



Spa

Massage Therapy Treatments

Experience the rejuvenating benefits of a therapeutic massage today and discover the effect it can have on your body and wellbeing.

Choose from the following menu of services:

Deep Tissue Massage

A deeper, more pressurized massage for guests who wish to release tension and relieve pain.

60 Min—Residents \$60 / Guests \$75

90 Min—Residents \$90 / Guests \$112.50

Swedish Massage

A light full-body massage using oils that warm up muscle tissues to relieve tension.

60 Min—Residents \$60 / Guests \$75

90 Min—Residents \$90 / Guests \$112.50

Hot Stone Massage

An extension of our therapists hands, we use warm, smooth river stones to relax muscles before massaging tension away.

60 Min—Residents \$80 / Guests \$100

90 Min—Residents \$120 / Guests \$150

Head, Neck & Shoulder Massage

An invigorating massage to help ease the muscular tensions from the head, neck and shoulder areas. This massage may help reduce stress, anxiety, headaches, etc.

30 Min—Residents \$30 / Guests \$37.50

60 Min—Residents \$60 / Guests \$75

To schedule an appointment please

email lifestyle@palmerranchesplanade.com or call (941) 500-9455

(48 hours notice required)

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