



BODHI TREE

— YOGA RESORT —



SPA SERVICES

MASSAGE 1hr \$80 1.5hr \$120

Deep Tissue

This therapy applies deeper pressure and is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia (protective layer surrounding muscles, bones and joints).

Lymphatic Drainage

This treatment consists of specific brush like strokes to encourage circulation of the lymph tissues in your body. Your therapist will gently press and move her hands in directional movements to reduce inflammation and promote self healing.

Relaxing

Take the time to recover from the stresses of daily life. When you experience a relaxation massage, expect a treatment that involves long smooth gliding strokes that are rhythmic and flowing.



THAI MASSAGE 1.5 hr \$130

A more active and energizing therapy, a Thai massage promises to leave you feeling refreshed and renewed. Muscle compression, joint mobilization, and acupressure are used during this unique treatment.



MANICURE & PEDICURE

Shellac Manicure 1.5 hr \$50

Nails and cuticles are trimmed, the shellac color is applied and dried under a heat lamp, hands are given a hydrating massage.

Complete Manicure 45 minutes \$30

Nails and cuticles are trimmed, hands are given a hydrating massage, new color is applied.

Dry Manicure 30 minutes \$20

Polish is removed, nails and cuticles are trimmed and new polish is applied.

Exfoliating Pedicure 1.5 hr \$60

Feet are soaked in bath salts and then scrubbed from top to bottom, nails and cuticles are trimmed, a natural exfoliate is applied before a hydrating massage is given, followed by new color.

Shellac Pedicure 1.5 hr \$60

This procedure is identical to the complete pedicure but a special, stronger polish (shellac) is applied and dried under a heat lamp, color lasts up to a month or longer.

Complete Pedicure 1 hr \$50

Feet are soaked in bath salts and then scrubbed from top to bottom, nails and cuticles are trimmed, a gentle massage is given to hydrate and then new color is applied.

Dry Pedicure 30 minutes \$30

Polish is removed, nails and cuticles are trimmed, and new polish is applied.

Shellac Removal \$10

To book an appointment visit Reception at
Bodhi Tree Yoga Resort
or email:
frontdesk@bodhitreeyogaresort.com
SPA Hours 9:00am to 5:00pm



BODHI WRAPS 1.5hr \$130

Indulge in our signature spa Bodhi Wraps. First, you will receive an exfoliation to slough off the old. A tonic is applied to cleanse with a light massage. Then you are layered on with various types of body masks - such as cucumber, aloe, coconut oil, coffee, and even chocolate depending on the specific treatment you choose. After the body mask is applied, you are cocooned by local Banana leaves. Get wrapped up and relax for about 20 minutes to keep the body and skin warm. Once the body wrap is removed, the mask is washed off leaving your skin oh-so-soft and refreshed.

Hydration Wrap with banana and honey

Firming Wrap with coffee, chocolate, honey, and coconut oil

Detoxify Wrap with clay

Sweet Treat Wrap with chocolate and coconut oil

Cooling Body Treatment with cucumber and aloe

This treatment does not include exfoliation or the banana leaf wrap- but is very beneficial for skin that maybe had a little too much sun!

FACIALS 1 hr \$80

Banana + Honey

The ocean and sandy breezes can quickly dry out your skin. Using a paste made from bananas and honey, this facial promises to leave your skin hydrated and refreshed.

Cucumber + Aloe

Using cucumber and aloe, both very powerful hydrating agents, this facial will address any dehydration issues you may have. Containing vitamins B and C you'll leave feeling rejuvenated and renewed.

Avocado + Yogurt

Avocado stimulates collagen formation and helps fight the general signs of aging. Yogurt will soften the skin, remove skin debris and also fights acne. You will leave your facial feeling youthful and with a soft glow.

OTHER SERVICES

PRANASSAGE 1hr \$90 1.5hr \$120

Pranassage is a private session of Yoga offering hands on assisting, pressure, and support to deepen the effects of the yoga postures. Sessions can involve either active or passive movement determined by the clients intention, resulting in a deep state of relaxed awareness.

SOUND MASSAGE WITH NECK & SHOULDER ACUPRESSURE RELEASE

1.5hr \$120

This specialized sound therapy massage uses Tibetan singing bowls. Singing bowls are placed directly upon your clothed body and are rhythmically and progressively tapped with a felt mallet. This creates subtle vibrations throughout your entire system. The calming sounds and soft vibrations generated by the bowls create the "relaxation response" which is a profound basis for healing. Jane uses therapeutic quality bowls that are made in Nepal following ancient Tibetan mixes by the Peter Hess Academy in Germany. Neck and shoulder acupressure release is a very effective way to deeply release stress and tension in the upper back, neck and shoulders.



EVOLUTIONARY ASTROLOGY READING 1hr \$150

The therapist's approach to reading your chart is evolutionary as life is an upward spiral. A comprehensive reading will be administered including a natal chart, progressions and current transits, soul journey, present and past lifetimes with respect to dharma direction. Sessions are offered in an interactive recorded session.

Astrology gives us a framework that supports trusting our ground and expanding our wings. A focus on specific questions or situations are welcome.

