



Spa Services Menu

CHECK IN & "CHECK OUT!"

Home on the Range

Our staple massage. Traditional Swedish Massage. Relaxing, rejuvenating, focuses on increased circulation and stress relief. Gets the job done every time.

60min **\$150** 75min **\$170** 90min **\$190**

The Custom Cowboy

This session is designed to relax and unwind you, while offering more attention to the places that need it most. Swedish massage, Acupressure, Cranial Sacral Therapy and Thai stretching will be used as needed to help your specific physical situation.

60min **\$150** 75min **\$170** 90min **\$190**

The Delightful

Our staple massage with the healing power of aroma therapy. Let your body start to recuperate before the massage even begins! Your session will be individually matched to your exact needs and wants. An experience you won't want to miss.

60min **\$175** 75min **\$190** 90min **\$200**

Things are Heating Up

This beauty is the staple massage with a table warmer, foot and hand warmers and hot towels thrown in here and there to increase circulation and over load the system with comfort and care!

60min **\$175** 75min **\$190** 90min **\$200**

The Aftermath

You will experience Reiki and a healing energetic session, followed by a saging to clear away the damage from the night before or the weight of everyday stresses. This is a unique opportunity to receive a powerful healing touch from Reiki Master and LMT Emily Girvin. Clothing optional.

30min **\$60** 45min **\$80** 60min **\$100**

Head over Heels

This option is for a relaxing head and or foot massage. Get grounded and a clear head. Add aroma therapy and sage to make the experience complete!

30min **\$60** 40min **\$80** 60min **\$100**

The Almighty

Ready for a spiritual experience? This session includes all of the above along with an Intuitive based session with Emily Girvin. She will use her knowledge of Aroma Therapy, Reiki, Swedish Massage, Acupressure, Cranial Sacral Therapy, Thai foot massage and full body stretching to achieve your ultimate relaxation goals. Followed by a cleansing sage and meditative prayer. Regardless of your experience visiting Nashville, this session will keep you coming back for years to come!

90min **\$210**

Double Down

Go ahead try it! Two of Nashville's finest massage therapists will work together to bring you to a whole new level of relaxation and care.

60min **\$210**

Couples Retreat

You and yours will receive our staple massage simultaneously, in your room. With a "Salt of the earth" bath following. Its time to relax and get romantic!

60min **\$300**

Additional Treats

(to Include in your session or on their own)

The Dairy Queen

In room Milk bath. Prepared special for you in your luscious claw foot tub. Ideal for pre or post massage sessions.

\$30

Salt of the Earth

In room Epsom salt and custom prepared aroma therapy bath. Detox, relieve tired muscles and rejuvenate the spirits! Ideal for post massage sessions.

\$15