



Introducing Table Thai Massage

What is Table Thai Massage?

Performed fully clothed on a massage table, the primary goal of Table Thai is to stimulate the flow of energy to release blockages from physical injuries, bad posture, stress, and emotional trauma. Thai Massage has sometimes been called “lazy man’s yoga” as it is a form of therapeutic stretching by your therapist using a rhythmic flow, compressions, and assisted yoga postures. It is not unusual for the therapist to be on the table and utilize their body to get the best results from yours.

30 min: **REFRESH** (\$90)

Designed to energize and awaken the body. Perfect as a quick reset or an add-on to any 60 minute treatment. Choose from an upper or lower body sequence.

60 min: **RESTORE** (\$130)

A deeper immersion into Thai massage, blending stretch and flow to RESTORE balance and encourage recovery. This session calms the nervous system, eases tension, and improves flexibility. The ideal reset for body and mind.

90 min: **TRANSFORM** (\$165)

Immerse yourself in a full-body Thai massage journey. Extended time allows every muscle group to be lengthened, joints opened, and energy TRANSFORMED.

The fine print...

Best suited for guests with good flexibility (or a desire to have good flexibility!) and comfort with active, full-body dynamic stretching. Treatment should be avoided on clients with painful varicose veins, spinal fusions, spinal stenosis, osteoporosis, pregnancy, blood clotting disorders, recent injuries or surgeries, or uncontrolled high blood pressure.

Dedicated to self-care, familiar with yoga/meditation, you're a perfect candidate!

