



RESET. RELAX. REPEAT.

MASSAGE

KEEPER OF THE FIRE RELAXATION MASSAGE

This full-body treatment is the most traditional form of Western Massage. The gold standard for relaxation and well-being using hydrating oils and massage techniques to nourish the body as a whole.

50 MINUTES | 80 MINUTES

SPECIALTY MASSAGE

NATURALLY NURTURED MOTHERS MASSAGE

Our expert therapists will create a personalized treatment for your specific needs. Designed for moms-to-be to help improve sleep, reduce stress, and soothe muscle fatigue. Offered starting at the second trimester.

50 MINUTES

TARGETED MASSAGE

Your therapist will focus on two body areas of choice, leaving you feeling relaxed and renewed.

25 MINUTES

COUPLES CUSTOM MASSAGE

Choose one of our 50/80-minute massages and enjoy side-by-side therapy with your partner.

MASSAGE ENHANCEMENTS

COLLAGEN EYE MASK

CBD MASSAGE

SCALP MASSAGE

HOT STONE

AROMATHERAPY

COLLAGEN FULL FACE MASK

CBD OR MUSCLE THERAPY SPOT TREATMENT

DEEP TISSUE MASSAGE

BODY TREATMENT

THREE FIRES HONEY MILK WRAP

Reinvigorate your soul and your skin with this succulent wrap. New life is breathed into skin with an invigorating salt and rice bran oil scrub, then painted with a raw honey and live fruit cell glaze. Next, you are wrapped in compressing steaming mineral towels infused with organic teas and flower petals. The finale is a massage incorporating buttermilk steeped milk lotion and a drop of crisp sweetgrass oil to awaken and deeply moisturize the skin.

50 MINUTES | 80 MINUTES

SKINCARE

SACRED EARTH CUSTOM FACIAL

This individualized facial treatment is highly personalized to your unique needs. Using aromatic essential oils and an infusion of ultra-hydrating botanicals, your skin is left repaired, nourished, and radiant.

25 MINUTES | 50 MINUTES

SPECIALTY SKINCARE

HEALING WATERS FACIAL

Designed with your skin in mind, we will address any number of skin conditions including rosacea, hyperpigmentation (sun spots), and melasma to help achieve the results you are looking for.

50 MINUTES

YOUTHFUL LIFE FACIAL

This pro-youth, age-defying treatment targets the mechanisms that affect skin degradation and merges advanced, cutting-edge science with natural, groundbreaking formulas to bring you one of the most age-defying systems for healthier-looking, youthful, glowing skin. Great for wrinkles and fine lines, crow's feet, puffy eyes, crepey neck, and dry skin.

50 MINUTES

CUSTOM BACK FACIAL

Customized exfoliation, mask, and extractions.

25 MINUTES

SKINCARE ENHANCEMENTS

MOISTURE & PLUMP LIP MASK

AGELESS EYE TREATMENT

SOOTHING CRYO THERAPY

FOOT MASSAGE

BOOK A SERIES

Book a series of three (3) treatments and receive 15% off.

Book a series of five (5) or more treatments and receive 25% off.

SERIES MUST BE PAID IN FULL AT THE TIME OF BOOKING

DAY EXPERIENCE PASS

MONDAY-THURSDAY

OR

FRIDAY-SUNDAY

SKINCARE SPECIALTY ENHANCEMENTS

Get results! Intensify your experience with these amazing result driven treatments.

AQUA-BOOST FACIAL

Our Aqua-Boost Facial involves the use of a medical-grade hydra-dermabrasion machine that involves thorough deep cleansing, exfoliation, and moisture infusion. Effectively vacuums out pores while pushing in potent actives that moisturize, brighten, plump, and protect the skin. Can be added to any facial.

25 MINUTES

MICROCURRENT INSTANT LIFT

This microcurrent & T-Sonic massage boosts microcirculation and lymphatic drainage, delivering nutrients to skin cells and eliminating toxins. 98% of users report that their skin looks brighter, more plump, nourished, and supple.

25 MINUTES

LED PRO LIGHT THERAPY

Add this clinically proven FDA-cleared light therapy device treatment to help boost collagen production, improve skin density, smooth wrinkles, diminish discoloration, and clear acne for a clear, younger-looking complexion.

15 MINUTES

MICRODERMABRASION

A minimally-invasive epidermal resurfacing procedure used to treat uneven skin tone and texture, photoaging, melasma, and scars, including acne scars.

25 MINUTES

NAIL CARE

SIGNATURE MANICURE

Your hands will be soaked in warm water. Then, we will cut and shape the fingernails, and remove cuticles. Next up, our Sorbet Exfoliation and hand mask wraps with hot towels, an Extra Deep Massage with Cooling Moisturizing Gel & Rose Oil, followed by more hot towels and perfect polish.

30 MINUTES

EXPRESS MANICURE

We will cut and shape fingernails, remove cuticles, massage the hands, and apply perfect polish.

25 MINUTES

SIGNATURE PEDICURE

Your feet will be soaked in warm water. Then, we will cut and shape the toenails, remove cuticles, and treat calluses. Next up, our Sorbet Exfoliation and foot mask wraps with hot towels, an Extra Deep Massage with Cooling Moisturizing Gel & Rose Oil, followed by more hot towels and perfect polish.

50 MINUTES

EXPRESS PEDICURE

Your feet will be soaked in warm water. Then, we will cut and shape the toenails, remove cuticles, scrub your feet with skin softener, apply lotion, and apply perfect polish.

50 MINUTES

NAIL CARE SPECIALTY

SOOTHE & SMOOTH CALLUS TREATMENT

Our signature callus treatment is a great enhancement to your Pedicure or Deluxe Foot Massage. This treatment gently softens and hydrates rough, dry, cracked skin and calluses without the use of sharp instruments, leaving your heels refreshed with a youthful appearance.

30 MINUTES

NAIL CARE ENHANCEMENTS

PARAFFIN HAND OR FOOT DIP
ADD OR REMOVAL GEL POLISH
FRENCH POLISH
CBD MASSAGE

HAIR CARE

BLOW OUT AND STYLE

A professional shampoo, blow dry & style for a special event, or pamper yourself with a style that can last a few days!

30 MINUTES | 50 MINUTES

MOROCCAN OIL HAIR TREATMENT

Intense treatment mask for weakened and damaged or dehydrated hair restoration.

15 MINUTES

HAIR CUT

Begin with a complete consultation & hair analysis, followed by a magnificent shampoo and relaxing scalp massage.

50 MINUTES

BUILD A PACKAGE

Book three (3) same day services and receive 20% off.
Cannot be combined with other discounts.
Applies to one person per package.

SPA SNACKS

Receive a complimentary Morning Light Kombucha and Prairie Band Exclusive Lemon & Sage cookies with your Day Experience Pass, or with any Massage, Facial or Body Treatment.