

# Emerald Tranquillity Massage

## Massage Menu

### \*Swedish/Relaxation

This gentle but firm full body massage is both relaxing and invigorating. While providing tonic for the soul, this massage can help improve the function of the circulatory, lymphatic, muscular and nervous system. 60 mins \$60 90 mins \$90

### \*Deep Tissue

Relax your mind and body as this massage helps to warm and soothe the muscles. This massage utilizes deep pressure, swedish strokes and trigger point therapy to relieve muscle tension, improve range of motion and release toxins that gather in tired, overworked muscles. 60 mins \$60 90 mins \$90

### \*Remedial

Using techniques that target and aid specific problem areas in the body, remedial massage assists in the treatment of conditions such as RSI, arthritis, neck stiffness and back pain.

60 mins \$60 90 mins \$90

### \*Built Just For You!

In order to capture the maximum benefits from your massage treatment this session is customised for each individual client, using several massage modalities that best suit your specific needs.

60 mins \$60 90 mins \$90

### \*Mother To Be - Prenatal Massage

A gentle, yet effective session is customised to relieve the aches and discomforts specific to each woman's individual needs. Designed to achieve overall relaxation and relieve both mental and physical fatigue. 60 mins \$60 90 mins \$90



### \*Half Hour Getaway

One for those who are short of time. You can choose a thorough back massage, neck and shoulders or any combination.

30 mins \$40

### \*Tired Feet Treat

Relax while your feet enjoy a soak in a aromatic foot spa followed by an invigorating exfoliation. A therapeutic foot and lower leg massage to nourish and soothe sore, aching feet and legs will boost your vitality in no time. 40 mins \$50

### \*Reiki (Energy Healing)

Reiki (pronounced Ray-key) A Japanese form of natural, hands on, energy healing. Utilized to restore energetic flow and balance of body mind and spirit.

30 mins \$40 60 mins \$60

## Relax-Rejuvenate-Restore

Located in the resort opp. the pool. See reception for bookings