

Services

*Any of our applications can be used in combination to create a session or group of sessions that are individually tailored to your needs. We also have **Gift Certificates** for any service or amount.*



As you enter our sanctuary, the gentle healing scent from our pure essential oils will welcome, uplift, and transport you.

Massage Applications

Relaxing Massage. 30 min. \$45, 60 min. \$75. 90 min. \$115.

Any combination of massage, using light to moderate pressure strokes to relieve stress, soothe muscles, stimulate circulation, and facilitate relaxation.

Therapeutic Massage. 30 min. \$55, 60 min. \$85. 90 min. \$125. Any combination of Swedish with neuromuscular, trigger point work, deep tissue, myofascial release, medical massage, sports massage, reflexology, and stretching. Techniques are specifically focused on problem areas to relieve pain, stress, and injury. Benefits are deep release and relaxation.

Lymphatic Drainage Massage, 30 min. \$55, 60 min. \$85, 90 min \$125. A slow and gentle massage technique applied for swelling and edema, supporting an overburdened lymphatic system due to medical issues or treatment.

Hot Stone Massage. 60 min. \$110. 90 min. \$165.

A healing combination of the therapists hands and hot basalt stones are applied to the body. Through massage and strategic placement of stones, a deeply therapeutic heat application, creates a deeply relaxing effect.

Raindrop Therapy Massage. 60 min. \$100, 90 min \$145.

Raindrops of therapeutic grade essential oils onto your body. A massage and hot towel treatment assists deep penetration into the tissues. This is an intensive, non-invasive treatment facilitating electrical alignment, supporting immune function, releasing energy blocks, and relieving pain and inflammation.

Chair Massage. 20 min., \$25.

Receiving a seated massage, fully clothed in our river-view sanctuary will give you a quick pick-me-up. A fast de-stresser for those on the run. For massage addicts, this is just an appetizer. This service may be booked for events and occasions. Minimum 1 hour plus travel fee.

Companion Relaxing Massage. 60 min. \$150. 90min. \$230.

Enjoy massage in the same room with your loved one or friend. A great shared experience. Upgrade to Therapeutic Massage and/or Aromatherapy.



Relaxation is best when shared.

Out-Call Massage. 60 min. \$150, 90 min. \$190

Our therapist will travel to your location for your convenience.

Enhancements

Aqua Chi Foot Bath. 40 minutes. \$40.00
Detoxing & ionizing.

Castor Oil Packs. 60 minutes. \$50.
Relaxing as well as healthful.

Aromatherapy. \$10 added to any session.

Therapeutic grade essential oils raise frequency, oxygenate and nourish cells, release stress.

Hair & Scalp Massage Treatment. \$40.

Energy Applications

Reiki. 60 minutes \$75.

Healing energy is transmitted through the hands of the practitioner, both on and off the body. Increasing vitality, balancing energy, and your body, mind and spirit utilize this life force as needed. Deeply relaxing.

Chakra & aura balancing. 60 min. \$85.
The aura system, which includes the chakras, is the interconnecting system between the physical, emotional, mental and spiritual aspects of us. A focused application helps clear issues and

blockages. Promotes personal growth, balance, and sense of well-being.

Craniosacral. 60 minutes \$85.

Balance is restored to the craniosacral system, which includes cerebrospinal fluid which is rhythmically pumped throughout that system. That rhythm echoes throughout the entire body and reveals imbalances due to injury, trauma, and stress. A session relieves pain, distortion, confusion, and imbalances.

Integrative Body Work. 60 minutes \$85.00
Combine energy work with massage therapy.

Healing/Counseling Applications

Kabbalistic Healing / Counseling. 60 min. \$125.

In Kabbalah, the foundation of this work, the Tree of Life is a dynamic template for wholeness, which exists in each of us. It becomes enlivened in the session through discussion. The client is able to access deeply hidden issues. A hands-on energy healing is provided, specific to those issues. Lasting changes are made bringing freedom from stuck, repeating patterns and self-limiting experiences of life.



Distance Healing. Any of our ENERGY APPLICATIONS or COUNSELING APPLICATIONS can be received over the phone at a distance.

Spa Applications

Soul of the Feet. 60 minutes \$85.

A warm Jacuzzi with our magical healing soap formula cleanses and soothes tired, achy feet. Salt glow gently exfoliates dead skin cells. Enjoy a luxuriating application of pure, therapeutic grade essential oils to deeply heal and hydrate while receiving a wonderful combination of reflexology, foot and calf massage.

Soul of the Face. 60 minutes \$85.

This facial treatment begins with a gentle cleansing, warm towel wrap, and a deep cleansing marine algae mask. Receive hand and foot massage treatments while you relax with the mask. Cleansing and hydrating, a beautifying massage with our essential oils and vitamin c serum on face, neck and shoulders follows, finished with a light protective moisturizing lotion.

Soul of the Body. 90 minutes \$150.

This special treatment begins with a gentle powdered herb & spice exfoliation over the entire body. Hot sesame oil and essential oils are then massaged into the skin blending with the herbs for nourishment to body and enhanceing health. You will rest in a thermal wrap for absorption and detoxification. Totally relaxing and rejuvenating.

