

A La Carte Massage

If you have any individuals in your party who are under 21 years of age, please inform the receptionist at time of booking. Some services may not be available.

Massage and Pregnancy: Massage is a wonderful way to relax and relieve discomfort during your pregnancy. A soothing massage can relieve physical and emotional tension, help you sleep better and boost your energy. Treatments marked with a **P** are safe and healthy during pregnancy.

Massage (30 minutes) **P \$45.00**

A quick full body massage or treatment specific that's convenient and saves time and cost but still allows you to relax.

Massage (60 minutes) **P \$65.00**

A full body massage that allows enough for full body work, ending with a hot towel wrap to your face.

Massage (90 minutes) **P \$90.00**

A full body massage and treatment specific therapy that spends a little extra time for each area to relax and benefit from the therapeutic effects of massage therapy.

Massage Loyalty Cards

By purchasing a loyalty card, you are saving \$10.00 off each massage with the 55 Minute Loyalty Card and \$15.00 off each massage with the 90 Minute Loyalty Card.

55-Minute Massage Loyalty Card \$275.00
Includes five 55-minute massages

90-Minute Massage Loyalty Card \$375.00
Includes five 90-minute massages

Full Body Exfoliation (60 minutes) \$85.00
A 30 minute exfoliation leaves the skin looking younger, fresher and feeling smoother, plus a 30 minute rehydrating massage.

Mud/Clay Wrap (60 minutes) \$85.00
A rejuvenating 30 minute mud wrap that Soothes tired muscles and draws impurities from the skin, plus a 30 minute rehydrating massage.

Herbal Wrap (60 minutes) \$85.00
A fragrant 30 minute herbal body wrap, an ancient Egyptian treatment that gently removes impurities and toxins from the body, plus a 30 minute rehydrating massage.

30 minute Foot Bath and Foot Massage \$45.00

Foot Massage + 60 minute Massage \$100.00

Foot Massage + 90 minute Massage \$120.00

Extras - Add-ons

Hand and Forearm Massage \$35.00
(20 minutes) A luxurious treatment for the busiest part of our bodies that's relaxing and nourishing, ending with a warm paraffin soak.

Quick Pick-Me-Up Chair Massage \$20.00
(15 minutes) \$1 per minute for extra time. Need a quick pick-me-up but don't have much time? This is the perfect short but relaxing massage that will get you back on track!

Hair and Face Mask Treatment \$35.00
(30 minutes) Our Sea salt hair and face mask hydrates your hair and face while you receive a relaxing foot massage.

Gift certificates for services available online: HighlandsNorthDaySpa.com. Certificates expire 6 months from date of purchase. Certificates may be transferred to another person, but are not refundable.



Spa Hours

Tuesday – Saturday, 9a – 7p
Sunday, Monday Closed.

208.263-3211 | www.HighlandsNorthDaySpa.com Like our page for more spa specials!

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