



Owen-Graham Spa Menu

Warm Stone Massage

Experience all the proven benefits of relaxing massage techniques with the added warmth of heated stones gliding over your body. The heat of the stones gently penetrate deep into the muscle tissue enabling systemic relaxation and overall stress reduction.

1 hr \$170 • 1.5 hr \$250 • 2 hr \$310

Therapeutic Massage

Your therapist will administer a short intake form designed to customize the perfect, therapeutic massage to suit your needs. Whether you want a full body relaxing massage or special attention to an area that is bothering you or want extra time spent on areas that especially relax you, your therapist will design your service just for you.

1 hr \$140 • 1.5 hr \$200 • 2 hr \$260

Couples Massage

When you both want a massage and time is an issue, divide the time in half. Each person will receive focused attention on areas specified by you.

1 hr \$260 • 1.5 hr \$380 • 2 hr \$520

Chair Massage

Disrobing is not necessary, allowing the service to be conducive to almost any environment. Transform the energy of your office, movie site, business meeting, bachelor or bachelorette party, important event and/or day. This technique has been shown to relax the body while simultaneously increasing circulation, alertness and energy.

Standard price is \$3 per minute but feel free to call for customized pricing to suite your needs.

Yoga Menu

www.nolayoga.com • To schedule call 504.553.9550