



ESSENCE
— MASSAGE —

ESSCEN SIGNATURE: CALMING RETREAT

Seven specialized treatments combine for head-to-toe bliss, beginning with a full-body exfoliation and a therapeutic stone massage. Then, a specialized neck and shoulder massage release upper body tension, followed by acupressure and a massage of the scalp. A foot scrub and the restorative ancient art of reflexology complete this holistic experience.

Intention: Multi-sensory experience
Suggested Pairing: Aromatherapy Enhancement

60min	\$120
90min	\$180



ESSCEN SIGNATURE: DEEP TISSUE TRANSFORMATION

An intensive massage for whole-body healing, using customized pressure to target and release muscular stress.

Intention: A release of muscle tension
Suggested Pairing: CBD Enhancement

60min	\$80
90min	\$120



PRICE

COUPLES RETREAT

The Body Balance Massage for two: Our take on a classic Swedish massage. Long, flowing movements of light-to-medium pressure reduce tension and increase circulation, leaving your mind and body in balance.

Intention: Reduced tension + unity and connection

Suggested Pairing: Hot Stone Enhancement

60min	\$140
90min	\$210



ESSCEN BODY BALANCE MASSAGE

Our take on a classic Swedish massage. Long, flowing movements of light-to-medium pressure reduce tension and increase circulation, leaving your mind and body in balance.

Intention: Reduced tension + relaxation

Suggested Pairing: Aromatherapy Enhancement

60min	\$70
90min	\$105



PRICE

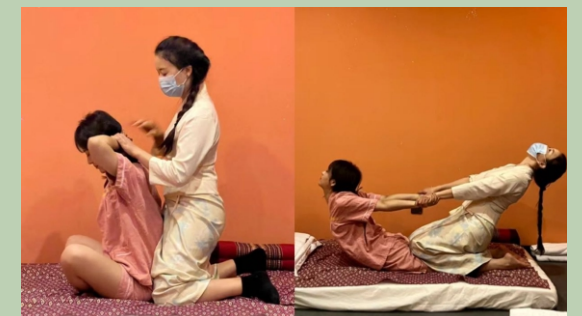
SPORTS MASSAGE

Experience enhanced flexibility and muscle relief with this transformative massage. Perfect for seasoned athletes and those seeking athletic recovery, the focus on stretching helps to relieve lactic acid build-up and enhance mobility.

Intention: Release of muscle tension + pre/post-performance or training

Suggested Pairing: CBD Enhancement

60min	\$90
90min	\$135



TRANQUIL STONE

A full-body Swedish massage that incorporates heated, soothing stones for increased circulation. The result is deep relaxation and a renewed sense of balance.

Intention: Deep, restorative rest + reduced tension

Suggested Pairing: Deep Tissue Pressure Enhancement

60min	\$80
90min	\$120



PRICE

MATERNITY MASSAGE

A nurturing full-body massage with gentle pressure designed for pregnancy. Your therapist will pay special attention to lower back muscles and apply an oil rich in marine extracts and omega-3 to help with stretch marks on the hips and belly.

Intention: Reduced tension + relaxation

Suggested Pairing: Soothe + Hydrate Facia

60min \$100

90min \$150



FOUR-HANDED MASSAGE

Two therapists apply choreographed, rhythmic movements to induce deep relaxation. Enjoy a full-body massage, reflexology, and a hypnotic scalp massage with aromatic oils to soothe the senses and nourish the skin.

Intention: Ultimate relaxation + well-being

Suggested Pairing: CBD Enhancement

60min \$140

90min \$210



PRICE



RELAX + RUN

An easy way to fit mood care into your schedule, this quick, customizable treatment focuses on your area of need for targeted, fast relief.

Intention: Reduced tension + relaxation

Suggested Pairing: Deep Tissue Pressure

30min \$60

PRICE

HEALTH

Manual Lymphatic Drainage

Manual Lymphatic Drainage: Relieve Swelling and Boost Immunity

Your lymphatic system is a network of vessels and nodes that plays a crucial role in immunity. It filters waste products, toxins, and excess fluid from your tissues, transporting them to your bloodstream for elimination.

Sometimes, this system can become sluggish, leading to fluid buildup and swelling. Enter Manual Lymphatic Drainage (MLD), a gentle massage technique that supports your body's natural detoxification system.

60min

\$100

90min

\$150



PRICE

How MLD Helps

MLD uses light, rhythmic hand movements to gently stimulate the lymphatic system. Therapists use specific techniques to:

- **Increase lymph flow:** MLD helps move stagnant fluids out of congested areas and towards healthy lymph nodes.
- **Reduce swelling:** By promoting drainage, MLD can alleviate puffiness and discomfort caused by fluid buildup.
- **Boost immunity:** A well-functioning lymphatic system is essential for a healthy immune response.

Unlocking the Benefits of MLD

MLD offers a range of potential benefits for various conditions, including:

- **Lymphedema:** This chronic condition causes swelling, often in the arms or legs. MLD is a cornerstone of lymphedema management.
- **Post-surgical swelling:** MLD can help reduce swelling and promote healing after surgery.
- **Chronic pain:** MLD may help manage pain associated with arthritis and fibromyalgia.
- **Detoxification:** By supporting lymphatic drainage, MLD can aid in eliminating waste products.

Considerations for MLD

While generally safe, MLD is not suitable for everyone. Consult a healthcare professional to determine if MLD is appropriate for you, especially if you have certain medical conditions, such as infections or blood clots.

ESSCEN Rice crystal stone steam cabin therapy

The efficacy and functions of rice crystal are as follows:

- 1 Tourmaline can unblock the meridians of the human body, dilate microvessels, and promote the circulation of qi and blood throughout the body.
- 2 Tourmaline can decompose harmful substances in blood vessels, remove vascular obstacles, and effectively unblock blood vessels.
- 3 Tourmaline can regenerate the surrounding tissues of blood vessels, activate tissue cells, and delay vascular aging.
In clinical practice, tourmaline can unblock the meridians of the human body and promote the circulation of qi and blood throughout the body; Tourmaline can decompose harmful substances in blood vessels and effectively unblock them; Tourmaline can also delay vascular aging.

30min	\$40
60min	\$70



ADD ONS

- Hot Stones....\$15
- Cupping therapy...\$20
- Body Scrub...\$20
- Herbal Mud Moxibustion Treatment...\$30
- CBD oil...\$30
- Medicinal oil...\$20
- Physiotherapy equipment ...\$20

