



massage therapies

Revitalize your body, mind and spirit. Reduce your stress and increase your resilience. Using therapies gathered from around the globe, our expert massage therapists can make your world a little more peaceful. At Primland, we look forward to providing you with a massage experience to remember.

Primland Signature Massage 60 minutes \$110

This massage experience includes movements inspired by the American Indians to balance and connect to nature. The body is invigorated and relaxed, the spirit is revitalized. Surrender to a combination of massage techniques, including the use of hot stones. Light, medium or deep pressure can be used to customize your treatment.

Harmony Massage 60 minutes \$110

A blend of balance and stretching techniques, combined with a variety of massage strokes and abdominal massage are used, creating a unique and thoroughly relaxing massage.

Serenity Massage 90 minutes \$160

Beginning with a relaxing foot scrub, this massage indulges you from head to toe, inducing a sense of warmth and comfort designed to relax and rebalance the mind and body. Light effleurage strokes are used throughout, including an abdominal massage.

Cellulite Treatment Massage 60 minutes \$110

Problem areas are targeted using energizing and powerful massage techniques designed to increase circulation and improve the look and feel of areas affected by cellulite.

Pregnancy Massage 60 minutes \$130

This journey of nurturing is a special time. After your first trimester is complete, experience this full body treatment which provides safe massage techniques adapted to each stage of pregnancy. Customized therapy, combined with precise positioning throughout, creates a sense of comfort and well-being.

Arnica Muscle Repair Treatment 30 minutes \$70

Arnica, a natural anti-inflammatory used for muscle strains and joint stiffness, is applied using light effleurage strokes. While allowing the gel to absorb, a relaxing scalp massage is performed.

Swedish Massage 60 minutes \$110

Achieve a peaceful, relaxed state with a classic Swedish style massage. Customized for each Spa guest, light to moderate pressure is used to alleviate tension and stress.

Deep Tissue Massage 60 minutes \$125

This full body, deep penetrating massage is recommended for those who suffer from muscle aches. A variety of massage techniques are used to deeply manipulate muscles and connective tissue, helping to release toxins while enhancing circulation and overall well-being.

Jet Lag Massage 90 minutes \$180

This treatment combines the relaxation of massage with the benefits of oxygen, helping to alleviate the effects of jet lag. Oxygen Botanical™ products are applied to the face during this detoxifying massage, leaving your skin glowing and your mind and body rejuvenated.

Moon and Sun Duo Massage 90 minutes \$250

Enjoy a private Jacuzzi in our exclusive Unity Suite, followed by customized side-by-side full body massages. This unique treatment will leave you with the warmest memories of time spent with that special someone.

Four-Handed Massage 60 minutes \$220

The ultimate spa experience. Two therapists expertly guide their hands in perfect synchronization, creating a remarkable experience that inspires peace, tranquility and harmony of the senses.

Detoxifying Massage 60 minutes \$110

Various bodywork techniques are used in this specialized treatment designed to stimulate the body and remove toxins. Provides increased blood circulation, which promotes mental and physical relaxation.

Healing and Hot Stone Massage 90 minutes \$160

Inspired by the American Indians, this spiritual massage experience includes the use of feathers, chimes, crystals, stones and essential oils. A unique and unforgettable combination of sounds and massage movements are used to create peace and harmony of the mind, body and spirit.

Cranio-Sacral Therapy 60 minutes \$110

Cranio-Sacral Therapy with neck unwinding
90 minutes \$160

Cranio-Sacral Therapy, or CST, is a gentle, hands-on method of evaluating and enhancing the function of a physiological body system called the cranio-sacral system. Using soft touch, practitioners release restrictions in the cranio-sacral system to improve central nervous system function, complementing the body's natural healing process.

Neck, Back and Shoulder Massage 30 minutes \$70

A classic combination of massage movements for the neck, back and shoulders. Relax as stress melts away, inducing a deep sense of well-being and serenity.

Embrace the Sea Within 60 minutes \$130

Since ancient times, many cultures have used water to promote health and well-being. Immerse yourself in the healing waters with our "Embrace the Sea Within" treatment, which blends the healing essence of water with cranio-facial massage and ancient therapies designed to restore balance to the body, mind and spirit.