



MOUNTAIN HOUSE LODGE
- AT SERENO CANYON -

MASSAGE THERAPY

60 Minute Massage	\$148
90 Minute Massage	\$202
120 Minute Massage	\$256

~The above prices include gratuity~

MASSAGE TECHNIQUES

DEEP TISSUE

Deep pressure is applied with this technique using neuromuscular/ trigger point therapy to provide relief from chronic pain, muscle tension and pain due to injury.

SWEDISH

Light to medium pressure is applied. Swedish techniques use long flowing strokes. Swedish massage is used to provide maximum relaxation.

SPORTS MASSAGE

Light to deep pressure with stretch techniques. Focus is on area of concern. Swedish and deep tissue may also be incorporated during this massage service.

PREGNANCY MASSAGE

This technique for the “Mother-to-be” is extremely helpful in reducing discomfort. The therapist will apply pressure accordingly and there will be careful attention to specific areas of concern. The massage service is also helpful in relieving joint pain as the body changes.