

Seasonal Signature Body Treatments

Appointment: 105 minutes, \$195

An Arcadia Spa exclusive, these holistic body treatments are designed to bring the inner spirit into balance with the outer environment through a carefully chosen combination of bio-dynamic, organic Dr. Hauschka body oils, aromatherapy bath products and a combination of traditional massage techniques tailored to your specific needs. These whole body treatments incorporate relaxing Swedish massage along with pressure point Shiatsu and deep tissue/myofascial release when appropriate for specific areas of concern. Far beyond a mere massage, this holistic treatment combines an extended massage session with foot soaks, compresses, hand and foot treatments, and aromatherapy wraps from Dr. Hauschka Bath and Body Care to create a more holistic, balanced self.

WINTER Banish wintertime chills and stress with a welcoming warm Rosemary Bath foot soak accompanying a heated Lavender shoulder wrap. A full ninety minute relaxing massage incorporates either Blackthorn Oil for improved skin tone or Birch Arnica Oil for overstressed muscles. Rosemary Foot Balm softens calluses and increases circulation to the feet, Sage Bath scalp massage clears the mind, while a concluding hand massage using Hand Cream and Neem Nail Oil fortifies your hands for the harsh winter climate. Refresh and cleanse with warm Lemon Bath scented towels.

SPRING The revitalizing scent of a warm Sage Bath foot soak accompanying a warm Lavender shoulder wrap helps you to unwind and open up to new beginnings. A full ninety minute relaxing massage incorporates Lemon Lemongrass oil to strengthen and fortify your skin while refreshing and awakening your senses. St. John'swort Foot Cream softens calluses while calming irritated skin, Sage Bath scalp massage clears the mind, and a concluding hand massage using Hand Cream and Neem Nail Oil fortifies your hands for the days ahead. Refresh and cleanse with warm Lemon Bath scented towels.

Dr. Hauschka Body Treatments at Arcadia

SUMMER Begin with a refreshing, tepid Lavender Bath foot soak accompanying a Lavender shoulder wrap to gain a sense of space from your hectic summer schedule. A full ninety minute relaxing massage incorporates either Rose Body Oil for extremely sensitive skin or Birch Arnica Body Oil for overstressed muscles. St. John'swort Foot Cream softens calluses while calming irritated skin, Sage Bath scented scalp massage clears the mind, and a concluding hand massage using Hand Cream and Neem Nail Oil fortifies your hands for the days ahead. Refresh and cleanse with a Lemon Bath scented towels.

FALL Spruce Bath foot soak spreads a sense of calm to begin anew, open to possibilities while a warm Lavender shoulder wrap carries away stress and worry. A full ninety minute relaxing massage incorporates the earthy and grounding Moor Lavender oil to warm and protect from the changing temperatures. Rosemary Foot Balm softens calluses and increases circulation to the feet, Sage Bath scalp massage clears the mind, while a concluding hand massage using Hand Cream and Neem Nail Oil fortifies your hands for the changing season ahead. Refresh and cleanse with warm Lemon Bath scented towels.

Swedish Massage

Appointment: 60 minutes, \$105

Appointment: 90 minutes, \$155

Add On Treatments available (see below)

Swedish massage uses long, flowing, gentle motions to encourage relaxation and a sense of calm along with firmer strokes to loosen tight muscles and relieve muscle tension. Swedish Massage has been clinically shown to boost immune system response and lower stress cortisol levels after even one session.

Product used: heated Dr. Hauschka Birch Arnica Oil, Sage Bath

Deep Tissue Massage

Appointment: 60 minutes, \$120

Appointment: 90 minutes, \$170

Add On Treatments available (see below)

Deep Tissue Massage is designed to relieve significant muscle tension in the fascia or connective tissues that surrounds the muscles using targeted deep pressure, stretching and long strokes. Ideal for athletes and others with specific areas of pain or tightness, this type of treatment can be intense and requires open communication between therapist and patient both before and during the treatment to achieve optimal results.

Products used include: heated Dr. Hauschka Birch Arnica Oil, Rosemary Leg & Arm Toner, Sage Bath

Hot/Cold Stone Massage

Appointment: 90 minutes, \$165.

Add On Treatments available (see below)

Hot/Cold Stone Massage adds the use of basalt rocks to a traditional Swedish Massage. Heated rocks are used by the therapist to increase circulation and promote muscle tension release in problem areas, while cold rocks are used to combat inflammation and pain. Each session is tailored to the specific needs of the patient based on open communication between the therapist and patient both before and during the treatment to achieve optimal results.

Products used include: heated Dr. Hauschka Birch Arnica Oil, Sage Bath

Prenatal Massage

Appointment: 60 minutes, \$115

Prenatal Massage is a relaxing Swedish Massage designed specifically to relieve the discomfort, aches and pains of pregnancy. Using a specially designed set of body cushions to fully support the patient's body on her stomach while properly aligning her spine enables the therapist to significantly improve muscle pain and tightness, encouraging better posture, breathing and a general feeling of health and wellbeing.

Products used include: heated Dr. Hauschka Blackthorn Body Oil, Lavender Bath.

Reflexology

Appointment: 30 minutes, \$55

When combined with MLD, 60 minutes, \$135

A therapeutic foot treatment which stimulates and applies pressure to specific points to promote relaxation, rejuvenation, inner healing, relaxation, stress reduction, and increased energy levels. Reflexology is known to ease stress and tension, strengthening the immune system and energizing the body's natural healing rhythms to promote general wellness. Especially effective when combined with Manual Lymphatic Drainage Treatment.

Products used include: Sage Bath, Rosemary Leg & Arm Toner, Rosemary Foot Balm, St. Johnswort Foot Cream.

Reflexology/Massage Treatment

Appointment: 60 minutes, \$105

Combine a therapeutic foot treatment using pressure to specific points designed to promote relaxation, rejuvenation, stress reduction and increased energy levels with a targeted massage for shoulders, neck and back for an all around feeling of health from head to toe in just one hour.

Products used include: Sage Bath, Rosemary Leg & Arm Toner, Rosemary Foot Balm, St. John'swort Foot Cream, and Birch Arnica Body Oil.

Manual Lymphatic Drainage

45 minutes, \$110

This specialized technique, also known as Combined Decongestive Therapy, encourages the lymph system, which cleanses the body of toxins and waste, to restore the body to its natural healthy rhythms through the use of slow, gentle touch. MLD encourages the lymphatic system to open up and flow more normally, lowering stress levels, facilitating the easing of pain, swelling and general congestion, stimulating the body's immune system and allowing the body to heal itself. Recommended for a wide variety of ailments as well as general wellness care. For a consultation, ask to speak to our specialist, Hatsumi Ueno.