

Massages at Windham Manor

Gratuity Included With Pricing

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Swedish Massage- A customized therapeutic massage experience using Swedish massage techniques. The primary goal is to relax the entire body by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart. This type of massage is more than just relaxation it is beneficial for increasing blood circulation, reducing muscle pain, and promotes peace of mind while decreasing negativity.

Price: 1 hour \$140 1 hour and 30 minutes \$175

Deep Tissue Massage- This type of massage is used to release areas of strain and tension in the muscles. This is done through digital pressure in certain areas and deep long strokes to work out the muscles.

Price: 1 hour \$155 1 hour and 30 minutes \$190

Pregnancy Massage- A massage tailored to the mother and the baby by using side-lying positioning. Techniques are similar to swedish massage, but vary in certain stages of pregnancy to help create a comfortable and safe experience.

Price: 30 minutes \$100 1 hour \$140

Aroma Massage- A customized therapeutic massage experience that blends Aveda's pure plant and flower essences and hot towels with traditional massage techniques.

Price: 1 hour \$155 1 hour and 30 minutes \$185

Sports Massage- Incorporates stretching, kneading and muscle manipulation dealing with the health of muscle and connective tissue, range of movement, tone, symmetry, balance of muscle and quality of posture. Beneficial for before and after physical activity.

Price: 1 hour \$145 1 hour and 30 minutes \$180

Hot Stone Massage- Melts away tension, eases muscle stiffness and increases circulation and metabolism, The direct heat of the stones relaxes muscles, expands blood vessels, which encourages blood flow throughout the body allowing the therapist access to their deeper muscle layers.

Price: 1 hour \$170 1 hour and 30 minutes \$215

Upper Body Massage- This focused massage is done only on the upper body, which includes back, arms, and neck with the use of both swedish and deep tissue techniques.

Price: 30 min. \$100

Massage Party Package (Parties of 5 people)-

1 hour of Swedish or Deep Tissue Massage (With optional tub detox included) **\$735**

Premium Massage Party Package (Parties of 5 people)-

1 hour of your choice of Hot Stone Massage or Aroma Massage (With optional tub detox included) **\$810**

Chair Massage Package (Parties of 5 people)-

30 minute fully clothed massages taking place on a specially designed chair with the main focus of the upper body. **\$350**

Add ons for each massage (unless already included)

-Homemade salt & sugar scrubs **\$25** * Ask ahead for different types of scrubs.

-20 minute tub detox **\$25**