

# UPTOWN



## MASSAGE & WELLNESS SERVICES

### MASSAGE THERAPY

#### **A Customized Massage Experience (60min - \$105+, 90min - \$140+)**

Consult with your therapist to choose a dynamic blend of essential oils to target individual needs. A variety of massage techniques will be utilized, including Swedish, Acupressure, with one or two areas of focus for deeper work. Choose from Stress-a-way, Energizer, Muscle Ease, or Hydrating Frangipani Oil Blends.

#### **Deep Tissue Massage (60min - \$140+, 90min - \$175+)**

Experience the ultimate in deep tissue massage, with results greatly enhanced by the use of a bamboo roller, myofascial release techniques, and/or hot stones. The heated bamboo roller will penetrate your worst knots to heal sore muscles. Warm Basalt Stones will melt away tension. Therapeutic heat and small stones on key energy points deliver maximum relief and relaxation. Myofascial therapy is a connective tissue release resulting in the relaxation of contracted muscles, and improvement in blood and lymphatic circulation.

#### **Gua Sha (Massage 60 minutes - \$140+)**

This East Asian skin scraping technique uses a specialized instrument to push out stagnant blood left inside sore, overused muscles. By releasing this "stagnant blood" the tissues can circulate with new oxygenated blood, allowing the muscle regions to work at higher function than previously. Gua Sha can help resolve spasms, pain, tension, discomfort, reduces inflammation, drain common colds and releases excess heat from the body all while promoting normal circulation to the muscles, tissues and organs. Gua Sha may not be suitable for you if you have a bleeding disorder, are taking anticoagulant drugs or are pregnant.

#### **Couples Massage (60min - \$110+, 90min - \$160+ per person)**

Retreat to our Couples Oasis to enjoy a lavishly hydrating body massage side by side with your spa partner. The skin is anointed with nourishing oils of your choice which will melt into the skin and envelop the body in stunning aroma. After your massage indulge in chilled Champagne and decadent Hauser Chocolates as the final touch.

#### **Expectant Mother's Soothing Massage (60min - \$115+)**

This inspirational therapy connects mother and baby through the power of touch, working with two heartbeats as one. Helping to release tension in the back and alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit, and hydrating the skin to accommodate your growing baby.

#### **Hot Mineral Body Boost Massage (75min - \$155+)**

This powerful treatment stimulates every cell in the body; helping alleviate muscular pain and remove toxins. Completed by a restorative facial massage, this is a revolutionary, mineral-charged experience of skin-conditioning, metabolic-balancing and energizing wellness.

#### **Sports Massage (60 minutes - \$160+, 90 min - \$195+)**

Sports Therapy is tailored to the needs of the individual athlete, the muscle groups associated with the sport, and the intention to enhance performance or recover from injury. Stretching techniques will be utilized and taught to the athlete for post-massage enhancement. The Sports Massage Therapist has received advanced training for a deeper level of understanding in the dynamics of Sports Massage. Techniques may include Deep Tissue massage, Neuromuscular Therapy, Cranial Sacral Therapy, Cryotherapy, the use of warm compresses and Kinesio Taping.



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### **Craniosacral Therapy (CST, 60 min - \$140+, 90 min - \$175+)**

CST is a gentle, hands-on method of evaluating and enhancing the functions of the physiological body system, which comprises the membranes and the cerebrospinal fluid that surround and protect the spinal cord. Using a deliberate and soft touch the therapist releases restrictions in the craniosacral system. It is a gentle, hands-on treatment that releases tensions deep in the body to relieve pain and dysfunction, improving whole-body health and performance. CST compliments the body's own natural healing process, bolsters resistance to disease, helps with symptoms from chemotherapy, migraines, anxiety, PTSD, and is effective for medical pain in the body system and motor coordination impairments.

### **Neuromuscular Therapy (60 min upper or lower body- \$140+, 90 min full body - \$175+)**

This pain relief technique incorporates various tissue and muscular manipulation and trigger point therapy to release restrictions in the muscle system affecting body alignment. This treatment targets TMJ syndrome, numbness, burning and muscle weakness. Results include normalized muscle function and reduction in pain response. NMT will allow for increased range of motion, stabilization of muscles, pain reduction, and help with balance and coordination.

### **Reflexology (30 min - \$45+)**

Feel like you're walking on a cloud as pressure points in the feet are stimulated, releasing tension in corresponding body systems. Hot towels and essential oils enhance the experience, promoting circulation.

### **Migraine Massage (30 min - \$45+)**

Designed specifically as an alternative remedy for fast and dramatic relief for all kinds of headaches, without the need for drugs. This therapy combines the use of powerful, specialized aromatherapy with custom designed cold marble stones created to perfectly conform to the key headache sites on the face dramatically reducing headache pain in a matter of minutes. The cold marble stones work immediately to reduce the swelling of the blood vessels and the aromatherapy has been especially chosen to counteract the top four kinds of headache pain: reactions to food, stress, environmental toxins and hormonal imbalances.

