



Tybee Wellness Retreats

Available Services – Massage Therapy Enhancements

Massage Therapy Enhancements

Hot Stone

\$45

Smooth, flat, heated stones are placed on specific parts of your body to help ease tense muscles and soft tissues. When coupled with massage the stones help to expand blood vessels which increases blood flow throughout the body.

Cupping

\$45

Cupping is a type of alternative therapy that originated in China. It involves placing cups on the skin to create suction. The suction may facilitate healing with blood flow. Proponents also claim the suction helps facilitate the flow of “qi” in the body.

Reflexology

\$45

Reflexology is a form of bodywork that involves applying pressure to the hands and feet to produce changes in pain and other benefits elsewhere in the body. Reflexology uses a targeted, pressure-point massage to restore the flow of energy throughout the body.

Foot and Hand treatment

\$45