

2018 Spa Menu



MASSAGE & BODY TREATMENTS

Stable Massage

Customized pressure to address your specific goals

60 Minutes - \$100 90 Minutes - \$150

Detox and Unwind Treatment

Detoxifying body mask, warm body wrap, clay facial mask, lymphatic dry brushing, and brisk circulatory massage.

75 Minutes - \$150

Mountain Therapy Massage

Hot towel compression, gentle stretching, sports and deep tissue massage

75 Minutes - \$150

Lavender Fields

Gentle and rhythmic massage with organic lavender shea butter for deep hydration

60 Minutes - \$120

Massage Add-On's

Add hot stones, dry brushing, collagen masks, or softening foot treatment

\$20/each per treatment

The Extremity

Scalp, hand, and foot massage

30 Minutes - \$50

Foot Soak Experience

Warm herbal foot bath and reflexology-inspired massage

30 Minutes - \$50

By advance, special appointment only:

Craniosacral Therapy

A gentle approach to balance the body through the head, spine, and pelvis

60 Minutes - \$100

Thai Massage

Combines compression and stretching (Please wear comfortable clothing.)

60 Minutes - \$100

Four Hand Healing Massage

Two synchronized massage specialists to address your specific goals

90 Minutes - \$250

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MIND, BODY & WELLNESS TREATMENTS

Self Connecting Sound Baths

De-stress, Refresh, Release and Renew – all with zero effort! Melt the stress away and let go with greater ease – mind, body and soul. Build your inner peace with this unique and powerful experience. You lie fully clothed on a massage table while Tina shares her harmonious multi-tonal vocalizations especially for you. Rest deeply while being sung to!

60 Minutes - \$85

Inner Guidance Sessions

Bring Your Questions – Find Your Own Answers

You will spend time with Tina on the property. Walking, sitting, talking, and being in profound silence. Seeking answers to your questions from signs of nature and from within yourself. Tina aides you in connecting to your stillness so you can access and discern answers from within you. She shares her stories to assist you in walking home.

60 Minutes - \$85

Self-Connect Sanctuary Session

No matter how long you have been on a healing path, there is always more expression of your soul you could be experiencing. Experience even more peace – even more power from within – even more truth of the LOVE, LIGHT, and PEACE you contain. Create a Sanctuary within yourself in these quantum vibrational healing (energy medicine) sessions.

Sessions focus on the four bodies: physical, mental, emotional and energetic. Using her vocalizations and various “cosmic gifts,” Tina walks you inward to the origination point across time, space, dimension and reality to build a team with you to transmute (not limited to): pain, emotions, habits, past life patterns, traumas, fears, mental chatter and connects you to YOUR core. Sessions are designed for you to be the Healer and learn the HOW of sustaining your results

Session includes Discovery Work for you to do on your own and a recording of the session. To further hone your healing skill set - future sessions can be enjoyed long distance over the phone.

60 Minutes - \$325

All pricing subject to change without notice.
Please contact The Stable Spa with any questions prior to booking an appointment.