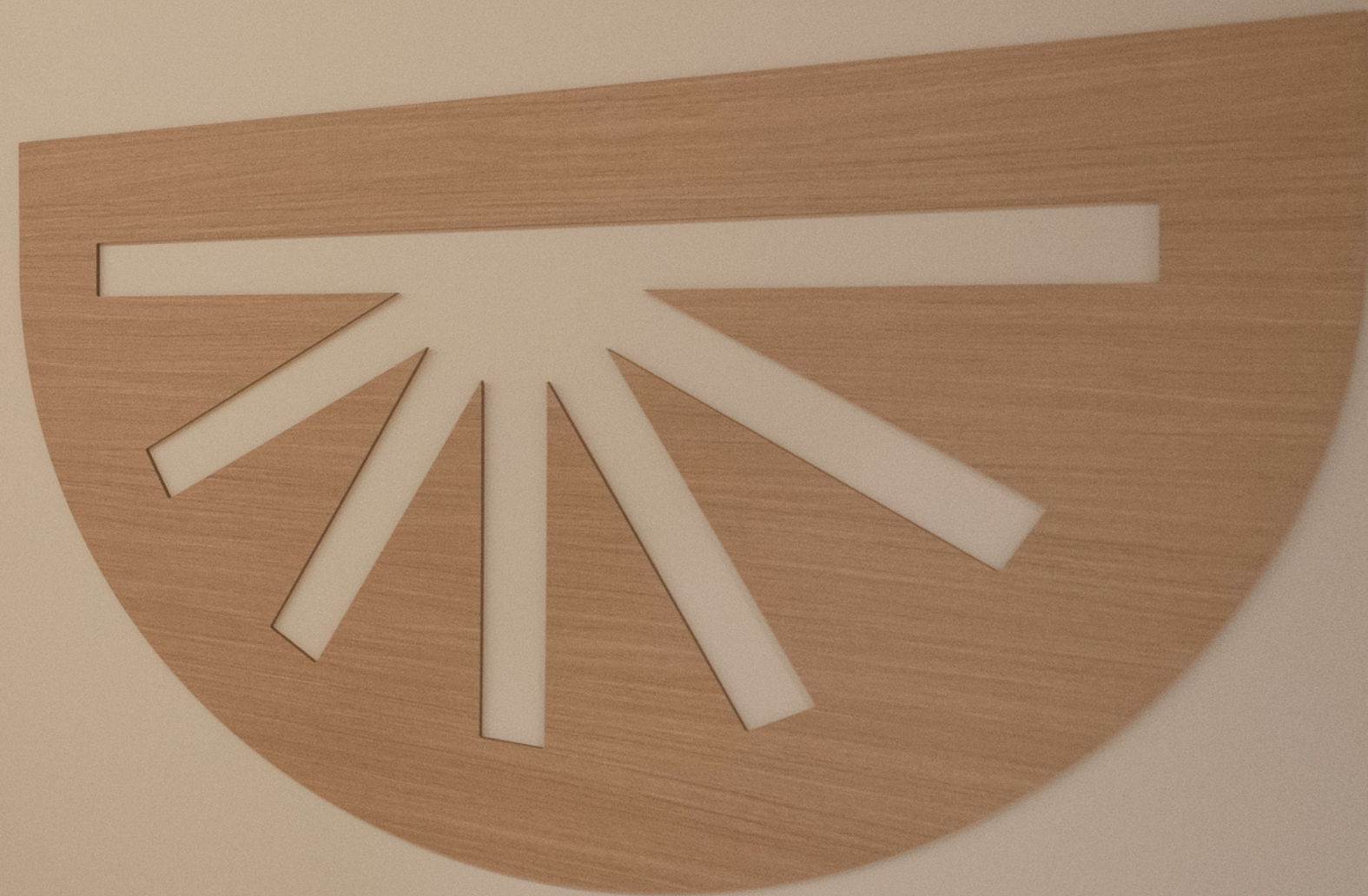




chopra

Mind-Body Spa



SPA MENU

Chopra Signature Massages

Classic Massages

Skincare Treatments

Synchro Flow

Synchronized full-body balancing massage

Go with the Flow

Ayurvedic circulatory massage

Glow Getter

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Mellow Mama

Gentle maternity massage

Good Vibrations

Energizing vitality massage

Get Deep

Deep tissue massage

Chopra Signature Massages



Synchro Flow

Synchronized full-body balancing massage

Immerse yourself in a sea of relaxation. In this synchronized 60-minute treatment, two massage therapists will come together to perform a combination of relaxing and invigorating Ayurvedic techniques.

