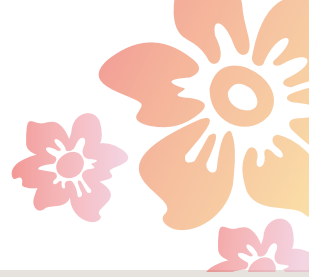


# MacCALLUM HOUSE INN & RESTAURANT **In Room Massage and Spa Services**

Press 0 on your phone to schedule massage or spa services from the Main Property, the MacCallum Suites or Mendocino Village Inn.  
From Oceansong or any of our vacation properties dial 937.0289.



## *Why Massage?*

In modern society our body's natural rhythms often become thwarted by the rapid momentum of life, causing stress, pain, and illness. Modern research shows that massage should become part of our health routine, to rejuvenate our minds and bodies. We need more than ever to slow down and take better care of our health and well being. For this, massage is a deeply healing tool. Massage has been shown to offer many benefits such as, reducing stress, boosting immune function, lowering anxiety, inducing sleep, and acceleration of the healing process.



Yet the most apparent result of touch, of course, is that we feel happier. Our skin holds as many as 5 million touch receptors. Each touch receptor sends messages along the spinal cord to the brain. Messages vary from changes of heart rate and in the release of natural opiates, to improving food absorption and muscle coordination. It is no wonder that interest in massage is rapidly growing.

Our dedication is to provide a safe, nurturing environment for the facilitation of healing. We believe that in order for each individual to reach a relaxed and stress free state, we must hold that space inside as well. Each highly trained therapist approaches massage with compassion and kindness to ensure a peaceful and relaxing treatment.

## **Massage**

### **Therapeutic Massage**

Feel your stress melt away as you experience the full effects of therapeutic touch. Using a combination of Swedish, acupressure, passive stretching, craniosacral and myofascial release work, we work to bring about a state of deep relaxation while relieving muscle tension.

\*Clothed sessions available as well  
1 hour \$100 | 1.5 hours \$130

### **Deep Tissue Neuromuscular Therapy**

Specialized deep tissue techniques combined with interactive movement is used to address connective tissue issues. This is a highly effective treatment for the elimination of pain caused by soft tissue injury.

1 hour \$120 | 1.5 hours \$145

### **Aromatherapy Massage**

A complete body treatment using essential oils made from plant and herb extracts. Choose from our custom blended high grade therapeutic essential oils blended to calm, detoxify or revitalize your system. \$20 added to any massage selection.

### **Light Touch Therapies**

#### **Craniosacral Therapy**

This light touch therapy is a clothed session that involves applying minute amounts of pressure to monitor a craniosacral rhythm at key body points to pinpoint areas of obstruction or stress. Like the pulse of a cardiovascular system, the craniosacral system has a rhythm that can be felt throughout the body. The therapist gently works to restore a natural flow to the craniosacral rhythm by releasing facial restrictions. This gentle therapy works at a deep level and is especially helpful for those suffering from tmj, chronic neck and back pain, headaches and stress.

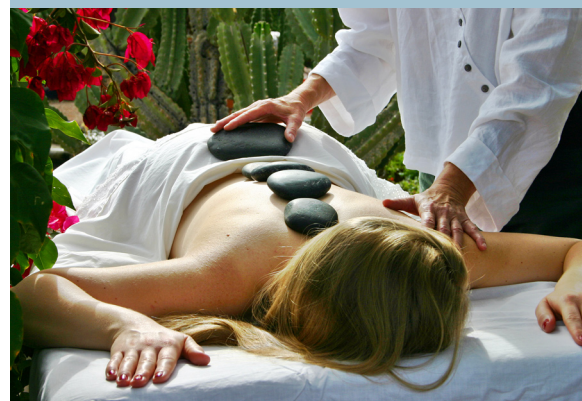
1 hour \$100

## **Spa Therapies**

### **Hot Stone Massage**

Experience a luxurious relaxing massage with the use of smooth hot stones as an extension of the hands. This popular treatment uses basalt river stones to melt the tension of your muscles, leaving you grounded in mother earth.

1.5 hours \$155



## Spa Therapies

### Wild Lime Blossom Scalp & Body Massage

A stimulating aromatic scalp and full body treatment is the perfect antidote for stress and fatigue. Gently warmed and vigorously applied, this blend of wild lime blossom, ginger and sandalwood oils are applied to scalp, neck and shoulders to stimulate circulation and nourish hair. Followed by a body massage with citrus extracts. A full body restorative.

1 hour | \$130

### Raindrop Therapy

Bring your energy into alignment with Raindrop Therapy. It is designed to incorporate gentle massage with the use of high-grade essential oils dispersed along the spine, these highly antimicrobial oils work with the nervous system to facilitate a deep state of relaxation.

1.25 hours | \$130

### “Scentsational” Stones

Combining the therapeutic heat of the hot stone treatment with energetic effects of the raindrop essential oils is guaranteed to melt away stress and soothe the body, mind, and spirit.

1.75 hours \$175

### Shea Butter Body Scrub

A combination of mineral rich Dead Sea salt and essential oils are applied to the full body to exfoliate and stimulate circulation and lymph flow. This exfoliation is followed by a rich Shea butter massage leaving the skin exceptionally smooth and silky. (Do not shave prior to treatment) .

\$1.25 hours | \$135

### Golden Elixir

This treatment is designed to combat stress and fatigue. A Dead Sea salt scrub begins this treatment to detoxify, stimulate lymph flow and exfoliate the skin. Wraps of warm fragrant towels prepare the body so the skin is silky and smooth. A warming hot stone massage completes this treatment leaving your body renewed and glowing.

1.5 hours | \$160

### Facial Massage

Custom blended botanicals and essential oils combine in this facial treatment. Warm compresses, cleanser, mask, toner and moisturizer purify and revitalize your skin. Finish with an acupressure massage for neck and shoulders.

1.25 hours | \$130

**Add any of the following treatments to enhance your experience.**

**Shea Butter** Rich butter from the kukui nut tree. Famous for its moisture rich content.

\$5

**Arnica Oil** Organic, used for muscle aches and injuries, reduces swelling, great for joint pain.

\$5

**Aromatherapy Essential Oil Blends** Add on to therapeutic, deep tissue or hot stone.

\$10

**Wild Lime Blossom Scalp Treatment** \$15



Please cancel at least 24 hours in advance of any booked massage. If we receive less notice you will be required to pay 50% of the therapist's fee. Thank you for your consideration.

