



BODYWORKS

MASSAGE THERAPY

Classic Massage

This classic massage style uses soothing, relaxing strokes to promote balance and body harmony. Light to moderate pressure enhances circulation, while gentle stretching reduces tension, promoting a state of deep relaxation and sense of well-being.

50 minutes \$90
80 minutes \$145

Classic / Deep Combination Massage

This combination of soothing and deep tissue techniques will target needed areas to promote balance in the entire body and relief from aching muscles and stressful tension.

50 minutes \$100
80 minutes \$155

Deep Tissue/Sports

An invigorating combination of range of motion movements mixed with assisted stretching, deep tissue strokes and compression. This sports massage offers you relief from sports-related muscle aches and tension.

50 minutes \$110
80 minutes \$175

Warm Stone Massage

Smooth, heated stones are used to massage tired, sore muscles to relieve tension, calm the soul and reinstate a sense of balance.

50 minutes \$145
80 minutes \$210

Enhancements

Aromatherapy oil

\$10

Body Works is located in the Loggerhead Building at the RumFish Beach Resort.

Spa appointments must be made 24 HOURS IN ADVANCE online.

MM# 40397

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