

## Massage

*The Spa at Two Bunch Palms has an internationally known reputation in part due to the range of massage modalities available. Beyond the staples of Swedish, Deep Tissue and Personalized massage, your choices include the time tested hands-on 'healing' treatments from a number of cultural traditions. The expansive array of traditional approaches allows you to address various needs and motivations for seeking the nourishing and rejuvenating experience of massage and bodywork at Two Bunch. Communication with your therapist about pressure, temperature and specific concerns as they arise will allow them to tailor the treatment to your needs.*

**Swedish Traditional:** Oiled massage of the muscular and soft tissues of the body, utilizing long flowing strokes. A great way to relax tense and tired bodies.

**Shiatsu Traditional:** Massage (typically dry) that involves the simulation of acupressure points all over the body. Helps to stimulate the functioning of internal organs and the balancing of the body's own energy, or KI.

**Personalized Massage:** Popular combination of personalized massage techniques that produce a massage (oiled) that is both relaxing and soothing with pressure points.

**Intensive Deep Tissue:** Powerfully penetrating massage (oiled or dry) using proven therapeutic techniques to loosen and lengthen even the deepest layers of musculature. Application of pressure to trigger points (using fingers, fists, forearms, elbows and sometimes even feet) dramatically helps to decrease spasms and break up adhesion in the muscles

**Aromatherapy:** A gentle, tranquil massage (combined with euphoric blends of aromatic essential oils) that help to detoxify the body while also allowing the mind and spirit to drift into a deep state of subtly ethereal bliss.

**Reflexology:** Traditional massage (oiled or dry) that focuses on the hands and feet- where abundant nerves connect directly to virtually every organ of the body. Helps to break up crystallization and blocked energy.

**Abhyanga Massage:** This traditional therapy, performed by one therapist, uses heated, herbal infused oils. The oils are gently massaged into the skin and tissue with soothing strokes, which assist the mind and body to rid itself of stored toxins and calms the nervous system. The Abhyanga balances and stimulates the body's energy channels and opens the mind to a peaceful state of bliss.

## Well-Being Series

*With these offerings, your lymphatic and facial systems, the 'energetic' bodies and the body/mind connection finally have an opportunity to be nourished and balanced. The long-range impact of these treatments is frequently profound, even though they may first be experienced as subtle. Each of these treatments requires advanced training which is not typically available in most spas or massage offices. As these treatments do not include traditional massage strokes, it is crucial that you communicate with your therapist about any concerns as they occur.*

**Lymphatic:** A light soothing therapeutic treatment (using oil) that is specifically designed to further facilitate the elimination of toxins through the bloodstream.

**Cranio-sacral Therapy:** A highly specialized modality (with most-direct access to the central nervous system) effectively removes accumulated blockages within the brain and spine that restrict the healthy free-flow of cerebral-spinal fluids. Facilitates deep meditative states, ethereal feelings of suspension between heaven and earth, a sense of infinite spaciousness and a state of profound equanimity.

**Reiki:** Reiki is based on the elemental principal that all matter is energy. Using intense intuitive energy work, combined with the use of ancient Tibetan words and symbols, the practitioner acts as a conduit to relieve you of excess energy (KI) that is everywhere. This is a dreamy and deeply relaxing experience.

## Water Therapy

*Building on the unique mineral waters here at Two Bunch Palms, our water treatments allow you to soak in our waters while receiving beautifully choreographed shiatsu and yoga like postures. Similar to the Wellbeing series, these treatments require advanced training by our therapists. Bathing suits are required.*

**Watsu/Water Shiatsu:** Surrender to the innate gentleness found in the semi-weightless realm of our private warm mineral water WATSU pools. As you are cradled in the supporting arms of your therapist- where your spine will expand and your range of motion increase- you will find yourself soon transported to a blissful netherworld by skillfully guided stretches and movements, and the application of other divine modalities.

**Wassertanzen:** Experience a subtly expanded form of WATSU that also incorporates being taken underwater for short moments in time. An entirely different experience that can lead to altered states and deep release (see WATSU/Water Shiatsu).

**Aqua Reflexology:** A soothing hand and foot reflexology done in the warm mineral waters of a private WATSU pool. This is a truly peaceful, gentle version of the traditional reflexology treatment.

**Aqua Soma:** As with WATSU/ Water Shiatsu, you will also surrender to the innate gentleness found in the semi-weightless realm of our private warm mineral WATSU pools. However, here as you are cradled in the supporting arms of your therapist, you will also be treated to a selection of deeply harmonic and vibrational sounds emitted from a state-of-the-art underwater sound system playing soothing music and/or pristine sounds from nature. A sensory delight.

