

MASSAGE & HEALING TREATMENTS

REBALANCING DEEP TISSUE MASSAGE

90 / 120 MINUTES - \$140 / \$170

We are home of the world-renowned School of Rebalancing founded by Menlha Bruneau, the founder of Hacienda del Sol. Menlha has personally trained our Rebalancing massage therapists to target imbalances and bring the body back into alignment. This massage is designed to work on specific physical issues but is also ideal for anyone simply looking for deep relaxation and release. Speak with your practitioner about your needs and they will create a personalized treatment for you.

REJUVENATING DEEP TISSUE MASSAGE

90 MINUTES - \$140

A full-body deep tissue massage with special focus on dissolving tension from the back, neck and shoulders. This massage incorporates a blend of techniques such as Deep Tissue, Swedish, Shiatsu, and Reflexology. It is designed to free the body from tension, pain, stiffness, and stress. Your practitioner will combine different methods and variations of pressure depending on your preferences.

TRADITIONAL THAI MASSAGE

90 / 120 MINUTES - \$140 / \$170

An effective and gentle form of bodywork to fully relax and reset the nervous system. This ancient healing technique incorporates yoga-like stretches that loosen joints and balance major muscle groups of the body. Thai Massage brings deep relaxation, stress reduction, improved blood circulation, lowered blood pressure, headache and sinus relief, increased range of motion, and centering of the mind and body.

THAI CHI OIL (DEEP TISSUE & THAI)

90 / 120 MINUTES - \$140 / \$170

Combining Deep Tissue Massage and Traditional Thai Massage, this powerful fusion will release and dissolve muscle tension, ease chronic pain, and improve range of motion and overall well-being. This session can be done with or without oils, and take place on the floor or massage table.

BIODYNAMIC CRANIOSACRAL

60 MINUTES - \$140

Menlha works to increase the movement of fluids in and around the central nervous system. Creating a free flow of this fluid is crucial for the entire system to function properly. Signs of stagnant fluid include: stress, tension, anxiety, poor sleep, chronic pain, hyperactivity, and poor concentration. This massage uses gentle pressure around the head, spine, and sacrum to generate movement of the cerebrospinal fluid.

SWEDISH MASSAGE

90 MINUTES - \$140

A classic massage style to soothe your muscles and promote deep relaxation. Using long, soft strokes and kneading, your practitioner will gently release any stress in the body. This calming session also releases emotional stress and brings peace and tranquility to the mind.

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LYMPHATIC DRAINAGE MASSAGE

75 MINUTES - \$140

Within the body, there is a silent system working to keep us healthy – the lymph system. Without it, our bodies would swell with fluid and succumb to infections. The lymph system's impact is so extensive that many don't realize when aches and pains, lethargy, or susceptibility to colds may be due to a sluggish system. This massage will stimulate the lymphatic system and help the body release toxins. If you are here to detox, this session is essential.

DETOX MASSAGE

90 MINUTES - \$160

Cleanse the body of toxins and boost your natural filtration system. Our Detox Massage is a combination of techniques including Lymphatic Drainage, Dr. Collier Massage (a detox massage technique), Cupping Massage, Deep Tissue, Reflexology, and the use of minerals to alkalize and restore the body. You will need to fast for 90 minutes before the treatment and drink plenty of water afterwards to flush the freed toxins.

HERBAL FACIAL MASSAGE

60 MINUTES - \$140

Renew your skin in this relaxing and healing facial with medicinal herbs chosen for you. Using warm water to unfold the healing properties of the herbs, the face, neck, and décolleté are massaged with your herbal mixture, followed by pure aloe vera. The aloe provides calming, soothing, nutrient-rich moisture. The facial ends with home-made rosemary coconut oil followed by cleansing the face with the warm herbal cloth. You are left with a beautiful, soft and smooth complexion.

BODY SCRUBS

90 MINUTES - \$160

Body scrubs are a luxurious way to indulge yourself, nurture your skin, and support overall well-being. The massage and exfoliation process promotes circulation, skin cell turnover, and detoxification. By removing dead cells from the skin's surface, your skin renews itself and can better absorb moisture and nutrients.

The result is healthy, radiant skin. Choose from:

MERMAID - Rejuvenating and detoxing. Sea salt, honey, and coconut oil.

PURA VIDA - Energizing and revitalizing. Coffee grounds, brown sugar, and coconut oil.

DEW DROP BODY POLISH - Gentle and balancing. Coconut flakes, ginger, and coconut oil.

