



Renaissance

Where Art & Science Meet

Massage Menu

Pure Swedish

One hour: \$65.00

90 minutes: \$90.00

This classic massage, valued around the world, will improve circulation, nourish your skin, stimulate your immune system, ease your relaxation response into action, and enhance your muscle health in several ways. Add the ability to diminish depression and anxiety and you've got a wholistic health powerhouse that turns out to be the most delicious medicine created on earth!

Aromatherapy Massage

Add \$5.00

Add one of the Renaissance Scents of Exploration—blends of 100% organic essential oils—to any massage for added health benefits and sheer pleasure. Beneath each blend we've listed some widely accepted benefits of each synergy, however, essential oils are uniquely evocative. Choose for yourself, from:

Dungeness Valley

Simply lavender, as pure as it comes.

Reviving yet soothing

Sichuan

Orange and ginger are backed up by lime, ylang ylang, and bergamot to evoke the remote hills of southwest China where orange blossoms & pungent herbs infuse the air.

Uplifting & warming

Olympic Rainforest

A celebration of the ancient trees surrounding us on the Peninsula, this blend of cedar, pine, and birch will take you back to your last walk in the sheltering woods.

Relaxes; soothes joints & muscles

Thailand

This exotic blend of lemongrass, rosewood, and bergamot will take you places.

Sedating & stress-relieving

Oaxaca

Choose this rich, heady blend of sandalwood, cardamom, bergamot, and rosewood for a luxurious and relaxing massage.

Rich; soothing & calming

Greek Isles

Take a stroll through fields of refreshingly fragrant fruits and herbs with this blend of rosemary, bergamot, and mint.

Reviving, tension & headache-relief

Waimea

This fruity, floral blend of jasmine, neroli, grapefruit, ylang ylang, and sandalwood may be all you need for a virtual trip to Waimea's Hawaiian paradise.

Nurtures optimism & positivity

There's More! Please Turn Over →

Therapeutic Massage

One hour: \$65.00

90 minutes: \$90.00

If muscle pain and tension plague you choose this therapeutic massage. We will employ a variety of techniques including those of neuromuscular massage, deep tissue, myofascial and trigger point release, muscle energy, and orthopedic massage. This massage will bring nourishing blood to constricted muscles, release nerve compression, lengthen, and relax tight muscles.

Chair Massage

\$1.00 per minute

10 minute minimum

Choose chair massage when you've just a few minutes to relax deeply. Your massage therapist will focus on the cranky muscles of the back, shoulders, and neck to bring relief and respite on short notice. Chair massage is always available at Renaissance, and featured on Thursdays and Fridays on a drop-in basis when the end of the work week starts closing in. Deep breath. Ahhhhhhhh....

The Hiker's Reward

One hour: \$65.00

90 minutes: \$90.00

You've tamed the trails, you've seen the awesome beauty of the Olympics, the mighty Pacific, the surrounding Strait. Now, give those dogs and those hard working legs a rest and a hand-up on recovery. The Reward will focus on soothing your feet, releasing those faithful "downhill muscles" and moving lactic acid out of those burning "hill climbers". This massage will increase circulation to your hard-working glutes, bring nourishment to depleted muscles throughout the lower body, and leave you ready to scale the next peak, or carbo-replenish at a local restaurant!

Computer-User's Relief

One hour: \$65.00

90 minutes: \$90.00

Not just for computer users, but anyone doing hand and arm-intensive work over long hours, this massage will attend to the hardest working muscles in the body. Tight neck and shoulders? Bring 'em on. We know what to do! Forearms stiff from fine movements? We have the melting recipe. Tight jaw, furrowed brow, fatigued upper back, say goodbye; relief is on the way.

The MoMa (Mother's Massage)

One hour: \$65.00

90 minutes: \$90.00

During pregnancy a woman's body undergoes myriad change, some stressful and uncomfortable. In addition to all the general benefits of massage, the MoMa relieves many of these discomforts such as swollen ankles and feet, backaches, and fatigue. The MoMa will help soothe the nervous system and research shows: a relaxed mom has a happier, healthier pregnancy, and in many cases, easier childbirth. This is a great shower gift.

Massage for Two

One hour: \$120.00

90 minutes: \$180.00

Enjoy this massage with a friend, spouse, daughter, date, mother, father, or anyone else. This massage involves you and another with two massage tables and two massage therapists at your service. Enjoy a relaxing hour together including any of the massages described above.



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