

## A TRUE CHARLOTTESVILLE SPA EXPERIENCE

### *The Spa at Boar's Head*

SPECIALIZED MASSAGE TREATMENTS SERVICES FOCUSED ON HEALTH AND WELLNESS



#### **For Couples...**

Come and enjoy a relaxing spa appointment with your special someone by choosing any of our massage services as a couple's massage. Choose the same massage service for two or each guest may pick their own separate massage service and have it performed in our couple's therapy room.

#### **Forest Air Bathing Massage**

Thomas Jefferson loved the forest. He spent exorbitant amounts of time there exploring its natural wonder and enjoyed the sense of peace it gave him. Jefferson, however, was not the only person that knew this. The Japanese have a specific term for the benefits provided by forests called Shinrin-Yoku (literally, "Forest Air Bathing"). It involves spending time in forests for the health benefits this can bring. Increased immune function, reduced stress levels and lower blood pressure are just some of the measurable health benefits of breathing the essential oils released by trees. This massage re-creates an intensive Forest Bathing experience in the treatment room, and is great for stress reduction and boosting natural immunity. The oil and hydrosol mist used is a blend of native forest essential oils, which increase the benefits of Shinrin-Yoku.

50 minutes \$135 | \$150

80 minutes \$165 | \$180

#### **Crystal Chakra Balancing Massage**

Experience an aromatic journey drawing you into a deeper, profound state of relaxation. This treatment uses 7 essential oil blends, each infused with crystals attuned to its corresponding chakra's vibrational energy, awakening and vitalizing all of the body's systems bringing them back into alignment. Begin your journey with organic ginger and rosemary and finish with a tranquil combination of fragrant vetiver and high grown lavender to carry you into a deep state of bliss.

80 minutes \$165 | \$180

#### **Magnesium Melt Ritual & Massage**

An intensive body ritual featuring the softening and soothing properties of magnesium combined with the therapeutic touch of massage. Magnesium gives renewed energy throughout the body and helps support healthy muscle function and prevent muscle cramping. The dual action salt scrub polishes the skin and melts into a magnesium rich cream, boosting nutrient levels and the skin's complexion while the massage helps to penetrate the magnesium deeper into the muscle for a more potent effect. Rich cream Shea butter is added to the massage component for ultimate hydration and relaxation.

80 minutes \$140 | \$165

#### **Sleep Well Massage**

Most people deal with insomnia at some point in their lives. This massage features essential oils perfectly blended to relieve restlessness, nervous exhaustion and sleep difficulties. Spirit Gate, Bubbling Spring and Wind Pool acupressure points are incorporated into this massage to help settle scattered energies, allowing you to focus on peaceful relaxation and improve the restful quality of sleep.

50 minutes \$120 | \$135

80 minutes \$150 | \$165

**THE SPA**  
— at —  
BOAR'S HEAD RESORT

## Classic Signature Boar's Head Massage Services

### Signature Monticello Garden Massage

Building on Jefferson's natural approach to health and well-being, a signature oil blend has been created by a master botanist using herbs grown by Thomas Jefferson in his gardens. Energy flow is stimulated and balanced with the targeted application of hot, herb filled poultices. Relax and breathe the aromatic vapors to experience a sense of natural renewal. 50 Minutes \$120 | \$135

### Virginia Mountain Stone Massage

Using warm Virginia stones, this unique therapy soothes sore and aching muscles while erasing stress and fatigue. 80 Minutes \$170 | \$185  
50 Minutes \$120 | \$130

### Blue Ridge Classic Massage

A gentle and light massage designed to soothe and relax tense muscles. An application of warm towels to the face and feet enhance relaxation in this classic massage.

80 Minutes \$165 | \$180  
50 Minutes \$115 | \$125

### Arnica Deep-Tissue Massage

This deep tissue massage incorporates the anti-inflammatory benefits of arnica to soothe tired or over used muscles. Recommended for those who prefer firm pressure.

80 Minutes \$180 | \$195  
50 Minutes \$130 | \$140

### Reflexology

A manipulation of pressure points on the feet, scalp and hands stimulates nerve endings, balances internal organs and speeds healing. This session includes a warm and hydrating hot oil wrap on the feet.

25 Minutes \$75 | \$85  
50 Minutes \$110 | \$120

### Pregnancy Massage

Allow our trained therapists to provide a comforting massage for mothers-to-be and bring special care to weary muscles and sore joints. Not recommended during the first trimester.

50 Minutes \$110 | \$120

### Sports Massage

Designed to restore your body to peak performance, this targeted, therapeutic massage incorporates stretching to improve range of motion.

80 Minutes \$170 | \$185  
50 Minutes \$120 | \$130

### Massage Enhancements

Hot Oil Scalp Treatment \$10 | \$15  
Nourishing Treatment for Hands or Feet \$20 | \$25  
Deep Tissue Enhancement \$15 | \$20  
(Blue Ridge and Mountain Stone Massages)  
Arnica Joint Relief Treatment \$20 | \$25  
Aromatherapy \$10 | \$15

### Express Treatments

#### Targeted Massage

This express treatment is designed to target specific areas of the body to meet your needs. 25 Minutes \$75 | \$85

#### Therapeutic Foot Treatment

This relaxing treatment focuses solely on tired and overworked feet. The service includes a magnesium scrub to the lower leg and foot to help increase blood flow and circulation followed by a relaxing massage on the calves and feet. 25 minutes \$65 | \$70

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