The session begins with a dry-glove exfoliation to jumpstart detoxification and stimulate your lymphatic system. Next, the body is covered in warm herbalized oil from scalp to toes with friction strokes that move the oil into the tissues to further dislodge toxins. Then muscle-specific strokes are used to promote relaxation and your therapists will use Marma Point Therapy to stimulate and awaken energy in the body, calm the mind, and activate healing.

The final step: A single therapist will stream warm herbalized oil slowly over the forehead to reduce stress and anxiety. Ready to flow? **Let's go.**

Duration: 60 Minutes

Revive to Thrive

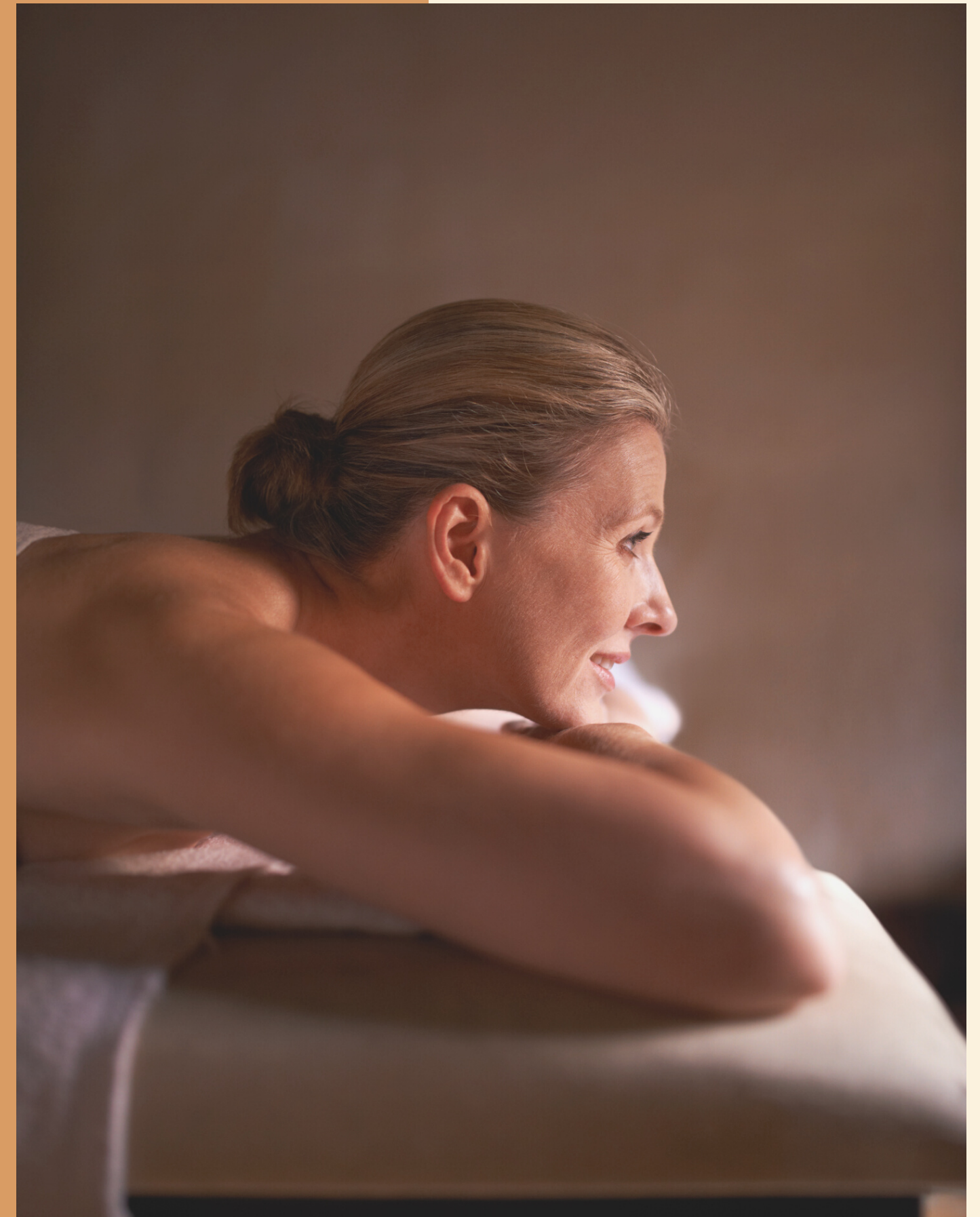
Energy renewing detox massage

Embark on a journey toward deeper relaxation. In this 60-minute treatment, you'll experience a combination of Ayurvedic techniques to relax and invigorate.

We begin with a dry-glove exfoliation to jumpstart detoxification and stimulate your lymphatic system. Next, the body is covered in warm herbalized oil from scalp to toes with friction strokes that move the oil into the tissues to further dislodge toxins. Then muscle-specific strokes are used to promote relaxation. Finally, your therapist(s) will use Marma Point Therapy to stimulate and awaken energy in the body, calm the mind, and activate healing.

