



## Moonrise Massage Services

### **Crescent Moon** **30 minutes**

This treatment begins with a warm mineral foot bath followed by a peppermint foot massage and a warming coco butter hand massage. It makes a great gift idea.  
250 pesos

### **Full Moon** **60 minutes**

Choose from a variety of European and Eastern healing techniques such as Swedish massage, Lomi-Lomi massage, Reiki, Chakra Balancing, and Guided Meditation to treat your mind, body, and soul.  
450 pesos

### **New Moon** **90 minutes**

Ayurvedic Thai Yoga Massage begins with a constitution questionnaire to determine any imbalance in your body followed by a full body massage with passive yoga poses performed on a foam mat. Dress in comfortable clothes.  
600 pesos

### **Lunar Eclipse** **90 minutes**

Submerge yourself into a luxurious herbal bath to wash away the stress from your mind followed by a relaxing full body massage using aromatherapy oils to melt away the tension from your body. It's heavenly.  
600 pesos

## Other Services

### **Tea Therapy**

After a brief consultation to determine your bodies needs, we will brew a warm cup of herbal tea to heal you inside and out.  
30 pesos

### **One on One Yoga Instruction** **60 minutes**

Begins with a consultation to determine any range of motion limitations followed by 50 minutes of supervised yoga with carefully chosen postures to heal and strengthen your body.  
450 pesos

### **Herbal or Mineral Baths** **30 minutes**

Using specially chosen mineral and herbs soak in a luxurious, warm bath to heal you all over. You can relax with soothing music in a private setting. It's heavenly.  
200 pesos

### **Ayurvedic Counselling**

Ayurveda is the sister science of yoga and has been used over 5000 years in India for the primary medical system. By using a constitution questionnaire we can determine your dosha (constitution) and any imbalances in your mind, body and spirit. To bring you back into balance Ayurveda offers a full range of natural healing treatments such as diet, yoga, lifestyle routine, mantras, breathe techniques and meditation. You owe it to yourself to see how this ancient wisdom can transform you.

Initial appointment is **60 minutes** 450 pesos

Follow up appointments are **30 minutes** 250 pesos

**To make an appointment call 150-0147**

**Gift Certificates Available**  
**Discount Cards Available**