INTUITIVE MASSAGE

90 MINUTES - \$140

If you're not sure which massage treatment is right for you, allow your practitioner to respond to your body in this intuitive session. The focus is to ease any tensions found, and bring your mind and body back into harmony. A variety of techniques may be used, including light or deep pressure massage, stretching, intuitive Reiki, and gentle breathing exercises.

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ACUPUNCTURE - TRADITIONAL CHINESE MEDICINE THERAPY

75 MINUTES - \$140

Traditional Chinese Medicine explains Acupuncture as a technique for balancing the flow of energy or life force — known as chi or qi (chee) — believed to flow through pathways (meridians) in the body. By inserting thin needles into specific points along these meridians, the energy flow will be rebalanced. Acupuncture can help in reducing pain, stress, headaches, low energy, insomnia and emotional disorders.

SHIATSU

90 MINUTES - \$140

Shiatsu, which translates to “finger pressure,” uses the same principals and energy meridians as Acupuncture, only without the needles. This form of bodywork is said to support the body's ability to heal itself. Your practitioner will work with you on the mat, correcting imbalances in the body. Shiatsu regulates the autonomic nervous system and stimulates the circulatory, lymphatic, and hormonal systems.

FASCIA BLASTING THERAPY

90 MINUTES - \$160

Fascia blasting is a non-invasive technique to address local and systemic dysfunctions of the body. It works to release years of poor posture, overcompensation, and trauma and injury stuck in the soft and hard tissue of the body. Because fascia is the substance that is “in-between” our muscles, bones, organs, etc, this work relaxes and supports all systems of the body. In addition to overall wellness, fasciablasing can target connective tissue adhesions, release stuck toxins, decrease cellulite, while greatly improving circulation, mobility and performance. For best results, consistency is key. Speak with your Fasciablaster Facilitator to set up Virtual Consultations for continued support in your Fascia Blasting journey.

CUPPING THERAPY

90 MINUTES - \$140

Cupping is an ancient practice that can help resolve chronic pain and muscle tension faster than massage therapy alone. As the practitioner applies cups to the skin, a deep suction is created, increasing circulation to the target area. The additional blood flow helps relieve tension, calm inflammation, and promote cell repair. After removing the cups, the target areas are massaged to flush the toxins. There can be temporary bruising where the cups are applied.

REFLEXOLOGY

90 MINUTES - \$140

Reflexology is based on the principle that certain areas on the hands and feet correspond to organs and systems of the body. By applying pressure to these key points, reflexology aims to remove any blockages and keep qi flowing through the body. This therapy stimulates the body into healing itself and restores natural balance. The session begins with a foot scrub followed by the reflexology massage with our certified Reiki Master.

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VIBRO-ACOUSTIC MASSAGE

90 MINUTES - \$140

Vibro-acoustic massage is a powerful healing and relaxation session. The Master Sound Bowl, weighing 2-3kg, is placed directly onto the body and struck to produce powerful vibrations. Designed by the oldest sound bowl manufacturer in Nepal, the bowl creates a deep sound that penetrates the skin, fascia, organs, and down to the bones. The vibrations cause relaxation of the tissues and open the lymphatic system, bringing the body into a state where it can heal itself.

THERAPEUTIC FLIGHTS

90 MINUTES - \$140

This restorative session combines elements of Acroyoga and Thai Massage to elongate the spine and release muscle tension. With the support and guidance of your practitioner, you will experience the unique feeling of floating, allowing gravity to pull in all the right ways. Therapeutic Flights increase flexibility, improve circulation, revitalize body posture, and correct internal organ function. This experience also builds confidence, increases body awareness, and promotes emotional stabilization.

Note: Maximum participant weight is 175 pounds.

WESTERN PSYCHOLOGICAL ASTROLOGY

90 MINUTES - \$170

Take an in-depth-look at your life: relationships, soul-purpose, career, health, family, and more. This session includes practical tools for how to deal better with life's challenges, support positive traits, and cultivate a more harmonious flow in life. For this session, your practitioner will need: your birth date, birth time (maximum time frame is 1-hour), and birth place at least one day in advance.

COFFEE CUP READING

60 MINUTES - \$140

Coffee cup reading is an art of prediction and counseling. With origins in Europe and the Middle East, coffee readings offer guidance based on the interpretation of the shapes and patterns of thick grounds left by Turkish coffee. After drinking the coffee in ritual with your guide, your cup will be analyzed to give you clarity and direction.

TAROT READING WITH LENORMAND CARDS

60 MINUTES - \$140

Reading the traditional Lenormand deck is a very dynamic process unlike any other tarot reading method. Each of the 36 cards has unique meaning and importance in the session. The reading can be helpful to find insight, meaning, and new perspectives on life's great mysteries. Dive into your personal psyche, and allow your inner knowledge to be unveiled.