

Spa Menu



MASSAGE & BODY TREATMENTS

Simplicity

(Light to Medium Pressure)

This 45-minute massage plus 15-minute foot soak with tea is just enough time to alleviate an overactive mind and body.

60 Minutes - \$100

Serenity

(Light Pressure)

Relax and unwind with this classic Swedish treatment while being gently detoxed with lymphatic massage elements. Included, choose from: aromatherapy, hot towel, or energy work.

60 Minutes - \$130 90 Minutes - \$170

Stability

(Medium to Firm Pressure)

De-stress and renew with our most popular therapeutic massage. The perfect combination of relaxation and targeted work to address your specific needs.

60 Minutes - \$160 90 Minutes - \$200 120 Minutes - \$240

Solidity

(Firm Pressure)

Relieve aches and pains with this deep tissue massage that incorporates neuromuscular and connective tissue techniques to assist in bringing the body back into balance.

Not recommended for a first time massage.

60 Minutes - \$200 90 Minutes - \$260

Sensibility

(Light to Medium Pressure)

Indulge all the senses. Experience an inner peace with a coordinated audio and visual treatment that balances the brain. Includes aromatherapy scalp, hand, and foot massage, an LED light eye-mask, and audio journey. Please allow 15 minutes prior for an included foot soak.

Total treatment time, 60 minutes.

45 Minutes - \$120

Supplemental Services Added to Any Treatment:

Hot Stones - \$20

Dry Brushing - \$30

(Includes Complimentary Dry Brush to Use at Home)

Collagen Mask - \$20

Aromatherapy - \$20

Cupping (Specialized) - \$30

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By advance, special appointment:

Synchronicity

(Four Hands, Customized Pressure)

Experience the deeply sublime harmony of four hands uplifting, nurturing, and balancing the body and soul; two therapists blending techniques customized just for you. Please allow 15 minutes prior for an included foot soak. Total treatment time, 105 minutes.

90 Minutes - \$300

Synergy

(Customized Pressure)

Share a massage for two with your partner, family member or friend. Select from the menu your individual choices. Price will reflect the specific massages. Please allow 15 minutes prior for an included foot soak. Total treatment time, to be determined.

60 Minutes 90 Minutes

Additional services by advance, special appointment:

Craniosacral Therapy

Thai Massage

Reiki

Cupping

*Treatment availability and pricing subject to change.
Please contact us with any questions.*

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POLICIES & GUIDELINES

Spa Arrival

We recommend you arrive at least 15 minutes before your first appointment. At this time you will fill out a Client Information form and speak to your therapist or service professional to discuss your expectations and wishes for your treatment.

Health Conditions

Please disclose any medical conditions, if you are pregnant, or have had a recent injury or surgery on your Client Information Form. In such cases, we suggest you consult your physician before scheduling/receiving spa services. This information will be kept confidential by The Stable Spa staff and stored safely in secured files.

Spa Etiquette

To maintain a peaceful atmosphere, please avoid phone calls and loud conversation within The Stable Spa. Please keep the level of your voice soft and refrain from smoking in or near the facility.

In-Room Service

If you're staying with us on-site, most spa services can be provided in your room or house for an additional charge. Please inquire about availability prior to booking.

Use of The Horse Shoe Farm

All spa services include the use of The Horse Shoe Farm grounds for walking, meditation, and exploration. It is with an open heart we share this beautiful natural setting with all our guests and ask that you please respect all people, nature, and structures while here.

Advance Booking

The Stable Spa services are available by appointment. A credit card is required to secure your reservation. We recommend making your spa reservations in advance.

Payment

We accept all major credit cards and cash. Please present all gift certificates at the welcome desk upon arrival.

Cancellation / Late Arrival

A 24-hour notice of cancellation is required. Guests who cancel less than 24-hours in advance or fail to arrive for an appointment will be charged the full treatment price. If you arrive late for an appointment, the treatment time may be reduced to end on schedule so the next guest will not be delayed. In the event of a late arrival and shortened treatment time, the full price of the treatment will still be charged.

Children

We welcome all spa guests over the age of 8. Children between the ages of 8-18 must have permission from a parent or legal guardian before receiving services.