The result: A feeling of calm, grounded energy to help you feel renewed.

Duration: 60 Minutes



Tranquil Transformations

Peaceful stress-reducing massage

Close your eyes and prepare for total tranquility. This 60-minute, customizable nourishing massage incorporates a traditional Ayurvedic oil pour over the forehead.

A highly-trained therapist anticipates your needs with a full-body and scalp massage to bring balance to your body, mind, and spirit. Then a steady stream of warm herbalized oil is poured over the forehead slowly to reduce stress and anxiety.

The benefits go beyond the physical with expanded and restful awareness, awakened intuition, a calm nervous system, and improved sleep.

Duration: 60 Minutes





Good Vibrations

Energizing vitality massage

This 60-minute, full-body massage uses the healing power of sound to improve energy flow.

In this rejuvenating Ayurvedic massage, the healing vibrations of Gandharva awaken the intelligence of your mind-body at the cellular level. It combines the calming sensation of warm oils and the harmonious sounds of crystal singing bowls to promote vitality and blissfulness.

Sound like music to your ears? Join us for this transformative experience.

Duration: 60 Minutes

Classic Massages



Go with the Flow

Ayurvedic circulatory massage

This 60-minute Ayurvedic circulatory massage is designed to meet your desired level of pressure and areas of focus.

A trained massage therapist will apply direct and pressured strokes to open up your circulatory system and energy channels and soothe and relax tense muscles.

Ready to clear things up? Join us to unlock a steady flow of intelligence, information, and nutrients through your body.

Duration: 60 Minutes

The MVP

Soothing sports massage

Want to enhance your athletic performance and recovery? Game on.

In this customizable, 60-minute massage, a highly trained massage therapist focuses on specific areas of the body to encourage blood flow and relieve muscle tension. This fast-paced and stimulating massage can be used pre-game to warm up muscles and encourage circulation, or post-event to help soothe your body, calm the nervous system, and aid in the release of toxins.

Perfect for an athlete or anyone who takes part in intense sports or play, this massage will help you take your game to the next level.

Duration: 60 Minutes





Mellow Mama

Gentle maternity massage

Hey mama, it's time to relax. This 60-minute massage is designed to help expectant moms say comfortable and relaxed. promote circulation and relieve water retention.

Our trained therapists utilize safe and effective prenatal techniques to alleviate dehydrated skin, promote circulation, and relieve water retention. They'll also pay special attention to easing lower back muscles, sciatic pain, and muscle aches.

We'd love to take care of you. Join us for some me-time. You deserve it!

Duration: 60 Minutes



Get Deep

Deep Tissue Massage

This 60-minute deep-tissue massage releases muscle tension and toxins from the body.

Our trained therapist will help to relieve pain and discomfort in congested areas within muscles, tendons, and ligaments due to stress, injury, or overuse to restore proper range of motion.

The result: A state of blissful relaxation and gratitude.

Duration: 60 Minutes



Glow Getter

Nourishing Full Body Skincare

Get your glow on with this transformative body treatment.

Experience a full-body skin revitalizing boost to quickly bring balance to your ayurvedic skin type and restore natural radiance. Begin with a full-body silk glove exfoliation followed by a custom warm herbalized oil massage, leaving your body and skin feeling refreshed and revived. Next, our transformative facial massage includes a deeply relaxing customized Dosha-balancing aromatherapy inhalation, a tension melting scalp massage, and features a unique Kansa wand facial massage to soothe, tone, and release tension from facial muscles, neck and shoulders.

Ultra-nourishing and skin-renewing products made with concentrated plant extracts, sea algae, and other anti-oxidant-rich actives are applied to the skin to refine, balance, oxygenate, protect and restore a healthy radiant glow.

Duration: 60 Minutes



Pure Radiance

Customized Ayurvedic Facial

Ultra-rejuvenating experience to bring a radiant balance to the skin, replenish nutrients and let go of accumulated stress.

With complete wellbeing in mind, this holistic facial includes a signature aromatherapy blend specially selected for each guest and a customized face mask with fresh ingredients blended with traditional ayurvedic purifying herbs to nourish, reduce toxins and rejuvenate fatigued skin. An ayurvedic kansa wand facial massage soothes, tones and releases tension from facial muscles, neck and shoulders while a balancing foot bowl massage deepens the feeling of complete relaxation.

Ultra-nourishing and skin-renewing products made with concentrated plant extracts, sea algae and other antioxidant-rich actives are then applied to the skin to refine, balance, oxygenate, protect and restore a healthy radiant glow.

Duration: 60 Minutes

