

# STONEDRIFT SPA WELLNESS MENU

*Our therapists use their professional training and intuitive healing powers to refresh your mind, body, and spirit.  
Get ready for a profound and personal lift to your well-being.*

## *Emotional Freedom Technique Massage* 50 MINUTES | \$135

EFT is a form of psychological acupressure, based on the same energy meridians used in acupuncture to treat the mind and body. Tapping of the fingertips is used to input kinetic energy into meridians on the head and body while you think of your problem that needs healing while voicing positive affirmations resulting in optimal health and harmony.

## *Reiki* 50 MINUTES \$135 | 80 MINUTES \$165

A Japanese healing technique that attunes energy flow within the body and allows for natural healing processes within the body, mind, heart, and soul. Reiki works with energy and is not a hands-on treatment. It will leave you feeling centered and relaxed and at peace.

## *Marma Energy Therapy Massage* 50 MINUTES \$195 | 80 MINUTES \$235

A mind and body balancing treatment focused on releasing energy blockages throughout the body using Ayurvedic massage techniques. Your provider will work with your meridian chakra centers and Marma (vital energy) to enhance your body's natural healing abilities. Extend this treatment to 80-minutes which includes a purifying back, hand or foot exfoliation to get the full experience.

## *Gemstone Crystal Chakra Clearing* 50 MINUTES | \$135

This session will focus on gently opening, realigning, cleansing, and balancing the energy flow through the chakras. Chakras are energy centers located in the body that corresponds to an organ and gland in a particular area of the body. These chakra centers are believed to store emotional experiences and can become sluggish and cause stress and imbalance. This treatment promotes harmony and healing in the areas of imbalance in your life.



*Private Stretch Session* 50-MINUTES | \$150.00

Co-create a customized private stretch session with one of our certified instructors and take your practice to the next level. The Upper Body and Lower Body Stretch Routines are each comprised of a series of static stretches specifically geared toward improving mobility and flexibility. The goal is to facilitate fitness and flexibility along with injury prevention and rehabilitation, which is accomplished by lengthening the muscles and their associated soft tissues. Regular routines provide adaptation to the stretching process, including the fascia, tendons, skin, and scar tissue, as well as assisting with releasing the restriction of blood circulation.

*Group Stretch Session* 80 MINI \$40 PER PERSON

This is an 80-minute static stretch routine performed in a group setting and includes warm-up and cool-down time.

**Upper Body** – Neck, Shoulders, Arms, Chest, Upper/Mid/Lower Back and Stomach

**Lower Body** - Hips, Buttocks, Adductors, Abductors, Hamstrings, Quads, Calves, Ankles, and Feet

*Group Yoga | Guided Meditation | Sound Bath Sessions* 60 MIN | \$40 PER PERSON

We offer classes for all levels. We want to help you be the best version of you – whether you're trying yoga for the first time, or you've been practicing for years we offer a safe place for everyone to balance the mind, body, and soul.

We recommend taking advantage of our spa amenities before or after your wellness services.

You receive spa access all day with any class or service. We recommend wearing comfortable/athleisure clothing for all wellness studio services. With all classes, guests receive a complimentary refreshment following the class. To see our event and class calendar for the wellness studio visit our website at [eagleridge.com/galena-spa](http://eagleridge.com/galena-spa)

Our class availability is limited and varies based on the type of class being offered. We recommend calling the spa direct at (815) 776-5772 to reserve your spot today!

*Outdoor spa treatments are offered weather permitting. A spa representative will assess the conditions each day, and guests will be given a minimum of two hours' notice concerning a change in their treatment location*

