

Westlake Wellbeing

Wellness as a Way of Life – Massage, Body Treatments and More

Menu of Services

Classic Massage

Our Classic Massage includes Swedish massage to calm the nervous system and increase circulation, as well as additional modalities including deep massage, deep tissue massage techniques, acupressure and more.

½ hour	\$45
1 hour	\$75
1¼ hours	\$85
1½ hours	\$95
2 hours	\$120

Signature Services

Sharmin’s Superb Deep Relaxation Massage - The ultimate deep relaxation massage with a firm, yet gentle touch from a therapist with 18 years experience. Includes aromatherapy, deluxe hot towel treatment for neck and back, and scalp and face massage. 2 hours \$140

Lori’s Down-Right-Deep Tissue Massage - Lori has over twelve years of experience, is degreed in recreational administration, teaches at a local massage school, and is a competitive athlete. Her highly competent deep tissue massage is not for the squeamish, uses minimal lubricant, and is appreciated by those who enjoy very deep work. 1 hour - \$85; 1 ½ hours - \$105

Massage and Herbal Wrap - After your massage, experience this calming aromatic heat-treatment. Receive a wrap of linens steamed in fragrant herbs, followed by a luxurious face massage and alternating hot and cold cloths to the forehead. 1 hour massage with wrap (1 ½ hours total time)..... \$115
1 ½ hour massage plus wrap (two hours total time) \$135

Pamper Me Please - The ultimate pampering includes a warm foot soak, exfoliating foot scrub, a customized aromatherapy massage, soothing face treatment/massage, and scalp massage. You’ll leave feeling renewed and rejuvenated. 1½ hours - \$135; 2 hours - \$155

Couples Massage

Experience our beautiful couple’s room with a massage for two! Enjoy wooded views, a wood-burning fireplace, candle-lit room, heated tables, warm scented oil, comfy robes, and the comfort of rich leather as you relax in the seating area in the same room. Add \$25 (total) to the cost of two massages.

Upgrades - Enhance your massage with one or more of the following:

Body Melt Back Therapy – Intensive massage with steaming hot towels steeped in warming herbs and essences. Tension deep within spinal muscles is unraveled with anti-inflammatory Arnica Gel in this powerful and relaxing therapeutic treatment. As an upgrade to any massage - \$20; or added to any massage (30 minutes) - \$35

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Body Melt Scalp Therapy – An energizing scalp treatment to promote relaxation, ease muscle aches, and rebalance over-stressed nervous systems. Aromatic Wild Lime Scalp Oil is warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension. As an upgrade to any massage - \$20; or added to any massage (30 minutes) - \$35

Body Melt Foot Therapy – A revitalizing foot and lower leg treatment designed to reinvigorate the whole body. Calves and feet are massaged with stimulating Peppermint balm and then cocooned in steaming hot towels to wake up tired feet. Performed in the session - \$20; or added to any massage (30 minutes) - \$35

Body Melt Hand Treatment – This soothing and moisturizing therapeutic treatment is perfect for dry skin or tired, overworked hands. Hands and lower arms are massaged with our Lemon Verbena Hand Treatment and then wrapped in hot, steamy towels for ultimate conditioning. As an upgrade to any massage - \$20; or added to any massage (30 minutes) - \$35

Super Saver! Add only \$10 to any Body Melt Treatment and take home a retail-size Lemon Verbena Hand or Peppermint Body and Foot product for your continued use!

Hot Stone Massage – Swedish massage performed while holding a heated, polished stone for added depth and warmth. During the massage, warm stones are left on specific points to improve the flow of energy through the body. Hot stones help to release and relieve tight muscles quickly. . add \$35

Pregnancy Massage – Our indulgent maternity massage features warm lavender blossom oil and is specially tailored for the mother-to-be add \$10

Rest – This deeply relaxing addition to your massage features Naturopathica French Lavender body oil and long connective strokes. It is designed to ease fatigue and soothe over-stressed nervous systems.

Renew – This energizing treatment features Naturopathic Alpine Arnica and Lemongrass & Ginger body oils. It helps to promote circulation and relieve muscle soreness, stiff joints or edema.

Detox – This detoxifying treatment, featuring Naturopathica Deep Forest body oil, aids in the elimination of toxins from congested circulatory, lymphatic or respiratory systems.

Rest, Renew, or Detox addition to your massage add \$10

On-Site Chair Massage

We can come to you! Chair massage is a great way to show your appreciation and a very inexpensive gift per person. (Table massage is also available on-site if your space permits.) At your location - or plan an afternoon away for your group in our meeting room. Call for details and pricing.

Gift Certificates

Gift Certificates are available for any service and may be purchased online at www.westlakewellbeing.com, by calling 327-3611, or by emailing sharmin@westlakewellbeing.com . You may also pickup certificates from our office or we can deliver by mail or by hand at your request. Gift baskets including bath and beauty products or boutique items are also available.

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