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MASSAGE CO. & SPA

## Massage

**Swedish:** A relaxing massage that focuses on the superficial layers of the muscles using long strokes, kneading and friction.

**Firm Swedish:** Our most requested treatment, the Firm Swedish is a relaxation massage that also addresses any areas of pain or stress with deeper pressure.

**Deep Tissue Sports Massage:** This massage focuses on the deeper layers of the muscles, using very deep pressure and trigger point release to relieve chronic patterns of tension and break cycles of pain and muscle spasm.

60 Minutes	\$95
90 Minutes	\$137.50
120 Minutes	\$180

**(Please Add \$10 Per Hour For Deep Tissue)**  
*You May Add Aromatherapy To Any  
Massage For An Additional \$5*

## Scrubs and Wraps

**Salt Glow:** This aggressive, circulation increasing body rub uses salt from the Dead Sea and essential oils to help rid your skin of that "dusty" look associated with tanning or dry skin. **\$105**

**Honey & Almond Scrub:** If you need to be buffed and sloughed, but have sensitive skin, this gentle treatment will rejuvenate your skin without being harsh, and the aroma of honey and almonds is hypnotizing. **\$105**

**Sugar Rub:** "Sweeten" the texture of your skin with a moderately aggressive, delicious smelling combination of essential oils and sugar. **\$110**

**Deep Sea Mud Wrap:** You will be painted from neck to foot with mud from the Dead Sea, then cocooned in a mylar sheet and blankets, enabling your body to rid itself of toxins, while absorbing minerals, giving your skin natural stimulation while revealing a fresher, more vibrant layer of skin. **\$120**

**Seaweed Body Wrap:** Sweat away your sins and absorb the benefits of mineral-rich seaweed from France's Brittany Coast...a wonderful pre-massage warm-up. **\$120**

## Additional Services

*Enhance Your Spa Experience With Any Of These Treatments*

**Massage For The Face:** An additional 30 minutes dedicated to your face, neck and shoulders is the ultimate in relaxation! No chemicals, no extractions...just hot towels and more of what you love...massage, using a delicately scented cream specifically designed for even the most sensitive facial skin. **\$55**

**Reflexology:** This ancient Chinese art triggers precise pressure points on the feet through manipulation and massage to help eliminate toxins, stimulate circulation and relax the body. **\$55**

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RENAISSANCE®

NASHVILLE HOTEL

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