



HOLISTIC HEALING C E N T E R

Evening Wind-Down Services

(Available from 4 pm to 8 pm)



What better way to unwind than in the comforts of your own room. These services will assist you in embracing the evening and letting go of the day. Slip into your robe, have your butlers draw you a bath and welcome the night with a calm embrace.

Serenity Room guests receive a 10% discount on all options. All pricing is inclusive of gratuity.

Acupuncture Session: 45 minutes

\$162

Specific routine designed to induce yin energy, relax the muscles and quiet the mind. Includes a brief intake and is a great acupuncture introductory service.

Evening Massage: 45 minutes / 75 minutes

\$180 / \$252

Have a full-body relaxation massage or have your provider concentrate on specific trigger points to relieve the day's tension. Both services include option of lavender massage oil to increase relaxation.

Relaxing Yin Yoga: 30 minutes

\$72

Take a more meditative approach to your evening yoga routine. Your instructor will help you focus on grounding your body, relaxing your mind and drawing your energy down for a good night's sleep.

Energy Work Session: 45 minutes

\$162

Close your evening with a healing energy work session. Includes multiple modalities like Reiki or Qi Gong and sound therapy.

Reflexology: 45 minutes

\$162

Unwind and relax with an indulging foot reflexology and lower leg massage session.