



## MASSAGES

\*Add aromatherapy hot oil to any massage. \$10 extra

### **Weary Traveler Welcome:**

Neck, back and feet treatment. 45 minutes \$65 \*

### **Aromatherapy Full Body Massage:**

Enjoy a fully customized massage tailored to your body's needs. With a combination of therapeutic body techniques and custom blended aromatherapy oils leaving you fully rejuvenated. \$95

**Deep Tissue Massage:** This full body massage features area specific deep tissue techniques that target sore and tired muscles. Restores flexibility, alleviates muscle tension and increases circulation. Leaves you relaxed and restored.

1 hour \$95.00 or 1 1/2 hours \$140 \*

**Swedish Massage:** Classic European massage with medium pressure and long gliding rhythmic strokes that calms the body, mind and spirit. Increases circulation and decreases stress. 1 hour \$85.00 or 1 1/2 hours \$130 \*

**Medical Massage:** Usually focuses on 1 or 2 areas of the body to alleviate pain and increase range of motion. Utilizes a variety of techniques to target specific issues.

1 hour \$95.00 or 1 1/2 hours \$140 \*

**1 1/2 Hours Massage:** If you have a few areas that need attention this is a great choice for you. Usually a full 1/2 hour on the back and more attention paid elsewhere. If you have ever had a full body massage and wished it could last a little bit longer...This one's for you. \$135 \*

**Reflexology:** Massage of the feet using finger pressure on specific points on the foot to relieve tension. Rebalances the body. 45 minutes \$60

**Couples Massage Instruction:** Learn some relaxing massage techniques in this fun and private class for you and your significant other. 1 hour instruction. \$85 \*



## FACIALS

**European Facial:** Let skilled hands sweep you away into a world of total relaxation. Organic essences will deepen your experience and leave you with a sense of well being. Based on the belief that beauty comes from within. Includes cleansing, exfoliation, arms, hands and neck massage. 1 hour \$95

**Indulgence Facial:** This decadent facial will relax you head to toe allowing for a total body experience. In addition to what we offer in the European facial, this also includes two masks, exfoliation, aromatherapy, and a foot and leg massage. 1 1/2 hours \$115



## SPECIAL PACKAGES

**Major House Deluxe:** Be swept away in total luxury with a Salt Glow followed by a European Facial and ending with a one-hour Full Body Massage. \$230

**Tension Buster:** Your tension doesn't stand a chance with a Back Treatment followed by a European Facial. \$155

**Heavenly Melt:** Take some time to relax and melt away all earthly concerns with a 1 1/2 hour Indulgence Facial followed by an 1/2 hour Massage. \$145

### The Major House Massage Therapist



Dina Shaw is the creator and former owner of the Spa at Litchfield Hills. She received her training and license from the Connecticut Center for Massage Therapy, and is trained in medical massage with two years experience at Rebound Physical Therapy in Watertown, CT. She is European trained by world renown experts in the organic skin and body care industry. She brings to the Spofford Spa Room over 15 years of experience in treatments and customized skin and body care.



## BODY TREATMENTS

### **Major House Hot Stone Body Treatment:**

This ancient healing technique brings relaxation to new heights. Heated basalt rocks gathered from remote areas around the globe, covered in custom blended aromatherapy oils massage away your aches and pains. Hand-selected stones with healing properties are placed on specific healing centers on the body to release blocked energy. Stress doesn't have a chance! 1 1/2 hours \$150

**Salt Glow:** Let organic essences and Dead Sea salt slough away and invigorate tired dry skin. This *must have* treatment will leave your skin smooth and silky and you relaxed and refreshed. \$75

**Hot Oil Wrap:** Hot healing organic oils especially chosen for your needs will be massaged onto your skin with gentle gliding strokes. You will then be wrapped and warmed allowing the oils to penetrate. Deeply relaxing and nourishing treatment. \$75

**Back Treatment:** Hot compresses with organic essences are placed on the back along with exfoliation and a back masque designed for detoxing and then rehydrating the skin. Ends with special oils massaged into skin to further rehydrate and seal in healing organic essences. \$75

**Clay Body Wrap:** French green clay will detoxify the body while adding much needed nutrients to your skin. Restorative and tightening. \$100

**Algae Wrap:** Widely known for its rich nutrients and detoxifying and slimming properties, algae is a *must have* at least once a year to restore your body's natural balance. \$100

**Reiki:** A Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands" and is based on the idea that "life force energy" flows from the giver. If one's "life force energy" is low, then we are more likely to get ill or feel stress. 1 1/4 hours. \$95

**Call 860-689-4041 for appointment**

*24 hour cancellation policy.*

*Late cancellation or no show full service will be charged.*