



# Holis Wellness Center

Let nature be your guide to wellness.

## •• MASSAGE THERAPY ••

### Pure Bliss Massage

Incredibly relaxing, a **Swedish massage** to rebalance the central nervous system calming the mind and releasing muscle tension. Perfect at any moment.

60 min - \$75 | 90 min - \$100  
Couples 60 min - \$150 | 90 min - \$200

### Holisynergie Massage

Blend of **Deep Tissue massage** techniques with Thai Massage stretches. This treatment addresses tight muscles and fascia as well as energy meridians and pressure points.

60 min - \$85 | 90min - \$110  
Couples 60 min - \$150 | 90 min - \$200

### Somato Awareness System

**Our signature massage** is a combination of effective body work such as Deep Tissue, Cranio Sacral Therapy, Thai Massage and Holistic Aromatherapy. Proven to offer effective relief from lumbar pain, migraine and related symptoms, stiffness and joint restriction, sense of heaviness, anxiety and shortness of breath.

2hrs - \$175 | 90 min - \$130

### Traditional Thai Massage

This ancient massage practice from Thailand uses acupressure points and passive stretching to give your body profound relaxation, increased flexibility and energy. Please wear comfortable clothing.

90 min - \$115

## •• BODY TREATMENT ••

### Chocomokacoco

Energy Booster body wrap with chocolate, coffee and yogurt.

60 min - \$75

### Spicy Ginger Rub

Ginger, organic honey wrap for immune system , uplifting.

60 min - \$75

### Tropical Enzyme Polish

Peeling, special for delicate skin with Fruit enzymes.

60 min - \$75

### Muddy Buddy

Mud wrap with hot stones special for detox.

60 min - \$85

### Aloe Mint Smoothie

Aloe vera wrap cooling , refresh sunburned skin.

60 min - \$85

### Slimming Kelp Cocoon

Kelp cocoon wrap special for slimming and toning.

60 min - \$85

## •• HOLISTIC & CRANIOSACRAL THERAPY ••

Highly effective, subtle therapy known to treat a wide range of symptoms including: neck and low back pain, chronic fatigue, TMJ, fibromyalgia and even emotional issues like depression and anxiety. \*Great after physical activity or for muscle pain, tension or stress.\*

90 min - \$110

## •• FACIALS ••

### Essenthya Deluxe

Organic ingredients and essential oils are chosen according to your skin type.

75 min - \$75

### Essenthya Hydratation

Organic aloe vera restore and hydrate your skin.

60 min - \$60

### Essenthya Mini

Includes cleanser, massage and mask.

45 min - \$45

## •• HAND & FEET CARE ••

### Holis Spa Manicure

Manicure with hand exfoliation and massage

45 min - \$35

### Manicure for Men

A hand treatment specially designed for men.

30 min - \$25

### Holis Spa Pedicure

Pedicure with exfoliation and feet and legs massage.

60 min - \$45

### Pedicure for Men

Spa pedicure with an extra long foot massage to unwind and relax

60 min - \$35

### Holis Spa Manicure/Pedicure

60 min - \$65

## •• YOGA & PILATES ••

Private Classes are 75 min long

One on One Class \$65

Couples Class \$40 each person

Group Classes: \$20 each (Minimum 4 people)

## •• SPA PACKAGES ••

Treatment packages and drop in class, schedule available at Holis Wellness Center, please visit our website at [www.spaholis.com](http://www.spaholis.com)

For more information or reservations, please contact your receptionist or concierge.

