



Mind-Body Spa



SPA MENU



Chopra Signature Massages

Synchro Flow

Synchronized full-body balancing massage

Revive to Thrive

Energy renewing detox massage

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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

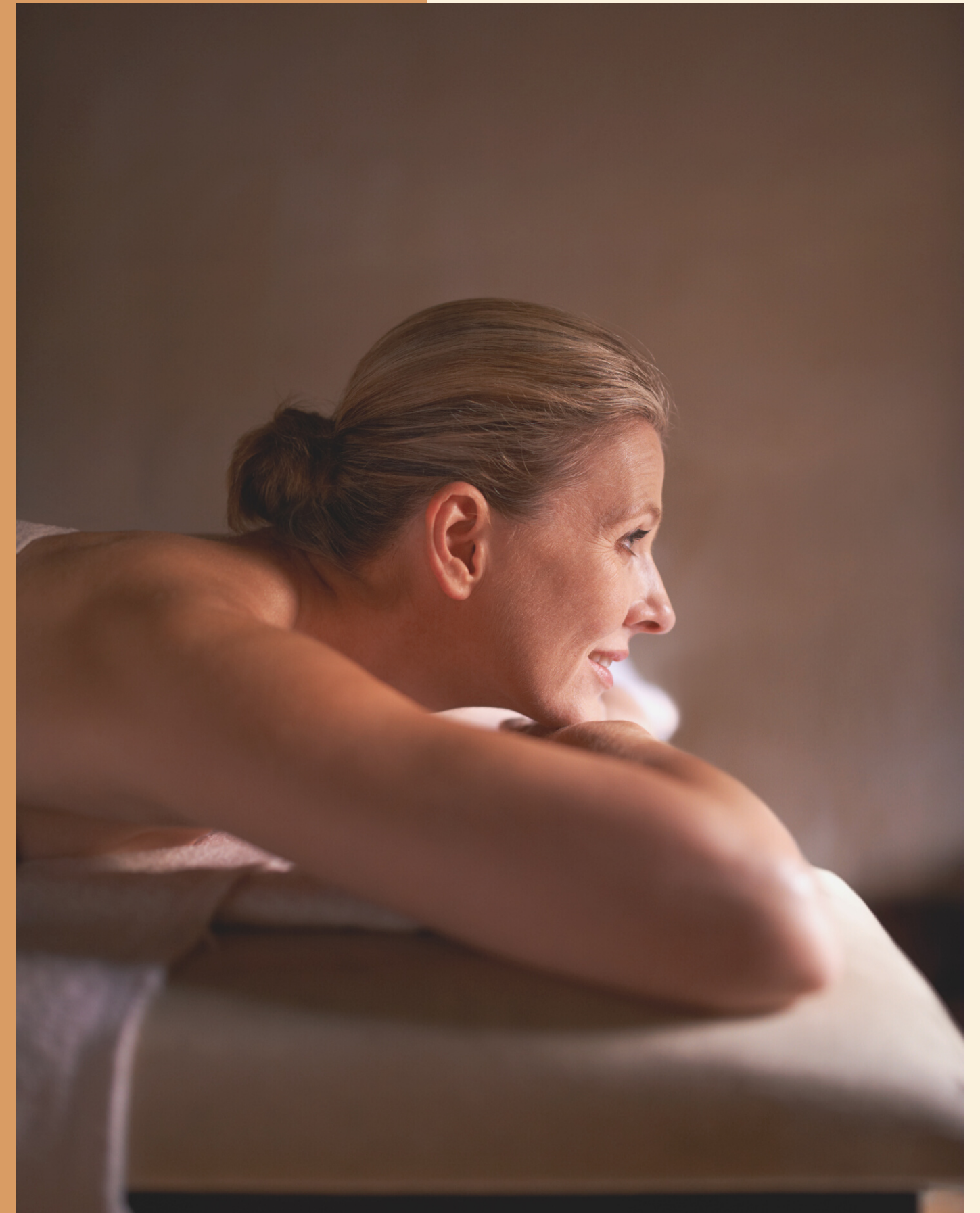
Energy renewing detox massage

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



Stretch it Out

Table stretch massage

This 60-minute massage uses stretching techniques to improve flexibility and mobility, release toxins, and promote relaxation.

Your highly-trained therapist will apply oil and use their hands and elbows to apply pressure to focus points along the energy lines of your body.

You'll leave feeling relaxed and energized.

Duration: 60 Minutes

A person is shown from the waist up, wrapped in a white towel, sitting on a wooden bench. The background consists of vertical wooden slats, suggesting a spa or sauna environment. The lighting is warm and soft.

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