

Mount Snow Massage

Enjoy our new in-house Massage Room

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**We get booked quickly so schedule your
session now!**

Massage Therapy Menu

Therapeutic massage is an invaluable form of health care that has been utilized for centuries. It eases pain, alleviates stress that can cause disease, prevents and heals injuries, and frees the body of lactic acid build-up from over-use. The best part is that this healing massage is brought to you so that you can remain relaxed much longer. We don't do the spa fluff massage, we do "seek and destroy missions" to target

and alleviate the physical issues that can interfere with your day-to-day life. Don't worry, you'll be very relaxed too. Healthcare never felt so good!

Therapeutic Massage

Our signature massage, specially designed just for you, will melt your pain and tension and resolve your trouble spots leaving you feeling stress and pain free.

\$65 ~ 25 minute

\$95 ~ 50 minute

\$155 ~ 75 minute

Deep pressure available for an additional \$25 per session

Our Exclusive Facelift Massage

A pampering and relaxing face massage to leave your cares behind while we give your face a vibrancy and lift that daily stress can age cause you to look older.

\$125 ~ 50 minutes

Ayurvedic Detoxifying Massage - Garshana & Abhyanga

Ayurvedic medicine from India, over 6,000 years old, is the world's oldest medical system and is a part of the traditional detoxification and rejuvenation programs of India. First is the Garshana where the body is vigorously exfoliated with raw silk gloves, followed by Abhyanga; oilation with organic coconut oil mixed with dosha oil to detoxify, nourish and balance the body. You're left feeling peaceful with skin as soft as a baby's bottom.

\$125 ~ 50 minutes

Thai Massage

A unique massage of yogic assisted stretching creates the perfect harmony for your mind and body. This massage is done off the table and fully clothed; wear loose, comfortable clothes. You'll feel deeply relaxed and pampered.

\$125 ~ 50 minutes

Reiki

Energy work that will balance and ground you and bring you clarity to help you enjoy the simple joy of this moment.

\$65 ~ 25 minutes

Reflexology

A treat for the feet that stimulates organs and relieves areas of congestion in the body. It is used to reduce pain and stimulate the circulation of blood and lymphatic fluid.

\$65 ~ 25 minutes