

Walnut Beach Resort

∞ Touch of Heaven Spa ~ Winter Menu ∞

Available till ~ April 30, 2012

Swedish massage ~ 30/60/90 minutes: \$55/95/125

Swedish massage uses a variety of techniques and pressures to reduce stress and promote relaxation. The goal is to increase oxygen flow to the blood, release toxins from the muscles while stimulating the skin and soothing the nerves.

Therapeutic massage ~30/60/90 minutes: \$55/95/125

The goal of therapeutic massage is alignment and balance. This is achieved through the manipulation of the soft tissue, range of motion and stretching to alleviate pain, muscle knots and stress.

Esalen massage ~ 75 minutes: \$95

Originating in California, Esalen massage has been likened to a moving meditation. It incorporates long sweeping strokes, gentle stretching, rocking and pauses for integration. The entire Esalen experience encourages total body awareness and relaxation.

Head and Shoulders massage ~ 45 minutes: \$65

The scalp, neck, shoulders, and arms are the focus of this massage. The reason is simple; these are the common locations of stored tension and accumulated stress.

Reconnective healing ~ 60 minutes: \$65

Reconnective Healing® is energy work beyond any technique you have ever encountered. An effective way to take a break from mind chatter, Reconnective Healing® utilizes new frequencies to allow for the balance of body, mind and spirit. This technique is offered by a certified Reconnective Healing Practitioner™.

Hypnosis healing ~ 60 minutes: \$75

Hypnosis healing combines the technique of energy work with the verbal inductions of classic hypnosis to relax the conscious mind and access the subconscious. It appeals to those who wish to eliminate undesirable habits, increase self confidence, overcome fears or may just want to experience hypnosis to relax.

Couples massage ~ 60 minutes: \$105

Experience the massage of your choice in the comfort of your room, subject to availability.

Hot Stone Massage ~ 60 minutes: \$95

Heated smooth, flat stones are placed on key points on the body. The massage therapist may also hold the stones and use them to massage certain areas of the body. The use of hot stones for healing dates back to ancient times, but it wasn't until Arizona massage therapist Mary Nelson introduced her hot stone massage technique, called LaStone Therapy, that the use of hot stones for massage caught on.

Basic Pedicure ~ 60 minutes: \$50

We begin your treatment with a relaxing foot bath followed by cuticle work, filing of nails and heel work, followed by a massage and fresh nail color

Body Polish and Wrap ~ 60 minutes: \$75

Winter is a great time to treat yourself to a Polish and Wrap! An exfoliation begins with a dry brushing of the entire body; this removes dead skin cells, stimulates circulation, helps eliminate body toxins and reduces the signs of cellulite. Next we buff your skin with raw sugar granules to help lighten pigmentation and reduce signs of aging. Next we apply a skin treatment to hydrate and nourish the skin and conclude with a wrap with comforting heat for twenty minutes.

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4200 Lakeshore Drive, Osoyoos, British Columbia, Canada V0H 1V6
www.walnutbeachosooyoos.com

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Facial ~ 60 minutes: \$80

Your esthetician will examine your face and discuss with you the best prescription for your skin type.

This is followed by a facial cleanse, warm towels to open the pores and relax facial muscles, followed by an exfoliation, mask and the moisturizer. To conclude this experience you will receive face, neck, and décolleté massage.

We only use the finest in Facial Care, Eminence Organics Skin Care is a Hungarian product to treat your senses to an exotic herbs and fruits.

Hours of Operation: Tuesday to Sunday 9a.m. ~ 6p.m.

For Appointments Call: Angela-250 689-1964