



# *the Spa* at **Hastings House**

Hastings House trained practitioners specialize in traditional body and foot massage, body wraps and facials. We recommend reserving your treatments in advance.

## *Massage Treatments*

**The Hastings House Classic**, fragrant herbs and soothing oils are used in our signature Swedish treatment.

60 minutes ~ \$115    90 minutes ~ \$160

**Sports Massage**, Deep Tissue Massage is an excellent revival treatment for travel recovery and jet lag.

60 minutes ~ \$115    90 minutes ~ \$160

**Shiatsu Massage** uses the principles of acupressure. Wear comfortable clothing for this traditional Japanese treatment.

60 minutes ~ \$115

**Hot Stone Massage** is deeply restorative, has both sedative and re-energizing effects. Cool marble stones enhance circulation.

90 minutes ~ \$200

**Foot Massage**, this highly specialized foot massage helps relieve stress and tension.

60 minutes ~ \$100

**Fragrant Rose Hand and Foot Treatment**, exfoliation and deep moisturizing butters nourish the hands and feet with massage and acupressure to relieve pain and tension.

60 minutes ~ \$90

**Body and Sole**, this treatment combines foot massage with full-body massage for a two hour total relaxation experience.

120 minutes ~ \$200

**The Decléor Body Wrap** deep cleanses and re-hydrates the skin.

Rhassoul Mud ~ 90 minutes ~ \$140

Seaweed ~ 90 minutes ~ \$140

**Aromatic Steam Shower**, eliminates toxins from the body, opens up breathing, cleanses, detoxifies and warms the muscles.

20 minutes ~ \$25

### **Courtesies and Cancellations**

Please arrive 5 minutes early. A wrap or robe and appropriate footwear will be available. If you arrive after your scheduled appointment time, it may be necessary to modify your treatment to fit the time available. A 24-hour cancellation notice is required. Late cancellations and missed appointments will require 100% of your reserved treatment to be charged.

**A wonderful SPA Experience awaits you... ENJOY!**

## Facial Treatments

**The Signature Facial**, our Decléor trained therapist will discuss your skin to provide the most effective mask and facial treatment.

60 minutes ~ \$115

**The Signature Facial PLUS**, enhance your facial with an extra 30 minute massage of either:

- (1) a massage of the scalp, neck and shoulders
- (2) a back massage or (3) a foot and hand massage

90 minutes ~ \$160

**Facial for the Back**, a hot cleansing scrub, detoxifying algae, mud mask and application of moisturizing body milk.

60 minutes ~ \$115

## Massage Infusions

**Spa Sublime**, one hour massage and Decléor facial.

120 minutes ~ \$200

**Spa Renewal**, herbal footbath and exfoliating foot treatment, body polish, full body massage, aromatic steam.

90 minutes ~ \$185

**Restorative Power** herbal footbath and exfoliating foot treatment, body polish, massage, warm aroma towel wrap, mini facial and aromatic steam.

120 minutes ~ \$225

## Couples Massage Training

Learn to give nurturing touch to your partner. Gain insight into body mechanics to avoid fatigue and injury. Finish the experience with a glass of champagne and a rose petal bath in your room.

Minimum two-week advance booking required.

180 minutes ~ \$500

## Personalized Treatment

Includes a consultation with a holistic massage practitioner to discuss your specific health concerns. During a customized, two-hour treatment in your suite, you will learn techniques and strategies to promote your good health.

Minimum two-week advance booking required.

120 minutes ~ \$400



**Hastings House**  
COUNTRY HOUSE HOTEL



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