

# BAMBOO

H O U S E

S P A

**BOOK A MESSAGE TODAY**  
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# M A S S A G E S

Price per 1hr – \$110 / 1.5 hrs – \$140

## SWEDISH MASSAGE

A Swedish massage is without a doubt the most popular and classic massage there is. During this treatment the heat and touch of the massage releases hormones in your body, causing stress levels to drop, leaving your body and mind completely relaxed. The pressure varies from light to firm and ensures that you feel reborn after the massage.

## LOMI LOMI MASSAGE

This relaxing and peaceful massage has its origins in Hawaii and is more spiritually oriented. As with a deep tissue massage, long strokes and traditional methods are alternated during the Lomi Lomi massage to restore the internal balance and harmony in the body, and will certainly contribute to a moment of peace.

## HOT STONES

Looking for a de-stressing and relaxing massage?... a hot stone massage is the answer! This massage is extremely popular for its ability to calm both body and mind. During the hot stone massage, wonderful oils and warm natural stones are used to relax the muscles, improve blood circulation, removes toxins, relieves physical complaints, and promote your overall well-being. During the treatment, flat, warm basalt/volcanic stones are used, and placed at specific points on the body. These points regulate the energy flows in your body and with the help of the massage with hot stones, the balance between body and mind is restored.

## DEEP TISSUE MASSAGE

During a deep tissue massage, more pressure is exerted on painful areas, so that deep knots and blockages can be removed. Techniques are used to treat chronic muscle tension, stiff neck, back pain, stiff legs or painful shoulders.

## AROMATHERAPY MASSAGE

Re-energize with an aromatherapy massage. Enjoy a relaxing massage with 100% natural or essential oils, each with its own healing effect. The essential oils have the ability to de-stress or invigorate, but they are also used to remedy aches and pains. This treatment ensures a good night's sleep and helps with persistent menstrual complaints, problems with bowel movements and even eczema. An aromatherapy massage awakens all your senses and makes you feel revived and positively satisfied.

# F A C I A L S

**Mini Facial:** 30 mins – \$45

**Traditional Facial** Price per treatment: 1hr – \$100

A traditional facial is an excellent and quick way to help the facial skin to rejuvenate, improving the look and feel of the skin while also slowing the aging process. Benefits include more radiant skin, decreased fine lines, intense hydration, decreased age spots, removal of toxins, decreased acne and breakouts, and improved circulation. During a facial, the pores will be cleansed, the skin cells exfoliated and blood flow to the facial skin will be improved. A facial is an excellent option for people of all skin types who want to renew their skin with a simple, but necessary treatment.

