



# THE NANTUCKET CLUB

## MASSAGE SERVICES

### Deep Tissue Massage

This massage is designed to target specific muscles. The release of pain associated with chronically tight, tired and overworked muscles results in a more flexible and energetic you.

1 hour \$170 / 90 min. \$235 • In guest room 1 hour \$190 / 90 min. \$265

### Swedish Massage

This massage will soothe and relax your body, mind, and spirit senses. The combination of long flowing strokes will increase circulation and reduce stress throughout your body.

1 hour \$155 / 90 min. \$25 • In guest room 1 hour \$175 / 90 min. \$245

### Hot Stone Therapy

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Through the placement of smooth, water-heated stones placed at key points on the body, each therapy session promotes deeper muscle relaxation.

1 hour \$175 / 90 min. \$245 • In guest room 1 hour \$195 / 90 min. \$280

### Reflexology/Swedish

The feet contain 7,000 nerve reflexes which correspond to all of the organs. Manipulating various pressure points on the foot, the therapist stimulates the flow of vital energy through the body.

1 hour \$170 / 90 min. \$235 • In guest room 1 hour \$190 / 90 min. \$265

### Aromatherapy Massage

Designed to awaken your senses while relaxing your body.

1 hour \$145 / 90 min. \$205 • In guest room 1 hour \$165 / 90 min. \$235

### Mother to be Massage

Designed to relieve discomfort associated with pregnancy. Increased circulation helps to relieve leg cramps, swelling, sciatic pain, and backaches. Not recommended for those in the first trimester.

1 hour \$155 / In guest room 1 hour \$175

Massage appointments within 48 hours of booking must be made via phone to confirm availability.

Cancellations & Rescheduling: All appointments must be cancelled or rescheduled at least 24 hours in advance to avoid being charged full price.



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