

The massage offerings listed here represent our aim to provide our clients with the best massage possible.

Connection Session Massage:

This is our signature massage. Its foundation is a traditional Swedish massage with long flowing strokes meant to relax muscles, increase blood flow, and provide a nurturing state of well being. We have added extra time and techniques to help you connect with your whole “being.”

\$100 for 75 minutes.

Couples Massage:

Imagine lying on side-by-side tables while each of you receives our signature massage. You both experience the romantic joy of being massaged at the same time. Jeff works on the woman, and Judy on the man as we take you into deep relaxation. This is the perfect way to spend a morning or afternoon.

\$210 for 75 minutes.

Desert Stone Massage:

Experience the joy of warm stones gliding over your body. Penetrating heat, along with gentle effective strokes, soothes your muscles, providing a relaxation that reaches your mind, body and spirit.

\$130 for 75 minutes.

Head and Foot Ecstasy:

Close your eyes and enjoy a leisurely facial cleansing, neck, shoulder and scalp massage, combined with aromatherapy and facial Shiatsu. Then your feet are treated to a gentle scrub and nurturing massage. You will emerge from the massage studio with a sense of being pampered. This session is dedicated to those who just can't get enough head and foot massage.

\$130 for 75 minutes.

LWS Custom Focus Massage:

Here's your opportunity to build your own massage. Simply tell us about your areas of stress and tension and a massage will be designed to meet your needs. You can even direct how long we work on specific areas of your body.

\$130 for 75 minutes.

Massage-a-trios:

(Four-Handed massage)

Take your massage experience to a new level. We work in tandem, moving up and down your body with the same pressure, rhythm, and movement. With the massage-a-trois you go into another world as our movements are beautifully synchronized.

\$210 for 60 minutes

Life Coaching:

Jeff is available to provide you with life coaching — an intimate conversation with feedback, combined with soothing massage (including Myofascial Release and Acupressure). You can open up areas of the heart that have been blocked by negative events in life to help you face challenges and find solutions. We work together to uncover new and better ways to make your life deeper, fuller and richer. A safe and sacred space, free of judgments, is created.

\$165 per 90 minute session.

Massage Instruction:

Personalized couples' massage instruction is available by appointment. This can range from a complete basic massage to targeting problem areas or even techniques of sensual touch. It is up to you to pick what you would like to learn. We have a lot we can share!

\$245 for 2 hours.



Day use charges apply for guests not staying in our accommodations overnight

What to Expect

We want you to feel at ease and gain the greatest benefit possible from your massage therapy session.

When you enter our studio we will explain our procedure. You will be able to ask any questions you may have and tell the therapist about areas of your body which are injured, tense or sore.

Then just RELAX and ENJOY. Close your eyes. Focus your attention on your breathing, which should be slow, deep, and even. Conversation can be distracting but we do encourage feedback.

People often fall asleep or "zone out" during a massage. We will gently let you know when it is time to roll over or end the massage.

Many men have avoided massage fearing the embarrassment of possible arousal. While this is not our intention we understand that it is sometimes a natural by-product of relaxation. If it should happen it will be disregarded and nothing will be done about it.

About Us and Our Massage

As Certified Massage Therapists we have designed our treatments with some of the best massage techniques we know to help melt away your stress. They are offered to you in unique personal sessions.

Our bodywork training includes experience in the following massage modalities:

- ❖ Swedish
- ❖ Deep Tissue
- ❖ Myofascial Release
- ❖ Acupressure
- ❖ Trigger Point
- ❖ Chakra Balancing
- ❖ Pregnancy

Our years of massage experience have deeply enriched our lives. We continue to learn and grow in order to further our capabilities and bless our clients.

Jeff Bowman - MA, CMT

Judy Bowman - CMT

Certified Massage Therapists



ASSOCIATED BODYWORK & MASSAGE
PROFESSIONALS

Massage at Living Waters Spa



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