

# spa menu



## Beach House Massage

Our Signature massage reminds you of one good reason you come to the beach: to relax. These wave-like strokes combine several styles of massage to help increase circulation, soothe the body, and relax the mind.

**60 Minutes \$145.00 | 90 Minutes \$195.00**

## Beach House Serenity Massage

Our Signature Beach House Massage enhanced with a serene 15 minutes of Reiki at the end of treatment and infused throughout the massage. Bliss out with the most relaxing massage on the menu and let your worries melt away.

**75 Minutes \$175.00 | 105 Minutes \$225.00**

## Aromatherapy Massage

Combine a relaxing massage with aromatic infused oils specially made for us by our local herbalist. Select one of our two unique blends to soften and moisturize your skin, leaving it silky smooth. This massage enhances relaxation and balance.

**60 Minutes \$150.00 | 90 Minutes \$200**

## Sports Massage

Just what the trainer ordered. This relaxing and effective massage uses a combination of deep and light modalities to loosen muscle tension, improve blood flow, and prevent lactic acid build up. Perfect for your pre or post workout.

**60 Minutes \$155.00 | 90 Minutes \$205.00**

**To schedule an appointment or to purchase a gift certificate, please call 650.712.3327.**

Guests and visitors can enjoy services seven days a week, 8:00 am to 6:00 pm. All massages are by appointment only. For your convenience, all spa treatments may be billed to your guest room. Gratuities are not included in the listed price. When scheduling an appointment please notify the therapist of any existing medical conditions or if you are pregnant. Please know we require a 24 hour cancellation notice or the full service amount will be charged. Prices subject to change.

## Reiki

Reiki is an ancient form of energy healing, designed to help balance and align the subtle energies of the body aiding in the body's natural ability to heal itself through deep relaxation, reducing stress and anxiety through gentle touch. Reiki is used all over the world, including in hospitals and hospices, to complement other forms of health treatments. The benefits of Reiki can bring on a meditative state, foster tissue and bone healing after injury or surgery, stimulate your body's immune system, and support the well-being of people receiving traditional medical treatments such as chemotherapy, radiation, and surgery.

**60 Minutes \$135.00**

## Reiki & Chakra Balancing Session

Sometimes we just need a little help coming back to our center. This service combines a traditional Reiki session with deep breathing and guided imagery to help balance the chakras, Promoting a balanced, centered, and grounded effect on the body, mind, and spirit. We will take time at the beginning and end of each session to discuss the focus and outcome of the treatment.

**90 minutes \$161.00**

## Guided Meditation For Relaxation and Healing

Join me while you relax on a warm, cozy table and are guided and supported through a relaxing and healing meditation. These sessions can address specific issues you are dealing with or can be an overall meditative journey led by my intuition. We will take time at the beginning and end of each session to discuss the focus and outcome of the meditation.

**90 Minutes \$161.00**

## ADD ON SERVICES

These services may be added to any of our spa treatments at time of booking

### Aromatherapy

Choose from an array of scents to be used throughout your massage. We use only High quality essential oils from dōTERRA and our Local Herbalist.

**\$10.00**

### Reiki Relaxation

Add 15 minutes to the end of your appointment for a deeply relaxing and nurturing experience. This is a great opportunity to try out Reiki if you are curious but not yet sure if an hour long appointment is right for you. Leave feeling blissfully relaxed like you've never experienced.

**15 Minutes \$30.00**

### Head and Face Treatment

Melt away your worries with an extra 15 minutes of massage focused on your head, neck, scalp, and face. Let us soothe your mind and unwind the tensions in your head and neck. This treatment can help with TMJ, sinus pressure, and headaches caused by allergies and other environmental stressors.

**15 Minutes \$30.00**

### Relaxing Foot Treatment

Pamper yourself and your soles by indulging in our relaxing foot treatment. A Hot towel compress and gentle foot scrub followed by a luxuriously moisturizing Herbal cream massaged into the feet and ankles for an extra 15 minutes of your appointment. Leaving you feeling relaxed and invigorated.

**15 Minutes \$30.00**

*Beach House*

HALF MOON BAY

