



MASSAGE THERAPY

Canyons Custom Massage \$145/50 minutes, \$205/80 minutes
Create a custom massage with your therapist designed to quench what your body craves most. This signature massage incorporates aromatherapy, hot stones, and specialized techniques to address your specific needs.

Swedish Massage \$60/25 minutes, \$120/50 minutes, \$165/80 minutes
Light to medium pressure massage for the relief of general tension. Each massage is customized to your personal needs.

Deep Tissue Massage \$80/25 minutes, \$140/50 minutes, \$185/80 minutes
Direct pressure and specific attention are given to work out your aches and pains.

Canyons Hot Stone Therapy \$185/75 minutes
Heated stones are applied to the body in long, flowing strokes to induce deep relaxation, relieve tension and restore balance.

Prenatal Massage \$135/50 minutes
This is the perfect antidote for all your prenatal stresses (only performed after the first trimester).

Foot Massage \$60/25 minutes
Take a moment to let your feet recover from their day's adventures. Includes a focused reflex point massage, attending to your problem areas.

Scalp Massage \$60/25 minutes
A relaxing scalp treatment that promotes energy and releases all of your tension. Essential oils facilitates a deep sense of well-being.

Massage Upgrades

Sports Cream \$25
A blend of eucalyptus, menthol, camphor, and arnica soothes tired areas and provides a cooling sensation to your muscles.

Aromatherapy Oil \$25
Choose from three aromatherapeutic blends guaranteed to enhance any massage treatment: Shaping and Detoxifying, Relaxing and Better Well-Being, Energizing and Respiratory.

Jambes Tonique / Anti fatigue leg treatment \$75/30 minutes
Envelope your legs in a cooling aromatic compression. Perfect addition to any treatment after a long tiring day. This treatment focuses on painful, heavy and tired legs, eliminating swelling and water retention.

In-Room Massage \$55 add on