



# THERAPEUTIC TOUCH

MASSAGE & WELLNESS

•Leavenworth•

## Menu of Spa Services

FIRST FLOOR • SUITE 100 | DIAL 100 FROM YOUR ROOM, or 509.548.8081 FROM YOUR CONDO OR AN OUTSIDE LINE.

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### therapeutic

### M A S S A G E

#### SIGNATURE AROMATHERAPY MASSAGE

It's the rejuvenation of Swedish massage fused with the added benefits of aromatherapy from natural therapeutic scents — no synthetics or perfumes here. Your therapist will make an organic essential oil blend specifically for you to nourish body and mind.

60 minutes . . . . 90 • 90 minutes . . . . 120

#### SWEDISH MASSAGE

The perfect remedy for stress-induced tension, Swedish massage eases body and mind into deep relaxation. You will fall in love with this classic's many nurturing benefits, such as improved circulation, invigorated skin, a calmed nervous system, and restored muscles.

30 minutes . . . . 50 • 60 minutes . . . . 80  
90 minutes . . . . 110 • 120 minutes . . . . 140

#### LE VIN WINE THERAPY

Relax and be nurtured with this wonderful detox massage. The unique formulation of *Le Vin* is infused with Chardonnay grape seed extract, an antioxidant with seven times the power of Vitamin E and superior anti-aging and moisturizing benefits.

60 min . . . . 90 • 90 min . . . . 120 • 120 min . . . . 160

#### AROMATHERAPY FACIAL MASSAGE

Get your glow on! Starting with a hydrotherapy steam towel, followed by botanical based products for a cleanse and/or clarifying scrub, a nourishing mask, more hydrotherapy, toner, moisturizer, and massage to reduce tension and boost complexion. Your skin will be luminous, smooth, and supple.

30 minutes . . . . 45

#### HOT STONE MASSAGE

Utilizing polished, smooth, round stones, this ancient therapy unlocks tension deep within your muscles and connective tissue, melting stress for all-over relaxation.

90 minutes . . . . 120 • 120 minutes . . . . 160

#### FOUR HANDS OF BLISS

Drift into deep relaxation for body, mind, and spirit as two therapists simultaneously massage your entire body with rhythmic, calming strokes, guiding you into a state of complete relaxation and balance. Our longer treatment includes a soothing antioxidant foot soak and extra head, scalp, and foot massage.

60 minutes . . . . 160 • 90 minutes . . . . 220

### Services for Two

*An ideal choice for couples,  
moms and daughters, and best friends!*

Enjoy a ninety-minute treatment together, relaxing by the fireplace in our private massage suite. Your session begins with an antioxidant foot soak in Olavie's nourishing *Le Vin* Chardonnay grape seed extract, and is followed by full-body massage catered to each of your preferences. A taste of local artisan chocolate completes the experience.

SWEDISH MASSAGE FOR TWO . . . . . 220

HOT STONE MASSAGE FOR TWO . . . . . 240

## *treatment*

### MASSAGE

Available as 60-minute sessions for \$90,  
or 90-minute sessions for \$120.

\*Only available in 60-minute session.

#### DEEP TISSUE & SPORTS MASSAGE

A specialized combination of deep tissue massage and therapeutic stretching techniques diminish pain associated with intense stress and physical activity. These rejuvenating treatments enhance flexibility and circulation, improving recovery time and performance.

#### MANUAL LYMPHATIC DRAINAGE

Feeling tender? This gentle treatment nurtures and supports the immune system. Soothing light-touch therapy encourages detoxification and the movement of lymph fluid away from swollen areas.

#### PREGNANCY MASSAGE\*

Carrying a bundle of joy can be hard work! Pregnancy massage improves circulation, minimizes back strain, and reduces lower leg swelling. This treatment is therapeutic before, during, and after pregnancy.

#### ASK US ABOUT MYOFASCIAL RELEASE!

Subject to availability.

### FURTHER INFORMATION

#### ARRANGE AN APPOINTMENT

We are open seven days a week, and appointments are highly recommended. Short on time? Give us a call; last-minute services may be available.

#### LOCATION & CONTACT DETAILS

Therapeutic Touch is conveniently located on the hotel's first floor here at the Icicle Village Resort. We'd love to see you! Give us a call at 548-8081 or simply drop by suite 100.  
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#### A BIT ABOUT OUR PHILOSOPHY...

We are devoted to fostering wellness personally and globally through sustainable, eco-conscious products and practices. As part of our ongoing effort to lessen our ecological footprint, we print our menus and business cards on 100% recycled (50% post-consumer waste) and chlorine-free paper.

## *luxurious*

### BODY TREATMENTS

#### ALOE VERA RENEWAL BODY WRAP

Soothing full-body therapy begins with gentle skin brushing to exfoliate, enhance detoxification, and stimulate nutrient & oxygen delivery to the skin. The warm wrap with organic aloe vera gel is followed with hydrotherapy steam towels and a thirty-minute organic aloe vera lotion massage. Aloe vera is anti-inflammatory with many other medicinal properties; healing for those with sensitive and allergic skin types. Body wraps may vary seasonally.

90 minutes . . . . 125

#### CHARDONNAY SUGAR SCRUB

This sumptuous skin renewal treatment is a wonderful way to counter environmental stresses which age the skin. We combine Chardonnay sugar scrub with hydrotherapy to luxuriate and exfoliate, leaving your skin soft, silky, and ready to absorb Olavie's Chardonnay antioxidant body butter. The treatment features grape seed extract and twelve natural oils that restore your skin's balance for intense and lasting hydration.

90 minutes . . . . 110

#### SOLE SOOTHER FOOT TREATMENT

Let your feet be pampered with an antioxidant foot soak, an intensive Chardonnay sugar scrub, a detoxifying foot masque, a hydrating foot paraffin with penetrating heat benefits, and a deeply relaxing and healing massage.

60 minutes . . . . 80

## *Essential* ••• ADD-ONS

Each add-on lengthens your primary service or treatment 15 minutes. \$25.

HOT STONES • EXPRESS FACIAL  
DRY BODY BRUSHING • FOOT SOAK & SCRUB  
OLAVIE HOT OIL HAIR & SCALP TREATMENT  
PARAFFIN FOR HANDS *or* FEET