# spa treatments: massages

# blu's chaser

Our signature massage, combining Swedish and Asian inspired techniques to restore balance and harmony to your body, mind and spirit. Guaranteed to chase your "blu's" far, far away.

#### back and blu

The sports enthusiasts' custom massage. Specifically focusing on those areas that are 'talking back!' This experience is designed for individuals wanting more detailed work on specific muscle groups or areas of chronic pain, includes heat pack treatment.

25	50	80
min	min	min
\$75	\$105	\$165

#### blu hue 🐠



Select your own custom-blended essential oils that are massaged into your skin, soothing your mood and reviving your body. This sensory experience is pampering at its finest.

25	50	80
min	min	min
\$75	\$105	\$165

# Himalayan salt stone 🤝



Uses warm hand-carved salt stones which are rich in 84 natural minerals and elements. This massage is effective towards normalizing your minerals, pH, oxidative stress, and hydration within your body.

# royal Hawaiian blu 🥞



"The art of love and healing through the hands and heart." This traditional Hawaiian form of massage utilizes long, flowing and rhythmic strokes combined with joint mobilization to increase lymph flow and circulation. Lomi lomi bestows upon the body peace and tranquility.





# the art of blu 🐠

Ready to really relax? This soothing treatment will soften your muscles while soothing aggravated and inflamed joints by using a therapeutic massage with hot stones. The 'ohhhhh...' massage!



# head for blu-s 🥯

De-stress on the double with this East Indian scalp massage. Designed specifically to target your neck and shoulders where those aches and pains might be residing.



# the blu bounce 🥞

Therapeutic massage on the foot to enhance the flow of energy throughout the body and corresponding organ systems.



# foot massage enhancement

Add a foot massage to any of your massage or body treatments.



# biofreeze enhancement

Cold therapy pain relieving gel treatment.



### dry-brush enhancement

Add a dry brushing to any of your massage or body treatments to improve circulation throughout the lymphatic system.

