

PRICE

list

sheraton ny
spa
treatments

wellness services

Massage therapy is available by appointment only. Please dial 6714 and speak to one of our trained professionals.

swedish massage

Classic massage technique designed to promote relaxation, improve circulation, relieve tension and expand range of motion.

30 minutes	\$75.00	60 minutes	\$110.00
90 minutes	\$170.00		

deep tissue massage

Deep Tissue massage is a therapeutic massage that is helpful for stress, bad posture, excessive fitness training, prolonged computer work and overuse of muscles.

30 minutes	\$75.00	60 minutes	\$120.00
90 minutes	\$170.00		

sports massage

Sports massage is a combination of massage strokes and techniques combined with flexibility and specific exercise routines geared to increase an athlete's performance and capabilities.

30 minutes	\$75.00	60 minutes	\$120.00
90 minutes	\$170.00		

hot stone massage

Smooth heated stones are integrated into a powerful Swedish or Deep Tissue massage.

60 minutes	\$125.00	90 minutes	\$175.00
------------	----------	------------	----------

pregnancy massage

This massage is specifically tailored for the expectant mother's needs. Pregnancy massage has been found to reduce stress, decrease swelling in the arms and legs and relieve aches and pains in muscles and joints.

30 minutes	\$75.00	60 minutes	\$120.00
------------	---------	------------	----------

PRICE list

couples massage

Two massage therapists can massage you and your loved one, or a friend with both of you together in the same room. Two one-hour massage sessions utilizing Swedish or Deep Tissue massage techniques.

60 minutes \$210.00 90 minutes \$300.00

in-room massage

Praesto del iriliscilit ulluptatetue et aut adipit euipsum vel iustie dolore erilisit pratumsandre.

60 minutes \$170.00 90 minutes \$220.00

postural correction massage

Work, travel and stress can all contribute to postural distortions leading to pain and discomfort. The massage session focuses on a problem area and the compensating muscle groups.

30 minutes \$75.00 60 minutes \$120.00
90 minutes \$170.00

reflexology massage

This healing massage techniques stimulates energy pathways through reflex points on the feet, hands and ears, promoting relaxation and well being.

30 minutes \$75.00 60 minutes \$120.00

personal training

We offer personal training sessions, one on one yoga, swimming lessons.

per session \$100.00
package of 10 \$900.00
package of 20 \$1600.00