



Massage Therapy at the Four Columns

Utilizing Traditional Western and Eastern Body work practices with the overall intention of returning you to ALL of your senses.

The Bridge **90 minutes** **\$185**

An "inn" room structured treatment using all the finest luxuries and details of the room to enhance treatment. The ultimate pampering. Couple's Bridges done upon request and availability. (Step by step treatment on The Bridge attached)

Swedish Massage **60 / 90 minutes** **\$120 / \$180**

This traditional massage uses foundational massage techniques to relieve your tension from head to toe. This therapy focuses on deep relaxation.

Deep Tissue Massage **60 / 90 minutes** **\$130 / \$190**

Relieve aching muscles and revive your senses with this powerful customized massage. Using a variety of stroke styles and pinpointed pressure techniques to help you ease individual muscle tension and increase circulation.

Hot Stone Massage **60 / 90 minutes** **\$150 / \$220**

Therapeutic heat releases through small locally gathered stones that are placed on your specific energy points. Perfect for the colder season.

Shiatsu **60 / 90 minutes** **\$130 / \$190**

A form of Japanese bodywork with the intention of regulating *Ki* or life energy in the body. This work is done on a mat with the person clothed. It involves pressure along the meridians of the body and assisted stretching. Great for those who like deeper work.

CranioSacral Therapy **70 minutes** **\$120**

The most relaxing Bodywork we offer. Using light manipulation of soft tissue and structures in the body as well as an energetic intention. This work deeply focuses on the central nervous system which then effects every system in the body. Profoundly healing.

AromaTherapy **60 / 90 minutes** **\$130 / \$190**

A full body massage that focuses on infusing the healing power of pure essential oils into the natural healing power of the body. Stimulating the olfactory nerve (smell) with the oils effects the limbic brain relaxing all systems at once.

For appointment inquires or therapy questions, please email wellness@fourcolumnsvt.com
All therapies available for couples upon request and availability