



THE CENTER
FOR WELLBEING

Outdoor Spa Experiences

IMMUNE BOOSTING MASSAGE

60 minutes: \$195 Monday-Thursday, \$215 Friday-Sunday

90 minutes: \$280 Monday-Thursday, \$300 Friday-Sunday

Boost your immune system, decompress nervous system and increase cellular functioning. From soothing Swedish to tension-releasing deep tissue, this personalized massage will focus on areas of tension, pain or chronic issues. Release tightness, reduce muscle pain, increase circulation and simply relax.

ATHLETIC ENCOUNTER

60 minutes: \$195 Monday-Thursday, \$215 Friday-Sunday

90 minutes: \$280 Monday-Thursday, \$300 Friday-Sunday

Designed to focus on specific areas of concern, this therapeutic sports massage addresses the restrictions and impairments of strained and repetitively stressed muscles. Rhythmic strokes realign and stretch the muscles to help improve flexibility and flush metabolic waste from the tissues.

REFLEXOLOGY

60 minutes: \$195 Monday-Thursday, \$215 Friday-Sunday

Foot reflexology combined with our famous sole comforting massage clears energy pathways and stimulates total wellness by addressing the body's organs.

DR. VODDER'S MANUAL LYMPH DRAINAGE (MLD)

60 minutes: \$195 Monday-Thursday, \$215 Friday-Sunday

90 minutes: \$280 Monday-Thursday, \$300 Friday-Sunday

Anti-inflammatory and decongestive, this deeply relaxing, light-touch therapy pulls at the fabric of the connective tissue to unwind, release and restore pH balance.

GOLF REVITALIZATION

60 minutes: \$195 Monday-Thursday, \$215 Friday-Sunday

Designed to alleviate neck and shoulder pain, relax the hips and lower back, and increase range of motion, this treatment promotes pain-free play and a lower handicap. Stretching and aromatic oils are used on key parts of the body associated with the sport of golf to leave the muscles and mind revitalized for your next round.