

Spa Services at The OUT



Massages:

Select from the following:

Quick Fix Massage

This half hour massage will help target key areas while alleviating stress. Focusing on areas of the back with higher tension, this service will provide relaxation and recovery in this short session.

30 min / \$90*



Deep Tissue

A classic deep tissue massage that helps to relieve tension in overworked and stressed muscles. This is the type of massage for those really looking for medium to heavy pressure to thoroughly focus on muscle tissue, tendons and fascia (the protective layer surrounding your muscles, bones and joints. This massage may also be referred to as a "Sports Massage".

60 min / \$150*

90 min / \$195*

Hot Stone Massage

Using volcanic stones and deep tissue techniques, this service helps promotes relaxation through the placement of smooth, water-heated stones to key points on the body. Hot stones are directly applied to relaxes muscles and allow your therapist to reach deeper layers while expanding blood vessels to encourages blood flow throughout the body. The sedative effect you will achieve with Hot Stone massage can relieve chronic pain, reduce stress and promote deep relaxation.

60 min / \$165*

90 min / \$205*

Cupping Bodywork Therapy

Cupping Therapy is an ancient treatment that relies upon creating a local suction to mobilize blood flow to promote healing. Employing negative pressure, rather than tissue compression, Cupping Therapy helps engage your parasympathetic nervous system to allow full body relaxation. With the use of Cupping Therapy and Deep Tissue massage elements, this service provides benefits to include the softening of tight or strained muscles, reduces knots, lifts connective tissue and releases toxins naturally. Great for those who suffer from chronic lower back pain, shoulder pain and other ailments.

60 min / \$165*

90 min / \$205*

Swedish Massage

Swedish massage is a gentle, rhythmic massage that is essential to relaxing body tissue and facilitate healing. Lighter in touch than other techniques, this massage utilizes long flowing strokes, kneading and friction while manipulate the joints and muscles through various movements. Common benefits achieved by Swedish massage include relaxation, relief to muscle tension, improved circulation and range of motion.

60 min / \$150*

90 min / \$195*

Aromatherapy

Aromatherapy massage is with highly concentrated essential oils derived from plants, fruits and herbs to stimulate your senses while promoting healing effects and creating a feeling of well-being and relaxation. Each essential oil offers unique healing properties that when blended together will enhance the aromatic experience while developing a tranquil effect. Our suggestions include:

- Stress Reduction: Lavender, Clary Sage
- Energy Boost: Eucalyptus, Lemongrass, Rosemary
- Depression: Lemon, Bergamot

60 min / \$165*

90 min / \$205*

Detox:



Select From...

Turkish Hammam

This authentic Turkish bath treatment is performed in our steam room to help you sweat while relaxing the muscles and opening the pores. Next you will enjoy a full body exfoliation using Turkish bath mitt as a method of cleansing, yet achieving extended relaxation. Once exfoliated, you begin the full body foam massage to purify from toxins and renew the skin allowing blood circulation to increase while stimulating your immune system. Concluding your service with a thorough Turkish- inspired massage to achieve a higher level of mental clarity and relaxation.

65 min / \$175*

Extended Turkish Hammam

This authentic Turkish bath treatment is performed in our steam room to help you sweat while relaxing the muscles and opening the pores. Next you will enjoy a full body exfoliation using Turkish bath mitt as a method of cleansing, yet achieving extended relaxation. Once exfoliated, you begin the full body foam massage to purify from toxins and renew the skin allowing blood circulation to increase while stimulating your immune system. Concluding your service with a thorough Deep Tissue Massage to infiltrate muscular tensions and still achieving a higher level of relaxation that can only be experienced through Hammam.

2 hours / \$275*

**Please note that pricing listed is the base service price. All services are subject applicable sales tax and do not include gratuities for your therapist.*