

Footworks

Massage & Wellness

Cynthia Nielsen, CMT, CR

- ❖ **Swedish** → Relieve stress and tension while re-connecting to *Universal Flow*. \$60
- ❖ **Deep Tissue Neuromuscular** → Deep therapeutic massage used to re-educate your system and relieve chronic pain. \$75
- ❖ **Lymphatic Drainage Therapy** → A gentle boost to improve the immune capabilities and release build up of toxins and fluids. \$60
- ❖ **Raindrop Therapy with Rainbow Clearing**
→ 100% essential oils feathered along your spine will ease your spirit and detoxify major organs. \$90
- ❖ **the WORKS** → A full body "tune up" with Warm River Rocks, Mineral Foot Bath, Reflexology, Aromatherapy and Massage. \$111

\$15 ADD-ONS to any treatment above

- ❖ **Warm River Rock Massage** → will assist to remove blockages and imbalance in "stuck" places adding to deep tissue release.
- ❖ **Lavender Facial** → Lemongrass-Jasmine Facial Treatment. Relaxing, cleansing and pampering facial includes upper traps and neck release.
- ❖ **Head-n-Scalp Massage** → STRESS? Do not neglect as this treats insomnia, fatigue, headaches and sinusitis.

See Cynthia to customize your spa treatments

Alameda's Hot Springs Retreat

(3668)

(406) 741.(FOOT)

or (406) 741.2283

www.AlamedasHotSprings.com