

## Wellness at The Marlborough Lodge

### Relaxation Massage

60 minutes - \$150 / 90 minutes - \$180

Relaxation massage is a gentle Swedish massage that uses smooth, gliding strokes to help you relax while easing any muscle soreness and tension. Compared to therapeutic massages, the massage therapist will move at a slower pace and use lighter pressure.



### Deep Tissue Massage

60 minutes - \$180 / 90 minutes - \$220

A type of massage therapy, deep tissue massage involves applying firm pressure and slow strokes to reach deeper layers of muscle and fascia (the connective tissue surrounding muscles). It's used for chronic aches and pain and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

### Hot Stone Massage

60 Minutes - \$170 / 90 minutes - \$ 200

Hot stone massage is a specialty massage where the therapist uses smooth, heated stones to warm up tight muscles, so they can work on pressure points and problem areas to alleviate tension and stress. Hot stones may either be placed on the body or used as an extension of the therapist's hands, which allows the therapist to work more deeply and more quickly.

### Head, Neck and Back Massage

45 minutes - \$100

Great for relaxation, targeting all the places you hold the most tension - the head, neck, shoulders and back! Great for those that have been traveling long hours, or just need some “me” time.

## **Head and Foot Massage**

45 minutes - \$100

In this massage we will start with the head taking extra time for the scalp, and then ending with a 20-minute treatment on the feet.

Perfect for those who have been out on long hikes or walks and are feeling a bit sore.

*All our essential oils are of the highest quality, undiluted and unadulterated. Our oils are provided by John and Lyn Rainey, New Zealand's oldest continuously operating essential oil production company.*