

# Spa Treatments at Oceana Hotel With Alchemy Arts Center

## BODYWORK

Shiatsu, Deep Tissue, Sports Massage, Thai Massage, Relaxation Massage, Lymphatic Drainage

1 hr	\$165
1.5 hr	\$245
2 hr	\$320

## HOLISTIC THERAPIES

CranioSacral, Reiki, Chi Nei Tsang (Abdominal Qi Massage).

1 hr	\$165
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FAR Infrared Sauna

30 mins	\$85
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## HYDROTHERAPY

Ionic Detox Foot Spa	1 hr	\$165
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Therapeutic Soak	\$30
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with Alchemy Therapeutic Bath Salts infused with Vital Force™ Technology

*Amazing to combine with a Bodywork or Holistic Therapy, includes extra bath salts for your enjoyment enjoy later.*

## YOGA AND PERSONAL FITNESS TRAINING

1 hr	\$140
45mins	\$120

- To guarantee your preferred appointment time, appointments must be made at least 48 hours in advance online or 24 hours by telephone. Late bookings can be accommodated if possible.
- 24 hours notice is required to cancel appointments.
- Cancellations made less than 24 hours prior to appointment will be charged for all scheduled services.