

Spa Menu



Massage

Aja Signature "Chakra Tune-Up" Massage™

Begin your journey to tranquility with our chakra balancing massage, which combines combining Swedish, deep tissue and Thai reflexology massage blended with non-physical healing therapies involving sound, crystal, vibrational & aroma therapies. Ancient practices and instruments of healing transformation used in our signature massage include Tibetan singing bowls, tuning forks, song pods, crystal stones and Aja herbal remedies. Truly an amazing one of a kind mind body spirit experience.

Herbal Compress Deep Therapeutic Massage

This traditional ancient healing therapy uses essential oils and heated compresses containing a collection of Aja medicinal aromatic healing herbs pressed across the body which helps to circulate & penetrate these healing herbs deeper into the body to maximize therapeutic benefits. Absorbed into the body through a deep tissue or Swedish style massage to further release energy blockages, diminishing inflammation, rigidity and soothing bodily tension while improving movement and flexibility, this calming therapy invokes a relaxing and revitalizing effect on the body and mind

Watsu Water Massage (Seasonal)

Watsu is a gentle form of body therapy performed in warm water. Combining elements of massage, joint mobilization, body extensions, muscle stretching and rhythmic movement. You will be continuously supported while being floated, cradled, rocked and stretched, allowing a state of relaxation so deep the mind will soon follow. The healing, calming and weightless properties of water in unison with Watsu creates a range of enriching healing benefits induced by a deep state of relaxation, breathing, intuitive body awareness and gentle release of stress and tension. A profound, holistic body-mind experience, unlike any other. Swimwear required.

Energy Healing

Cranial Sacral Therapy

Experience this gentle, balancing therapy which enhances the function and flow of your central nervous system, cerebral spinal fluid, and aids the body's natural healing mechanisms to dissipate negative effects of stress, pain, anxiety and to improve sleep. This soothing therapy encourages optimal fluid movement throughout the body resulting in a deep relaxation, increased energy and a heightened sense of emotional well-being.

Acupuncture Therapy

An ancient holistic healing practice rooted in Traditional Chinese medicine, Acupuncture is a comprehensive system of knowledge promoting a harmonious balance among major energy pathways in the body which correspond to organ health. Acupuncture supports the body's innate ability to heal itself and to maintain optimal levels of wellness and vitality. When needles are inserted into these receptive points, energy flow can be restored to proper balance, generating a happier and healthier you.

Crystal Light Therapy

Evoke a feeling of serenity and deep relaxation with John of God Crystal Healing Light Therapy. Through this exceptionally unique and profound healing therapy for body, mind and spirit rejuvenating the balance of energy fields which supports the nurturing of spiritual and physical alignment. Each of the quartz crystals has been cut to specific frequency and colored lights chosen to match the vibrational frequency of the chakra colors to radiate light & earth energy through the crystals to each respective chakra.

Trinifinity8 Bio-Energetic Machine

The ultimate in bio-energetic rejuvenation technology, the Trinifinity8 uses algorithms (frequency codes) that are given to the body through three of the five sensory channels and meridians, from the physical to the psychological to the spiritual – all through re-tuning the DNA. The Trinifinity8 also incorporates solfeggio sound tones to enhance healing and transformation. These pure sacred tones were used centuries ago in Gregorian and Sanskrit chants to awaken a natural expansion of consciousness.

Facials

Anti-Aging Microdermabrasion Facial

Perfect for diminishing fine lines, this ultimate skin cleanse exfoliates dead skin cells and evens out your skin tone, leaving your skin smooth, bright and renewed. During this treatment, you will experience microdermabrasion with the highest quality micro-crystals that offer deep pore cleansing. After a light steam and extractions, escape to relaxation with a soothing arm and hand massage during your hydrating, calming mask.

Cleansing Flower Facial

During this relaxing and healing facial, your skin will be cleansed under a light steam, infused with Aja's natural aromatherapy blend. After light extractions, enjoy a soothing arm and shoulder massage during your treatment mask. Aja's Cleansing Flower facial will leave you relaxed and reconditioned with the classic after facial glow.

Rejuvenating Herbal Facial

Aja's Rejuvenating Herbal Facial gives your skin what it truly needs to be radiant and healthy. A healing treatment for anyone with skin sensitivity, irritation or dehydration. During your treatment you will experience a light soothing cleanse infused with Aja botanicals, natural oils and herbal extracts. This rejuvenating facial will brighten and improve tone and texture while boosting hydration giving your skin that youthful radiance.

Mini Facial

This balancing Aja Spa Mini facial, especially designed to target your skin's immediate needs for hydration or exfoliation. Using Aja's botanicals and oils, this mini facial is designed to give your skin a boost of glow and cleanliness.

Body Treatments

Regenerative Hydrating Body Wrap

Indulge in a nourishing comforting body treatment comprised of Aja garden to spa aromatherapy custom oils, botanicals and herbal extracts selected to renew the body and refresh chakra balance, applying a hydrating emollient mask across the whole body after a light exfoliation then gently being enveloped in a warm soothing herbal thermal body wrap, relaxing deeper while receiving an invigorating head/neck/scalp massage and hand and foot treatment that will melt stress away.

Detox Slimming Body Wrap

This wrap not only benefits the body internally, but externally as well, showing benefits of contouring and inch loss. Address the real causes of cellulite in a holistic, warm, luxurious, pampering and comfortable type of way.

Organic Citrus Scrub

Cleanse and revive tired & neglected skin with a purifying full body exfoliation filled with a scintillating citrus infusion of Aja garden to spa botanical extracts. This refreshing treatment leaves the body delightfully soft & skin renewed while receiving an invigorating head/neck/scalp massage and hand and foot treatment that will melt any residual stress away.

Amenities

Crystal Cavern Ozonated Hot Plunge

Allow the purified hot waters in our magickal Crystal Cavern Ozonated Hot Plunge to ease away tension and increase naturally occurring antioxidants in your body. The Jacuzzi is purified using ozone, without any harmful chemical residue. Heat quiets and soothes the nervous system, assisting with sleep, weight-loss, pain relief and aiding cardiovascular health by lowering blood pressure.

Far-Infrared Sauna

Our state of the art Far Infrared Sauna detoxifies the body, increasing metabolism and boosting immunity. Far Infrared therapy also promotes skin cell regeneration, deep muscle relaxation and unburdens the body of its toxins. Different from a traditional rock sauna, far-infrared sauna goes deep into the sub-dermal layer of the skin to release toxins; therefore, a much shorter session results in far greater health benefits. We suggest starting with 10 minutes and working up to a maximum of 20 -30 minutes at a time. Hydration is extremely important after using this equipment. Replenish hydration upon completion with water and/or electrolyte drink. Turkish Hamman wrap provided for use in sauna.

Dual Vibration Therapy Machine

Dual vibration machine encompasses both oscillation movement and tri-planar vibrational motion. These combined benefits include lymphatic drainage for weight loss, increased muscle tone, strength and movement, improved bone density and circulation, movement of lymph (a natural detox), enhances sleep quality and heightens mood stability.