

THE
SPRING
 HOUSE



Menu of Services

	50 Min.	80 Min.
SPRING HOUSE SIGNATURE MASSAGE _____	100	135
Customized Techniques		

Rejuvenate, Reharmonise and Detoxify. A combination of pressure points and spiraling movements, with techniques and pressure individualized to your specific needs. Your therapist will tailor the treatment to provide balance and well-being, leaving the body refreshed and renewed.

	50 Min.	80 Min.
DEEP TISSUE MASSAGE _____	100	135
Intense Deep Pressure		

A therapeutic technique using many of the same movements as the Swedish massage. The pressure, however, will be more intense and will aid in stimulating circulation. This massage is recommended for reducing stress and for highly active individuals or those involved in heavy physical activity.

	50 Min.	80 Min.
SERENE COMBINATION MASSAGE _____	100	135
A Little of Both - Swedish and Deep Tissue		

You will enjoy the soothing benefits of a traditional Swedish massage along with the slow, deep pressure and skillful hand movements specifically targeted to relieve stressed muscles. This experience will enhance your well-being, taking you to a place of renewed tranquility.

	50 Min.	80 Min.
MARBLESTONE MASSAGE _____	135	160
Sylacauga, Alabama is Home to Some of the World's Whitest Marble		

Experience an elevated level of massage with the combination of hands-on-technique and the soothing heat of beautiful marble stones. Assorted sized stones of varying temperatures are skillfully applied to the body to induce balance and healing, to melt tension and to help tired muscles feel refreshed and renewed.

	50 Min.	80 Min.
EXPECTING MOMMY MASSAGE _____	100	135
Pregnancy Stress and Discomfort Reliever		

During this special time, what better way to be nurturing to yourself than to enjoy a therapeutic, relaxing massage, designed especially for the various stages of pregnancy? Massage during pregnancy is quite safe; however, always ask your doctor before beginning any kind of massage service.

	50 Min.	80 Min.
THE SPORTSMAN'S MASSAGE _____	100	135
Perfect for Golfers and Sports Enthusiasts		

Focusing on all major muscle groups, this massage is designed for those who want relief from overused muscles or simply from pushing their limits. Various massage techniques are used, including sports stretches, and deep-tissue work. This massage helps to restore mobility, vitality and body comfort.

	25 Min.	50 Min.
REFLEXOLOGY _____	65	100
For Tired Hands, Feet, Fingers and Toes		

Did you know that the various areas of the hands and feet are directly associated with the organs in our bodies? You will feel the tension release as skillfully focused pressure is applied to certain points of the hands and feet, restoring a healthy balance to the entire body.

	25 Min.	50 Min.
HEADS UP _____	65	100
A Stimulating Massage for the Scalp		

When tension is felt within the head and neck, the whole body reacts. This invigorating massage works to relax tight muscles in the temple and neck regions, providing relief of cranial tightness, resulting in stimulating relaxation.

	50 Min.
JUST THE TWO OF US _____	200
Couples Massage at The Spring House	

To be enjoyed with a friend or loved one, as together you experience the best in soothing relaxation. Unite the body, mind and spirit, as skillful hands provide various massage combinations for a special treatment of tranquil bliss.

AROMA THERAPY _____	10 Per Oil
Add a Therapeutic Oil Experience	

Eucalyptus, Lavender, Peppermint, Lemongrass