



# *spa* de La Mer

## BODY TREATMENTS AND RITUALS

Enjoy any of these ultra-luxe, deeply hydrating massages combining shea butter with highly concentrated, natural ingredients. In unison, these ingredients firm, plump and leave your skin feeling and looking radiant.

Choose from the following modalities:

### Four Hand Massage

The ultimate massage for the busy traveler. Receive twice the benefit with two therapists performing seamlessly synchronized therapeutic movements that induce deep relaxation.

*60 minutes \$490*

*90 minutes \$750*

### Deep Tissue Massage

Slow, strong strokes work deeper layers of muscle fibers in this therapeutic treatment. A deep tissue massage helps address patterns of tensions and habits that may lead to discomfort and misalignment.

*60 minutes \$220*

*90 minutes \$325*

### Aromatherapy Massage

A select blend of essential oils are incorporated into your massage, appealing to the body, spirit and mind. A deep sense of relaxation will leave you with an emerging sense of calm.

*60 minutes \$260*

*90 minutes \$355*

*Add La Mer Body Crème to any massage for \$35*

## Hot Stone Massage

This treatment blends the therapeutic properties of heated basalt stones with Swedish massage strokes to relieve tight muscles, improve micro-circulation and promote a sense of calm and well-being.

*90 minutes \$335*

## Swedish Massage

This universally appreciated technique helps reduce tension, boost micro-circulation and encourages deep relaxation. Smooth, long strokes and light to moderate pressure alleviate fatigue for a feeling of well-being.

*60 minutes \$210*

*90 minutes \$315*

## Mother To Be Massage

Gentle relief for the discomforts of pregnancy. Your therapist will create a treatment suited to your specific needs using support pillows and specially adapted massage techniques that lead to a sense of comfort and relaxation. Recommended for women in their second or third trimesters.

*60 minutes \$220*

*90 minutes \$320*

## Hydrating Body Polish

May be added to any massage or facial service. Renew your skin with this gentle express body scrub.

This hydrating body treatment is a nourishing way to refresh and exfoliate the skin with our rich mineral Dead Sea salt. A warm application of our hydrating body lotion, infused with Vitamin E, is massaged onto the skin for intense hydration.

*30 minutes \$135*

## Express Reflexology

This aromatic reflexology treatment utilizes strategic pressure points to relieve stress and tension in the feet. This treatment is ideal after sports activities/travel and helps promote balance and relaxation.

*30 minutes \$100*