

SPA



BODY TREATMENTS

TRUE MASSAGE

Customized according to your preferences.

60MIN - \$175

90MIN - \$255

5 - 60 minute Massages: \$800 (\$160 per session)

3 - 90 Minute Massages: \$720 (\$240 per session)

*Packages expire after 1 year.

HOT STONE MASSAGE

Hot stones integrated throughout will enhance tension release, relaxation and lymphatic drainage.

90 MIN - \$255

PRENATAL MASSAGE

ISUN organic Pure Prenatal Oil enhancement available.

60 MIN - \$175

90 MIN - \$255

CRANIOSACRAL THERAPY

Subtle and profound therapy to benefit the nervous system and assist with headaches, insomnia, TMJ and learning challenges.

30 MIN ADD ON - \$105

60 MIN - \$175

90 MIN - \$255

SCRUBS + WRAPS

CLEANSE BODY SCRUB & WRAP

Exfoliates and tones the skin, increases circulation and lymph flow and promotes the elimination of toxins.

90 MIN - \$275

QUENCH BODY SCRUB & WRAP

Exfoliates, hydrates and restores the skin with nourishing moisturizers.

90 MIN - \$275

EASTERN TREATMENTS

REIKI

Addresses physical, mental, emotional and spiritual imbalances using hands on and/or hands off techniques.

30 MIN ADD ON- \$105

60 MIN - \$175

SPA HOURS:

Tuesday - Sunday
10am to 6pm
Closed Monday

FOR RESERVATIONS

970.963.9900 Extension 1
Truenaturehealingarts.com



ADD ONS

AROMATIC STEAM SHOWER

Aromatic moist heat loosens stiff joints and sore muscles, rehydrates skin, opens sinuses and detoxifies.

15 MIN - \$65

HOT SHOWER (PRE- OR POST-SERVICE)*

Complimentary shower available within treatment time with advance notice.

15 MIN - \$35

PEACE GARDEN RITUAL BATH

Infused with biodynamically grown and harvested herbs from the Peace Garden.

30 MIN - \$105 (Price is for up to 2 people)

AROMATIC MILK & HONEY RITUAL BATH

Milk soothes and nourishes the skin, while honey reduces inflammation and aging.

30 MIN - \$105 (Price is for up to 2 people)

HOT OIL SCALP MASSAGE

Calms the mind while nourishing hair and scalp.

15 MIN - \$50

FOOT REFLEXOLOGY

Stimulates thousands of nerve endings in the feet to encourage free flow of energy throughout the body.

15 MIN - \$50

REIKI

30 MIN - \$105

CRANIOSACRAL

30 MIN - \$105

**Subject to availability and a fee, use of showers and baths is limited to those who book them in advance in conjunction with a body treatment*

ENHANCEMENTS**

LAPIS RECOVERY OIL

Wild-crafted Arnica and blue tansy oil reduces inflammation and eases pain.

\$25

GEMSTONE ENERGY BALANCING OIL

Choose Amethyst, Rose Quartz, Carnelian or Garnet oil. Each harmonizes physical and vibrational properties of organic herbs, essential oils and subtle energies of the gemstone to help restore balance and vitality.

\$25

PURE PRENATAL OIL

Organic prenatal herbal oil to nourish the endocrine system and soothe the skin.

\$25

HOT OIL SCALP MASSAGE

Calms the mind while nourishing hair and scalp.

\$25

FOOT REFLEXOLOGY

Stimulates thousands of nerve endings in the feet to encourage free flow of energy throughout the body.

\$25

****ALL ENHANCEMENTS ARE INCLUDED WITHIN TREATMENT TIME**

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- o Valid credit card details are required on file for booking.
 - o 24-hour cancellation and change policy applies.
 - o Parties of three or more clients are required to pay a 50% deposit.
 - o Clients must be 18+ years old to receive a body treatment, beyond the first trimester for a prenatal massage and 13+ years old for a facial.
 - o Please review Spa etiquette and COVID information on our website prior to booking.
 - o True Nature Healing Arts is not responsible for lost, damaged or stolen property.
 - o Prices and treatments may change. Please visit our website or call for current details.