

The **SPA** at Four Columns...Bringing you back to ALL of your senses



YOUR OUTDOOR **SPA** CHOICE: PERFECTION FOR THE WARM MONTHS. WITH PRIVACY IN MIND WE'VE CREATED AN OPEN AND AIRY BODYWORK SETTING THAT IS SITUATED ON OUR BACK POND ACROSS THE MEADOW. YOUR INDOOR **SPA** CHOICE: CLASSIC AND COMFORTABLE, TEMPERATURE CONTROLLED TREATMENT ROOM. COMPLETE WITH A PRIVATE EUROPEAN STEAM SHOWER.

Exfoliating Body Scrub Treatment 60 minutes \$90

With our exclusive Sugar Scrub made with herbs & flowers from our gardens, Vitamin E, Coconut & Olive oil. Enjoy a 40-minute full body exfoliation massage followed by 20 minutes in our European Steam Shower.

CranioSacral Therapy 60 minutes \$120

The most relaxing Bodywork we offer. Using light manipulation of soft tissue and structures in the body to improve the central nervous system.

Thai Yoga Massage 60 / 90 minutes \$120 / \$180

A bodywork treatment that is the ultimate in pressure, stretch, and relaxation. This work is done clothed and on a mat with the therapist using all of their being to do the work and move with you.

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.

Pregnancy Massage 60 / 90 minutes \$130 / \$190

For mothers to be.

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

Therapeutic heat releases through small stones. Reintroducing the body to its natural origins of the EARTH.

Four Handed Massage 60 minutes \$250

The ultimate in pampering. Two therapists and four hands to heighten your therapeutic experience.

Couples Massages Available