

A La Carte Massage



Massage and Pregnancy: Massage is a wonderful way to relax and relieve discomfort during your pregnancy. A soothing massage can relieve physical and emotional tension, help you sleep better and boost your energy. Treatments marked with a **P** are safe and healthy during pregnancy.

Massage (55 minutes) P \$65.00

Military Massage (55 minutes) Active/Non-Active Duty P \$55.00

Senior Massage (55 minutes) Ages 60+ \$55.00

Massage (90 minutes) \$90.00

Intensive Foot Treatment (45 minutes) P \$55.00
Your feet work hard. Let us give them a long overdue rest. Includes foot & calf exfoliation, foot & calf mask, and foot & calf massage and hand paraffin dip.

Full Body Massage, Foot Bath & Foot Massage P \$110.00 (90 minutes)
Few things beat a good foot rub. Soak in peppermint scented water, enjoy a 30 minute foot and calf massage with grapefruit lavender massage cream, followed by a luxurious 55 minute massage.

Full Body Massage & Full Body Exfoliation P \$110.00 (90 minutes)
Condition your skin with deep cleansing exfoliation that will detoxify and rejuvenate your skin, followed by a luxurious 55 minute Full Body Massage

Massage & Mud/Clay Wrap (90 minutes) \$110.00
60-minute massage, plus a rejuvenating 30-minute mud wrap that soothes tired muscles and draws impurities from the skin.

Massage & Herbal Wrap (90 minutes) \$110.00
Luxuriate with a 55-minute massage and a warm, fragrant 30-minute herbal body wrap; an ancient Egyptian treatment that gently removes impurities and toxins from the body.

Massage Loyalty Cards

By purchasing a loyalty card, you are saving \$10.00 off each massage with the 55 Minute Loyalty Card and \$15.00 off each massage with the 90 Minute Loyalty Card. As always, the steam sauna is included.

55-Minute Massage Loyalty Card \$275.00
Includes five 55-minute massages and Steam Sauna.

90-Minute Massage Loyalty Card \$375.00
Includes five 90-minute massages and Steam Sauna.

Add On Services

Herbal Treatment	\$50.00
Mud Treatment	\$50.00
Exfoliate Treatment	\$50.00
Foot Bath Treatment	\$50.00
30 Minute Massage	\$45.00
Scalp & Hair Oil Treatment	\$20.00

Gratuity is not included on the above services.

Gift certificates for services available online: HighlandsDaySpa.com. Certificates expire 6 months from date of purchase. Certificates may be transferred to another person, but are not refundable.



Spa Hours

Monday, Closed; Tuesday – Saturday, 9a – 9p; Sunday, 9a – 5p.

208.773.0773 | www.HighlandsDaySpa.com Like our page for more spa specials!

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