

# Spa Mar Monte

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Reservations: Dial Extension 343

## \*Massage Therapy\*

### *Swedish Massage*

A stimulating treatment that soothes the skin and nervous system by applying pressure to muscles and bones to increase oxygen flow in the blood and release toxins from the muscles.

55 minutes \$90 (M-Th) \$100 (Fri-Sun)

85 minutes \$125 (M-Th) \$135 (Fri-Sun)

### *Deep Tissue Massage*

Releases chronic patterns of tension in the body by targeting deeper layers of muscle tissue used as both a corrective and therapeutic way to enhance circulation.

55 minutes \$100 (M-Th) \$110 (Fri-Sun)

85 minutes \$135 (M-Th) \$145 (Fri-Sun)

### *Aromatherapy Massage*

Combining a blend of essential oils to invigorate the olfactory system, free tension and stress, and balance the mind, body and spirit.

55 minutes \$100 (M-Th) \$110 (Fri-Sun)

85 minutes \$135 (M-Th) \$145 (Fri-Sun)

### *Shiatsu Massage*

Aligning pressure on the acupuncture points to restore balance and energy flow creating a sense of relaxation and release.

55 minutes \$100 (M-Th) \$110 (Fri-Sun)

85 Minutes \$135 (M-Th) \$145 (Fri-Sun)

## \*Special Treatments\*

### *Reflexology*

Reflexology is a science which deals with the principle that there are reflexes in the feet relative to all organs, functions and parts of the human body. Applying pressure to these points can bring about amazing results. Reflexology relieves stress, normalizes functions, balances the body and relieves pain. Our treatment includes a therapeutic neck and shoulder massage. 85 Minute treatment includes soothing paraffin treatment for hands and feet.

55 minutes \$110 (M-Th) \$120 (Fri-Sun)

85 minutes \$145 (M-Th) \$155 (Fri-Sun)

### *Body Contour Package*

A toning wrap aiding in the removal of cellulite, weight loss and water retention also including a foot & hand treatment and Swedish massage.

2 Hours \$225 (M-Th) \$250 (Fri-Sun)

## \*Facials\*

### *Restorative*

A cleansing, exfoliating, and hydrating treatment designed to restore the skin to its nature balance. Recommended for all skin types.

70 minutes \$100 (M-Th) \$110 (Fri-Sun)

### *Up the Anti*

Nourishing enzymes are added to the treatment to boost the anti-oxidant effect on the skin. Recommended for dry, dehydrated, and sun damaged skin.

70 Minutes \$110 (M-Th) \$120 (Fri-Sun)

### *Soothe and Move*

Calming ingredients combined with gentle movements help to calm irritated, inflamed, sensitive skin. Recommended for acne prone, rosacea, and sensitive skin.

70 Minutes \$100 (M-Th) \$110 (Fri-Sun)

### *Teen Clean*

A cleansing, healing facial treatment for teenagers (14 and up) to promote healthy skin as it transitions into adult skin.

60 Minutes \$95 (M-Th) \$105 (Fri-Sun)



Hotel Mar Monte: Located Poolside  
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