and recovery. Hot packs and a therapeutic blend of Arnica and Sweet Birch assist in the recovery of overworked muscles. This massage is perfect for athletes, post-workout, or someone seeking enhanced mobility in this client engaging treatment. 90 to 120 minutes,

STARTING AT \$240

HAND AND FOOT RENEWAL

Nourish your hands and feet with an invigorating scrub, followed by the application of warmed towels. A thorough massage using essential oil infused creams and lotions will help to rejuvenate fatigued and weather damaged hands and feet. Gentle neck stretches and scalp massage will conclude this popular treatment. 90 minutes, \$180 45 minute Hand or Foot Treatment \$90 as a stand-alone or add-on service

STARTING AT \$240

WARM STONE

Stone massage is a form of bodywork that involves the application of heated basalt stones within the context of a Swedish massage session. Essential oil blends are used in conjunction with warmed stones for added relaxation and stress relief. Heat is felt deeply, prompting increased circulation and relief of long standing muscular tension, stress and fatigue. 90 to 120 minutes,

STARTING AT \$240

MASSAGES CONTINUED...

TENSION-RELIEF SCALP TREATMENT

Warmed jojoba and aromatic oils are massaged into the scalp, neck, and shoulders to increase circulation, release tension and promote a sense of deep relaxation. Neck stretches and cranial holds help to ease muscle aches and alleviate stress. 45 minutes,

\$100 AS A STAND-ALONE OR ADD-ON SERVICE; CBD ADD-ON \$30. MAGNESIUM ADD-ON \$30.

STEAM ROOM

Relax and unwind in our eucalyptus infused Steam Room. Chilled lavender-rose towels will help invigorate and cool your body after experiencing this treatment. 30 minutes,

\$30 WHEN ADDED TO ANY SPA SERVICE \$60 AS A STAND-ALONE EXPERIENCE

WRAPS, SCRUBS, FACIALS & PACKAGES

MOISTURE DRENCH BODYWRAP + MASSAGE

This treatment begins with a layering of warm, marine mineral rich Seaweed Serum infused with aromatic Ume Plum extracts to revitalize the skin and stimulate the lymphatic system. Followed by a 60 minute massage using Sea Fennel massage wax to deeply seal in moisture for a silky skin finish. A Gotu Kola Healing Balm foot massage compliments this spa favorite. For optimal relaxation and absorption of this treatment we recommend a Steam Room session prior to service.

\$240 FOR 90 MINUTE TREATMENT \$270 FOR 90 MINUTE TREATMENT + STEAM ROOM SESSION

CBD BODYWRAP+MASSAGE

Dry brushing with gentle circulatory strokes prepare your body for a CBD body wrap and scalp massage. CBD infused massage oils and creams are combined with aromatherapy blends during your 60 minute massage to ease anxiety, muscle tension, inflammation, and joint pain. This CBD treatment will leave you feeling well rested, your skin feeling nourished, and your mind calm \$260 for 90 minute treatment

\$240 FOR 90 MINUTE TREATMENT \$270 FOR 90 MINUTE TREATMENT + STEAM ROOM SESSION

REJUVENATING BODY SCRUB + SHOWER

Our body polish treatments will exfoliate and nourish your skin, leaving it feeling fresh, smooth and hydrated. A restorative shower will cleanse away dead skin and remaining exfoliant. Choose from: Chai Spice, a warming blend perfect for skin that has been dried by winter weather. Lemongrass-Mimosa, a refreshing bamboo scrub with floral notes of jasmine and ylang ylang. Espresso Recovery, a rich scrub that combines earthy notes of coffee arabica and sarsaparilla with volcanic pumice and black silt clay.

\$180 FOR 60 MINUTE SCRUB FOLLOWED BY SHOWER MAY BE COMBINED WITH MASSAGE TREATMENT, STARTING AT \$300

GAGE SIGNATURE FACIAL

Our holistic treatments use only pure, organically derived ingredients, high performance plant actives and potent antioxidants to target the causes and signs of aging, protect the skin from environmental damage, and encourage a holistic approach to skincare. Our treatments are suitable for both men and women, your Signature Facial will be customized for your unique skin type.

60 TO 90 MINUTES, STARTING AT \$140

GAGE COUPLES PACKAGE

Ease into this shared experience as you enjoy a relaxing foot bath and sip on warm herbal teas or cool beverages together. While one guest begins their Aromatherapeutic massage, the other has access to our steam room and shower facilities. Eucalyptus steam room, chilled Lavender-Rose towels, assorted teas, and quiet sitting area accompany the service while you wait for your massage to begin. *If two service providers are available, massages will be offered at same time. 60 to 120 minute massage packages available.

STARTING AT \$320