### **Sinus Massage (30 min - \$45+)**

Experience natural relief from the pain and discomfort of sinus pressure and congestion using essential oils and drainage massage technique. This gentle massage around the face and neck will help to drain the sinuses and relieve pressure from the affected areas.

### **Temporomandibular Joint Therapy (30 min - \$65+)**

Experience incredible release from facial pain associated with TMJ syndrome. In this treatment the muscles associated with the jaw and scalp are manipulated by utilizing external and intra-oral techniques (sterile, non latex glove). Experience immediate relief after one session, with better range of motion, decreased pain, and stress reduction. For maximum muscle memory and benefit we recommend 3 treatments the first week, and monthly maintenance thereafter.

*TMJ can be added to 60 or 90 minute massage \$25*

*Purchase 3 treatments in advance for \$148*

### **Cannabidiol Oil Add-On (CBD, hemp extract) (\$49)**

CBD (cannabidiol) is a special oil that has a myriad of health and wellness benefits. CBD topicals provide one of the easiest ways to take advantage of CBD's benefits and, when it comes to massages, can be used to target specific areas of the body that require particular attention for pain relief. By implementing CBD massage oils and topicals, you can benefit both from the relaxing and invigorating effects of a massage with the medicinal pain and discomfort relieving effects of CBD. Unlike THC, which causes a "high" as a result of its psychoactive properties, CBD, while offering a wealth of benefits, does not cause any mind-altering effects. When included in a massage, CBD's interaction with your natural endocannabinoid system can induce a number of highly beneficial effects. Reduces inflammation and chronic pain, improves skin health and alleviates anxiety and stress.



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### Facilitated Stretching Add-on (\$25)

The therapist provides light resistance to ease the muscle into a deeper, assisted stretch to achieve maximum range of motion and enhanced results. (Gym shorts or sports bra will allow for maximum positional stretching, but are not required as professional draping is always utilized.)

**Add to any Massage these Spa Services:** Ear Candling (\$45 for 30 min) Hot Stones (\$15), Paraffin for Hands or Feet (\$10), Restorative Mask (\$25), Hydra-Gel Eye Pads (\$20), Lip Treatment (\$15), Frangipani Foot Scrub (\$15), Migraine Massage (\$25), Sinus Massage (\$25), CBD Oil (\$49), Facilitated Stretching (\$25), Deep Tissue \$35.

## BODY TREATMENTS

### Targeted Toning Tightener – Cellulite Therapy

A powerful blend of massage and detoxifying clay for targeted toning and tightening on hips, thighs, abdomen and back of arms. Clinically proven\* to reduce the appearance of cellulite after just one treatment. Choose a localized treatment area: (Arms, Hips & Thighs, or Abdomen, \$55) (Full body treatment with abdominal massage, 90mins \$175)

### Thousand Flowers Detox Wrap (60min - \$130+)

This Nutrient-rich detox wrap uses the deeply nourishing omega rich Green Tea balm, to encourage super skin health and powerful detoxification. It helps stimulate the elimination process and restore equilibrium to leave you feeling completely reinvigorated.

### Intensely Cleansing Salt Scrub (60min - \$110)

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. Includes mini facial and scalp massage. Choose from - Lime and Ginger or Frangipani.

### Ear Candling (30 min - \$45+)

Ear Candles can benefit conditions affecting the head and ears such as sinus congestion, ear noises and excessive earwax. A gentle vacuum effect causes debris to be drawn up into the candle .

- clears wax & debris from the ear canal
- Relieves pressure from behind the eardrum
- Sharpens mental functions, vision, hearing, taste & color perception
- Eases earache, headache & sinus pressure, allergies
- Relaxation from the negative charge of the herbal smoke

## SPA PACKAGES

### Uptown Glow Package (\$220)

Designed to pamper and prepare you for sun and fun: Choose between a **60- minute massage** or **Skin Specific Facial** and follow it with our exotic **Frangipani Glow**. This exfoliation ritual will bring life back to your skin by deeply cleansing, polishing and moisturizing with the healing properties of coconut and monoi oil. This treatment includes dry brushing to stimulate lymphatic flow, and a relaxing scalp massage. Your final choice with this package is between a **blow-dry**, to ready your locks for an evening out, **or a pedicure** to put a bounce in your step. The Uptown Glow package also makes a perfect gift. Gift cards can be purchased online or right here at Uptown.

Don't want to choose? For the Ultimate Experience, receive ALL the above services: **\$345**

