

KEN ESSENTIAL SPA SERVICES

Therapeutic Massages

Explore numerous ways in which you can balance and rejuvenate your body with our menu of exceptional treatments.

Deep Tissue Massage

The deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia. A study in the *Journal of Alternative and Complementary Medicine* found that people's blood pressure fell after a single 45 to 60 minute deep tissue massage. **60/85 minutes \$110/\$160**



Salubrious Massage

A Massage Antique! - The goal of this popular technique is to relax the entire body by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

60/85 minutes \$100/\$150



Lymphatic Drainage Massage

This is a type of gentle massage which encourages the natural drainage of the lymph. It is particularly good for detoxification, scar tissue, spider veins etc. **80 minutes \$140**



Hot Stone Envy

Hot stone massage therapy melts away tension, eases muscle stiffness and increases circulation and metabolism. Each 1 ½ -hour session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points on the body. The direct heat of the stones relaxes muscles, allowing the therapist access to their deeper muscle layers. **85 minutes \$160**



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