



MASSAGE THERAPY

Canyons Custom Massage *\$145/50 minutes, \$205/80 minutes*

With your therapist, you'll create a custom massage that will quench what your body craves most. This Signature Massage will incorporate aromatherapy, hot stones, and specialized techniques to address your needs. Specialized bodywork is available upon request.

Swedish Massage *\$60/25 minutes, \$120/50 minutes, \$165/80 minutes*

Light to medium pressure massage, for the relief of general tension. Made specific to your personal needs.

Deep Tissue Massage *\$80/25 minutes, \$130/50 minutes, \$185/80 minutes*

Direct pressure and specific attention is given to work out your aches and pains.

Canyons Hot Stone Therapy *\$170/75 minutes*

Heated stones are used to penetrate deep into the muscles to detoxify and soothe sore and tired muscles; creating a sense of well-being.

Prenatal Massage *\$135/50 minutes*

This is the perfect antidote for all your prenatal stresses (only performed after the first trimester).

Foot Massage *\$55/25 minutes*

Take a moment to let your feet recover from their day's adventures. Focused reflex point massage, to treat your most precious limbs.

Scalp Massage *\$55/25 minutes*

A relaxing scalp treatment promoting and releasing all of your tension. Essential oils facilitate healing on dry and sensitive scalps.

Massage Upgrades

Sports Cream *\$25*

A blend of Eucalyptus, Menthol, Camphor, and Arnica will soothe tired areas and provide a cooling sensation to your muscles..

Aromatherapy Oil *\$25*

Choose from a selection of essential oils to therapeutically enhance your massage experience as well as help you relax, de-stress and feel refreshed. As our gift to you, treatment includes an application to continue your spa experience at home.