

Massage Therapy

Therapeutic Massage 30 Minutes \$50 60 Minutes \$85 90 Minutes \$115

An excellent massage for relaxation, stress reduction and the improvement of circulation. Incorporating a variety of techniques, including Swedish, to focus on your specific needs.

Sports Massage / Deep Tissue 30 Minutes \$55 60 Minutes \$95 90 Minutes \$125

An intensive invigorating massage focusing on specific areas of the body. Works on the deeper layers of tissue and muscle to treat chronic muscular problems. May include some post-workout stretching movements.

Hot Stone Massage 75 Minutes \$105

Warmed volcanic basalt stones are placed on key energy points on the body, evoking an aura of warmth, whilst the deep penetrating heat of the stones are used to massage the body to release muscular tension. Total sensory heaven!

Pregnancy Massage 60 Minutes \$90

The nine month journey is a special time to connect with the mother through power of touch. Relieve tension in your upper and lower back and to alleviate any swelling in your hands and feet whilst easing your mind & uplifting your spirit. Performed after your first trimester, by our massage therapists with advanced training to ensure a safe & nurturing experience

Shiatsu 60 Minutes \$95 90 minutes \$145

A form of energy related bodywork therapy based on a foundation of a cohesive Asian medical system. Shiatsu is a deeply relaxing therapy that restores the flow of energy in the body bringing the body back to its natural healthy balance.

The treatment begins by initiating a deep level of relaxation which reintegrates and synchronizes the whole body, restores resilience and strength in our bodies and creates space allowing for self alignment and self healing. Shiatsu can be a tremendous catalyst to improving and creating optimum health and vitality - by restoring the resilience and strength of our bodies.

*First appointment please schedule 90 minutes

Reflexology 30 Minutes \$50 60 Minutes \$90

This ancient specialized foot massage uses direct pressure to stimulate reflex areas which corresponds to body areas and organs. Reflexology is excellent for preventative maintenance and is extremely relaxing.

Chiropractic Care One treatment \$35

Our Doctor of Chiropractic is available Tuesdays 11am-2pm. We offer a gentle, thorough, and effective approach to guide your body into alignment and to a greater level of self healing.

Spa etiquette

Timing

Take time to arrive at least 15 minutes prior to your scheduled appointment time. This will enable you to relax & enjoy the use of our steam and sauna rooms. We provide luxury robes, slippers and a private locker for your use while at the spa.

Cancellation Policy

If you need to cancel an appointment we request 24 hours notice. If less than 24 hours notice is given a service fee of 50% will be charged to your account. All no show appointments will be charged a 100% service fee.

Gratuities

Gratuities are not included in the cost of your service. If you wish to leave a gratuity for your therapist, for your convenience, this can be charged to your account.

Gift Certificates

The Solebury Club Gift Certificates are a joy to receive. Choose a monetary amount, an individual service or a package. The stress free way to give a wonderful gift.