

## Therapeutic Massage

90 MINS \$145  
60 MINS \$100  
45 MINS \$ 80  
30 MINS \$ 60

After reviewing your health history and doing an assessment of symptoms, we treat the affected area using effective massage modalities. After your treatment, feel empowered with our great homecare programs and homecare essentials that let you take your healing home with you. This treatment is great for a wide range of symptom management and injury prevention.

## Wounded Warrior



Massage & Localized Contrasting  
1HR \$125

Repair and renew with a 40-minute therapeutic massage to the affected area using our special blend of arnica healing oil. This is followed with a 15-minute contrasting treatment using our warm Vichy Shower and ice to the injured area, which provides a vascular flush, improving circulation and healing. A muscle balm is then applied to soothe the affected tissue. This treatment is great for anyone with overuse injuries or to help relieve "Delayed Onset Muscle Soreness" from highly intense competitions.

## Sweat Lodge Ceremony



Cleansing Contrast Treatment  
1HR \$115

Enjoy a sage infused body scrub as it purifies and prepares the skin. Your therapist will then direct you through the sauna and shower to begin your contrasting. Using hydrotherapy principles, specific temperatures and times are used to provide a full body vascular effect, washing away tension and promoting full body detoxification and healing. A 10-minute intense moisturizing massage completes this invigorating treatment.

## Earth's Touch



Hot Stone Massage  
1HR 15MINS \$145

Using hot mineralized basalt stones, your therapist is able to reach the deep layers of the body with vascular promoting heat, using therapeutic techniques to help warm and relax tight muscles. Heat is an extremely great way to cause a derivative effect and bring blood to ischemic areas, which assists in trigger point release. This treatment is perfect for warming and calming the body.

## 7 Sacred Directions



Stress Management &  
Aromatherapy Massage  
1HR \$135

Enjoy Rain's energy infused vibrational oils to help restore balance to body and mind through meditatively balancing the Indigenous 7 Sacred Directions (a paralleled similarity with the 7 chakras). While the 7 oils start their healing effects, the therapist is then able to apply complementary massage techniques to further the bodies healing response. This treatment is essential for anyone who may be feeling the symptoms of a stressful lifestyle.

## Peaceful Mind

Relaxation & Wellness Massage  
1HR \$100

Let our therapist diffuse stress with this relaxation-focused treatment. Utilizing entrainment techniques, aromatherapy and warm oils, this treatment is great for anyone needing balance in their busy day-to-day life. This is a great treatment for full body wellness; for when the body is without stress, it is able to heal.

## Sk'wuy (Sk'wee) "Mother"

Pregnancy Massage  
1HR \$100

Pure plant essences and essential oils promote skin and tissue health for our moms to be. While being supported by our special pregnancy cushions, enjoy a full body relaxation massage with focused attention on areas of discomfort. This luxurious massage is safe during all phases of pregnancy and is great for bringing balance back to mom and baby.

## Four Directions

Myo-Fascial Release Massage  
1HR \$100

Utilizing fascial techniques, your therapist will help to unadhere structures, and unwind the tangled fascia that contributes to muscle imbalances and painful symptoms. The infrared sauna is an amazing complimentary treatment to this massage.

## Quiet River

Lymphatic Drainage Massage  
1HR \$100

Our therapist applies knowledge of the lymph system and uses effective techniques to help decrease swelling and promote healing to injuries. Lymphatic massage is a very gentle, yet effective treatment. Improved lymphatic circulation is found to boost and support your immune function and assist in detoxification.

## Sacred Rain



Salt Friction Treatment  
1HR \$115

Our mineralized salts are mixed with specially selected essential oils and applied to the full body. The scrub promotes cleansing, detoxification and circulation while leaving the skin soft, smooth and revitalized. This treatment finishes with a full body moisturizing massage to invigorate your skin and circulatory system.

## Ancestral 'Mud'-icinals



Detoxifying Mud Treatment  
75MINS \$160

Mineralized mud has long been a traditional medicine for skin conditions, as well as a powerful detoxifying agent. Special blends of herbs with small crystals of "white gold" exfoliate the skin and then our healing mud is painted onto the body. You are then comfortably wrapped traditional cradleboard style while enjoying a head, neck, and face massage. A thorough rinse in our "waterfall" shower followed by an organic moisturizing massage blissfully finishes this treatment.

## Mountain Rain Bliss



Rain Signature Health Treatment  
1HR 30MINS \$180

Utilizing our "Water" room, several hydrotherapy modalities are used. First, our oil infused mineral salts exfoliates the skin. Our detoxifying mud is then painted onto the body and allowed to dry, pulling toxins from your system while nourishing your skin and while enjoying a head/neck/face massage. A final rinse under our Vichy Shower followed by an organic moisturizing massage completes this amazing healing journey. Perfect as a gift or for implementing in your own health goals.

## ADD ON TREATMENTS

Infrared Sauna	25 Min \$30 / Pkg 10 / \$250
Face Massage	15 Mins \$25
Foot Massage	15 Mins \$25
Head & Neck Massage	15 Mins \$25
Paraffin Wax	\$15



Hydrotherapy Treatment



Client Favourite