

Le7ke Spa Service Descriptions

MASSAGES

A complimentary infrared sauna is encouraged after your massage to assist with detoxification and total relaxation. (Based on availability)

Please note massage on pregnant guests cannot be performed without a written authorization from a physician.

Swedish Massage - 60 min - \$110 / 90 min - \$150

This classic relaxation massage is a gentler massage suited for people interested in relaxation and tension relief. The therapist use kneading, flowing effleurage, deep circular petrissage movements, and passive joint movements to relax, stimulate nerve endings, increase blood flow and lymphatic drainage.

Back, Shoulder, Scalp Massage - 30 min - \$60 / 45 min - \$80

The focus of this massage is to relieve tension of the upper body. Using the classic Swedish massage technique and incorporation movements on the scalp to alleviate stress and set the motion towards deeper relaxation.

Hot Stone Massage - 60 min - \$120

The basalt volcanic rocks and rocks that have been collected along the shores of the Little Shuswap Lake and Adams River are used as an extension of the therapist hands to sooth, relax and ease muscle tension. Using the classic Swedish massage movements, the therapist places rocks on the body to create balance and wellbeing. The hot rocks are used to perform the flowing massage movements to take you to a deeper level of relaxation.

Reiki w/ Massage - 60 min - \$110

This is a massage that combines both a Swedish relaxation massage and reiki therapy.

Reiki - 60 min - \$90

Reiki is a therapy that facilitates the clients process of healing and balancing. The palms of the practitioner are placed lightly on or over the client and aids in breaking down energy blocks and balances the mind body and spirit. Reiki promotes the consistent flow of energy to release stress, enhance mental clarity, and overall feeling of wellness.

Aroma Massage -60 min - \$120 -90 min- \$140

This is a classic swedish massage with your choice of signature aroma.

Four signature blends to choose from:

Shuswap Signature Blend - rosemary, lavender, sage, peppermint

Awakening The Senses Blend - orange, lemon, grapefruit

Deep Woods Blend - sandalwood, cedarwood, patchouli

Sweet Escape Blend - clarysage, ylang ylang, sandalwood