## Body Treats

*One of the largest organs in the body, the skin protects us from the harsh chemicals in the environment, excretes waste products by way of sweat and oils and helps keep our body hydrated. In developing the following treatments, we have taken into consideration the permeable nature of the skin as well as its many functions in order to choose oils and products which exfoliate, cleanse and strengthen it naturally. As pure as our recipes are, some people have unknown sensitivities. Please communicate with your therapist as the treatment is progressing so that they can address any issues immediately.*

**Babassu Sugar Scrub:** This stimulating 100% organic experience combines aromatherapy with exfoliating and moisturizing products from Brazil. Your entire body is rubbed with a combination of Turbinado Sugar, Babassu Oil and essential oils. This scrub gently exfoliates, opens pores, releases toxins and allows the skin to effectively absorb moisture. Finish with a light, warm lemon oil massage.

**Bee Gentle Body Wrap:** Brazilian Rain Forest Propolis, rich in antioxidants and deeply moisturizing, is applied to your body and wrapped to enhance absorption. To further seal in the propolis when the wrap is finished, a warm coconut milk moisturizer is gently massaged in for astonishing healing and moisturizing results. This treatment pairs perfectly with any massage. Delay showering if at all possible.

**Sun Lovers' Body Wrap:** Start with this purified aloe and Noni gel body wrap to increase absorption of the legendary healing properties of these powerful plants. Feel the synergy as nature nurtures while you bask in the healing touch of your therapist through either neck and shoulder or foot point work. This is directly followed by a gentle drizzle of warmed coconut milk moisturizer to replenish essential nutrients and oils leaving your skin hydrated and smelling like the tropics. This treatment pairs perfectly with any massage. Delay showering if at all possible.

**Chai Soy Mud Body Wrap:** This exclusive Chai Soy Mud has a high content of colloidal minerals. Which is found in the Colorado Indian Spring Clay, aromatic spices of Chai Tea and contains Organic Soy, which is high in protein and is balancing to the body. You will start with a light, dry brushing, followed by the application of the Chai Soy Mud over the entire body, then a warm blanket wrap, followed by a light 20 minute lemon oil massage. This treatment is detoxifying, revitalizing and adds valuable nutrition to the skin.

## Mud Bath

*As seen in the movie "The Player," the mud baths at Two Bunch Palms are legendary. This unique experience allows you to float weightless in a tub filled with a mixture of peat moss and our own mineral-rich clay and natural spring water. Not for the faint of heart; diehard mud bathers come back again and again*

**Mud Bath and Poultice:** A full immersion mud bath followed by a treatment using poultices filled with herbs to soothe and detoxify.

## Face, Hands and Feet Series

*Different than our body, the skin on our face, hands and feet need special treatments to nourish and protect it. Therefore, ALL facial treatments start with a skin analysis to ensure that both process and product are just what you need whether you are a female or a male. Ask about our treatment enhancements.*

**Problematic Skin Facial:** This no nonsense facial uses two masks which are tailored for specific skin challenges such as acne, rosacea and other inflammatory conditions. A combination of enzymes and probiotics balance your skin's immune system and control harmful bacteria while masks and serums re-hydrate, calm inflammation and soothe tender skin. Two mask facial.

**Personalized Facial:** An excellent basic 'European-style' facial incorporates cleansing, scrub, extractions, one mask and neck and shoulder massage, all using deeply re-hydrating Epicuren ingredients. This is perfect for those who are new to facials or those who want a simple yet effective deep cleansing and moisturizing experience. This is a perfect start for a facial series.

**Sun Lovers' Facial:** The Sun Lover's facial is perfect to hydrate sun or wind burned skin. The nectar of the Noni fruit has been used for centuries by Polynesian and Caribbean islanders to heal the skin. Paired with the hydrating mineral mask containing zinc and magnesium to augment the healing of your skin, this facial is perfect for summer or people who experience a great deal of sun exposure. This is a one mask facial and includes extractions

**Bee Gentle Facial:** Used by bees to protect the hive from infection, this nutrient packed Propolis serum deeply moisturizes and nourishes delicate skin dehydrated by the desert, dry winters or a history of repeated sun exposure. A combination of masks and serums combats oxidative and solar damage while protecting your skin from bacteria and viruses

**The Real Deal Peel:** A professional strength peel using fruit acids yet buffered with Vitamin C to reduce inflammation and speed healing, this facial has the potential to take years off your face's appearance. This is ideal for fine lines and mature looking skin. No extractions during this facial due to the strength of the acids.

**Shanti Facial:** Safe for even the most reactive skin, the aloe and antioxidant masks reduce inflammation and calm redness. Extractions possible based upon the sensitivity of your skin.

**Maha Raj (King) or Maha Rani (Queen) Facial:** For those who would like to experience Ayurvedic face care, the Maha Raj and Maha Rani anti-aging facials are tailored to your dosha or body type. Breathing, essential oils, masks and lotions specifically designed to reduce inflammation, remove congestion or bring moisture are paired with your skin type to cleanse, repair and rejuvenate your skin. Extractions included.

## Manicures & Pedicures

**Two Bunch Manicure & Pedicure** – Soothe and soak your hands and feet in our healing mineral water infused with a unique blend of aroma therapy soak, exfoliation and light massage.