Salt & C Body Glow. 60 minutes \$ 95.

Your skin will be radiant with this salt glow exfoliation treatment, administered with light massage strokes. A cleansing will follow and the finishing touch will includefull body application of Vitamin C moisturizing lotion for a touch of anti-aging.

Mermaid Seaweed Body Wrap. 60 minutes.

\$110. Rich in nutrients and oxygen, seaweed detoxifies thebody and nourishes the skin. Seaweed paste is brushed on the body in strokes to stimulate venous flow. You will rest 20 minutes in a thermal wrap. You are cleansed, a finishing lotion applied, and you are totally refreshed.

Detoxifying Sea Algae Formula hydrates skin, stimulates circulation, cellular metabolism, elasticity.

Milder Firming Seaweed Formula is loaded with amino acids from algae and skin toning agents from clay.



Natural and organic ingredients from the earth and sea.

Skin Care Applications.

Body & Soul European Facial. \$85.

Wonderful, deeply cleansing, rejuvenating, classic style facial. Your esthetician will make a complete assessment of your skin type and tailor your facial specifically for you. Enjoy cleansing, steam, massage, mask and finishing.

Cape Cod Calming Facial. \$85. For red or sunburned skin.

Seasonal Facial. \$85. Be refreshed by applications of freshly mad organic preparations of fruits, vegetables, or a specially featured line. (check website or call for our current special).

Back Facial \$75. Relax and cleanse the beautiful back!

Fassage \$115. 90 minutes. Includes one hour facial of your choice and one half hour relaxation back massage.

Enhancements. \$10. (can be added to any skin care session)

Enzyme treatment.

Good for restoring damaged, discolored, or aging skin.

Paraffin treatment. Deepens and enhances hydration or collagen repair.

Aromatherapy. (see above description).

High Frequency. Raises frequency of skin to reduce blemishes, redness, aging, and is antiseptic; increases cellular metabolism, oxygenates skin, and stimulates circulation.



Makeup.

Every day application, \$40.

After facial, \$25. Lesson \$50.

Bridal application \$100, Bridal party \$65.

Evening application \$80.

Waxing.

Brow \$15, Lip \$12, Chin \$12, Full Face \$35

Underarm \$17, Half leg \$35, Full leg \$60,

Back \$70 +, Bikini \$27+, French bikini \$35+

Full leg and bikini \$85+, Back \$70+

Brazilian \$65+.

Packages

Soul of the Mermaid Package. \$299. 3 hours.

Combine Salt & C Body Glow, Mermaid Seaweed Body Wrap and a One Hour Hot Lava Shell or Hot Stone Massage.

The Aromatic Body & Soul Package \$299. 3.5 hrs.

Soul of the Feet, Body & Soul European Facial, 90 minute Raindrop Therapy Massage.

Body & Soul Combination Packages.

For 3one-hour treatments or more, receive 5% off a one-visit package.

Cape Cod Day of Beauty \$585 + (approx. 7.5 hours)

Waxing of your choice, Soul of the Feet, Salt & C Body Glow, Mermaid Seaweed Body Wrap, lunch (from Buckie's in Dennisport). 90 minute Raindrop Massage, European Facial, One hour Reiki. (or create your own combination)

Mini-Packages

Mermaid Head to Toe.

75 minutes. \$100

Algae mini-facial, 30 min., 30 min. relaxing massage, 15 min. reflexology.

Essential Sea Glow. 75 minutes, \$100

20 min. foot soak.20 min. foot and calf exfoliation and massage, 35 min. aromatherapy massage.

Aromatic Face & Spirit.

105 min. \$150

Body & Soul European Facial, 30 min. Reiki, 15 min. Raindrop Technique.

Economy Packages

Massage Economy Card Packages

10 relaxation massages, 12 wk. expiration. \$600.

10 Therapeutic massages, 12 wk. expiration. \$700.

10 sessions to be used in 22 wks., save \$50.

\$10 Aromatherapy Upgrades; at time of session.

Facial Economy Card Packages

10 European Facials , 12 wk. expiration. \$700.

10 European Facials to be used in 22 weeks, save \$50.

Waxing Card

10th session is Free!



Cape Cod Body & Soul Day Spa

*Massage Therapies,
Skin Care, Waxing, Energy
Healing, Spa Services,
and more...*

*At our day spa you will
experience a beautiful
blending of ancient
philosophies and modern
technology. We utilize pure
and natural substances from
the earth and sea to nurture,
soothe, and nourish your
body, mind and spirit.*

*It is our heartfelt intention to
assist you in relieving pain,
stress, cleansing and healing
of the body, movement
toward personal growth,
embracing wholeness and
enhancement of wellness
through our services, classes
and products. Our healing
presence will help you to
rediscover the deep inner
peace within you.*



*In order to maintain a healing
environment, we ask that you
kindly refrain from wearing
commercial perfumes.
Thank you.*

*Re-connecting with
ourselves can allow us to
feel more centered,
relaxed and balanced in
our lives. It is with this in
mind that we offer classes
such as qigong,
aromatherapy,
meditation, other venues
for self-discovery and
empowerment in addition
to our services.*

Please check our website for
the schedule:



Find us on Facebook

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