

# A La Carte Massage



If you have any individuals in your party who are under 21 years of age, please inform the receptionist at time of booking. Some services and amenities might not be available.

**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** \$80.00

**Military Massage (55 minutes) Active/Non-Active Duty P** \$70.00

**Senior Massage (55 minutes) Ages 60+** \$70.00

**Massage (90 minutes)** \$105.00

**Intensive Foot Treatment (45 minutes) P** \$65.00  
*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** \$125.00  
(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** \$125.00  
(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)** \$125.00  
*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)** \$125.00  
*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** \$350.00  
*Includes five 55-minute massages and Steam Sauna.*

**90-Minute Massage Loyalty Card** \$450.00  
*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	\$60.00

Gratuity is not included on the above services.

**Gift certificates for services available online:** [HighlandsDaySpa.com](http://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](http://www.HighlandsDaySpa.com) Like our page for more spa specials!

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