

THE Spa at Dismal River

MENU

MASSAGES

HOT STONE |

Add something elemental to your experience! Our Hot Stone Massage uses basalt stones formed by quickly cooling volcanic lava. The stones are heated in a hot water bath then strategically placed along the contours of the clients muscles to produce incredibly effective therapeutic effects. Other heated basalt stones are then used during massage strokes as extensions of the therapists hands causing tension to melt as the heat penetrates deeper levels of tissue.

90 MINUTES - \$215

REJUVENATION TABLE |

Get the most out of your time at the Dismal River Club by feeling your best. Massage has been proven many times over to improve muscle performance, decrease pain, increase circulation, induce feelings of calm and euphoria, encourage better sleep, and so much more. Our massage therapists are skilled and uniquely trained to offer the best in both relaxation and therapeutic massage. Each table massage session is custom tailored to the specific needs of our members to enhance your time with us. Come experience what we bring to the table.

30 MINUTES \$75
60 MINUTES \$125
90 MINUTES \$195

DEEP TISSUE |

For result oriented sessions, therapeutic deep tissue work offers specific techniques employed with the aim of effecting positive change in the body. Slow focused strokes provide the depth needed to get to the root of musculoskeletal issues and offers to balance muscle and connective tissue. Therapists take their time to listen to their client's history and concerns as well as use their hands to listen to the body.

30 MINUTES \$90
60 MINUTES \$145
90 MINUTES \$210

THAI |

Often described as "Lazy Person's Yoga", Thai massage is a bodywork modality that was developed with the confluence of Traditional Chinese Medicine and Ayurveda hundreds of years ago. By blending gentle stretches, rhythmic compression strokes, and energetic line work, Thai massage works to harmoniously balance physical body, mind, and energetic body. This technique can be beneficial for the most rigorous athlete and gentle enough for a pregnant mother. It is completely adaptable for everybody.

30 MINUTES \$155
60 MINUTES \$185
90 MINUTES \$215

MASSAGE ADD-ONS

CUSTOM AROMATHERAPY MASSAGE |

Essential oils can lift the mood, relax and rejuvenate muscles, provide relief from nerve pain, and much more. Let your therapist create a custom blend to meet your specific needs for the massage session and beyond. You will receive an essential oil roller ball of your custom blend to extend the benefits of your session.

ADDITIONAL - \$30

DRY-BRUSHING |

This age-old wellness practice is known to bolster vitality and beauty. Here at the DRC we use a natural bristle brush in circular and sweeping strokes over the skin starting at the feet and moving in the direction of the heart. This full-body treatment is known to increase circulation, tighten and tone skin, as well as promoting lymphatic flow and drainage. The natural fiber bristles stimulate and unclog sebaceous glands to produce healthy and glowing skin from head to toe. And the rhythmic brush strokes awaken nerve endings to elicit a deep relaxation response in the central nervous system. Each session is performed with a new brush that is yours to take so that you may continue this deeply nourishing and rejuvenating practice on your own.

ADDITIONAL - \$50

MANICURES & PEDICURES

MINI |

A no-nonsense polish change that has you in and out within minutes.

MANICURE - \$20
PEDICURE - \$35

SIGNATURE |

Includes nail trimming and shaping, cuticle grooming, lotion massage and finished with your choice of polish color.

MANICURE - \$45
PEDICURE - \$60

DELUXE |

An extension of the signature which includes your choice of exfoliating sugar scrub or a moisturizing mask followed by a hot towel service.

MANICURE - \$60
PEDICURE - \$70

VIP |

An extension of the deluxe which includes a refreshing and invigorating paraffin treatment to nourish your skin.

MANICURE - \$70
PEDICURE - \$85

MANICURE ADD-ONS

GEL POLISH - \$15
GLITTER TIP - \$5
NAIL ART - \$5 AND UP
SPECIALTY SHAPING - \$10
FRENCH TIP - \$10

SPECIALTY PEDICURES

HOT STONE |

Take the classic pedicure up a notch! Using our warmed stones we will massage your legs and feet until you have left every stress behind. After that we will follow up with a nail cleaning and shaping, cuticle trim and your choice of a paraffin dip or mask for extra moisture followed by the perfect polish.

SESSION - \$70

PEDICURES - FOR THE GUYS

SPORTS |

Designed to increase circulation, relieve stress and relax muscle tension. This pedicure includes nail trimming, shaping, cuticle care, a warm oil infused soak, an exfoliating scrub, a foot and calf hot stone massage and a hydrating mint clay mask with a warm towel finish.

SESSION - \$65

WHISKEY RIVER |

Even cowboys need pampering. Includes nail trimming, shaping, cuticle care, warm oil soak, our signature brown sugar scrub followed with a moisturizing foot and calf massage, a warm paraffinwax treatment and a warm towel finish.

SESSION - \$65

FOR THE KIDS

MANICURE - \$25
PEDICURE - \$40

SWEET TREAT |

Manicure and pedicure with:
Lotion and sugar scrub scent of your choice, Soft file down, Nail polish, 1 free nail art, Gourmet Lollipop

SESSION - \$60

RESERVE YOUR SPOT TODAY
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