



THE SPA  
AT WINDY HILL

## MASSAGE SERVICES

### Custom Massage

	W	
30 minutes	<b>\$70</b>	\$85
60 minutes	<b>\$105</b>	\$125
90 minutes	<b>\$140</b>	\$165
120 minutes	<b>\$175</b>	\$205

### DEEP TISSUE MASSAGE

Relieve muscle stiffness with slow, deep movements and trigger point therapy. Helpful for chronically tense areas such as neck, low back, and shoulder.

### AROMATHERAPY HOT STONE MASSAGE

Soft scents of lavender, peppermint, or eucalyptus are combined with the direct heat of hot stones to deeply relax muscles and create sensations of comfort and warmth.

### PRE-NATAL MASSAGE

Gentle bodywork for the expectant mother. Benefits include relief of low back pain, sciatica, and other discomforts associated with pregnancy. Recommended only after the first trimester.

### SWEDISH MASSAGE

De-stress your body and let your tension melt away with this classic massage. Long, warming strokes will ease the mind, improve circulation, and create an overall sense of well-being.

### COUPLES MASSAGE

Share your massage experience with someone special. Our talented technicians will make sure you both leave refreshed and renewed. Service is provided in separate rooms.

### SPORTS MASSAGE

Assisted stretching and other muscle flexibility techniques combined with hydrotherapy applications help active clients increase range of motion, decrease inflammation, and recover post-workout.

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### CANCELLATION POLICY

A 24-hour cancellation notice is required to avoid being charged a fee. No-shows will be charged the full service fee. Late cancellations on less than 24 hours notice are subject to a 50% fee.

### AGE POLICY

Guests must be 18 years or older to receive services. Guests under 18 years old are welcome to use salon services if accompanied by a parent or guardian.

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By Appointment Only  
MON - FRI 8am - 10pm  
SAT & SUN 8am - 8pm

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[midtown.com/request-spa-appointment](http://midtown.com/request-spa-appointment)