



## THE GILDED IGUANA SPA MENU

Appointments: [spa@thegildediguana.com](mailto:spa@thegildediguana.com)

### SWEDISH MASSAGE

A classic and relaxing massage designed to harmonize your energy by rhythmic slow and long movements. Combine a variety of techniques that stimulate blood flow (medium to light pressure).

**\$90**  60 min  
**\$130**  90 min

### DEEP TISSUE MASSAGE

This therapy applies deeper pressure using elbows, forearms and knuckles, to relieve chronic muscle tension. Recommended to relieve pain, "knots" and adhesions (medium to strong pressure).

**\$100**  60 min  
**\$140**  90 min

### "IGUANA" SURFERS MASSAGE

Specially designed for surfers, this particular massage combines deep tissue massage techniques with sports massage. Mainly focused on the upper body: arms, shoulders, neck, shoulder blades.

**\$150**  90 min

### SPORT MASSAGE

A sport massage is the manipulation of the soft tissue (muscle) in order to prevent or improve sports injuries. The therapist has a broader more specified medical knowledge and application.

**\$120**  75 min



## AROMATHERAPY MASSAGE

This swedish massage incorporates the use of essential oils (highly concentrated plants oils) to promote healing and feeling of well-being and relaxation.

**\$120**  75 min

## BACK, NECK & SHOULDERS MASSAGE

A combination of massage techniques and customized pressure, concentrating on neck, shoulders, upper and lower back. Is a shorter treatment than a full body massage.

**\$70**  45 min

## MOISTURIZING FACIAL CLEANSING

This is a super hydrating treatment, designed to heal your skin on a deep level. This facial incorporates special products into your skin to not only hydrate

**\$120**  75 min

## BODY TREATMENTS

Our treatments remove dead cells, leaving your skin clear and soft, ready to get delight with natural products and minerals to nourish your skin while relaxing your mind.

**\$130**  75 min

## "COOL YOUR SKIN"

This hold body treatment helps to cool down your irritated skin after excessive sun exposure with a delicious combination of products based on aloe vera, green tea and rice.

**\$100**  60 min

### CANCELLATION POLICIES AND FEES

Should you need to cancel or reschedule, please notify us at least 4 hours in advance. Any cancellations with less than 4 hours of notice are subject to a cancelation fee amounting to the cost of the scheduled service. We ask that you please arrive 10-15 minutes prior to your appointment time. We will do our best to accommodate late arrivals.

**\* Listed priced do not include 13% sales tax.**

