



***The Bridge* at Four Columns Signature Massage Therapy Treatment**

The Bridge is a focused in room Massage Therapy treatment exclusive to The Four Columns. It is the Bridge 'Back to ALL of Your Senses.'

Each room, unique in style, is designed to maximize peace and comfort. Our gracious spa-style tubs, fireplaces and luxurious furnishings help create an environment of natural relaxation. Our fireplaces speak to the warm healing power of Massage Therapy. *The Bridge* was designed with the intention of embracing The Four Columns and Newfane as a destination apart from others.

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The Bridge: Duration 1 hour 30 minutes

Step 1. *The Bridge* starts in your room with an introduction by a Licensed/Certified Massage Therapist. Your Therapist will then prepare a warm mineral salt bath and highlight your space with candles and a scented Aromatherapy diffuser. An optional exfoliating mud mask will be provided for you upon request. Music will be turned on, clock placed within sight, and a robe left for you. Your Therapist exits. (Up to 25 minutes of float time begins)

Step 2. You will transition from the bath to the table. Slip under the sheets dressed to your comfort level. A sounding device will be placed for you to use to signal your Therapist back in at your discretion. Full body massage will begin. (55 minute massage begins)

Step 3. At the close of Table Time, your Therapist will place your robe near you and exit. You'll then move to your desired location in your room and use the sounding device to signal your Therapist back in. Within 7-10 minutes your Therapist will be completely removed.

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Bringing you back to ALL of your senses. Leaving you to enjoy the finest space Southern Vermont has to offer, in the best physical, mental, and emotional space possible.

<i>The Bridge</i>	\$185
<i>The Bridge</i> with Aromatherapy or Hot Stones	\$215
<i>The Bridge</i> with Aromatherapy and Hot Stones	\$245

Couples Bridge treatments can be arranged.

Our therapists are happy to speak to you at any point prior to reserving a treatment or receiving a treatment. Gratuity for therapists not included in price of treatment but graciously accepted.