



# ESTHER'S WELLHOUSE

FOR SUCH A TIME AS THIS

## MASSAGE

### **Esther's Classic Massage**

A full body massage with light to moderate pressure. This classic stress-relieving massage uses long, flowing strokes to reduce tension, increase circulation and induce relaxation. Great to unwind or as an introductory massage.

*60 minutes \$75 | 90 minutes \$105*

### **Deep Tissue Massage**

A full body massage with moderate to deep pressure. This therapeutic massage uses strategic strokes to restore the deeper layers of muscle and fascia with a firm touch. Designed to meet your body's needs by alleviating tension and addressing concerns using customized pressure.

*60 minutes \$85 | 90 minutes \$115*

### **Hot Stone Massage**

A luxurious and relaxing full body massage combined with deep heat therapy. Smoothed and polished basalt stones are heated and incorporated into a massage. The perfect treatment to loosen tight muscles, relieve stress and ease tension.

*60 minutes \$85 | 90 minutes \$115*

### **Express Massage**

An upper body massage with moderate to deep pressure. Ease stress with this tension-releasing massage focused on the back, neck and shoulders.

*30 minutes \$40*

## FACIALS

### **Esther's Signature Facial**

Our signature facial offers the ultimate in skin therapy and relaxation and is uniquely tailored to your individual skin type. Your skin will emerge from the facial with tighter pores and a radiant glow.

*60 minutes \$75 | 90 minutes \$100*

### **Treatment Facial**

Dry, oily, aging, acne prone and sensitive conditions can all be addressed with a customized treatment facial. After a thorough consultation, your skin therapist will provide the best combination of products and techniques that will move your skin toward balance and reveal its natural beauty.

*60 minutes \$80 | 90 minutes \$110*

## BODY TREATMENTS

### Seasonal Body Scrub

This blissful full body treatment combines mineral-rich sea salts, coconut oil, and seasonal aromatherapy to exfoliate the skin. It is designed to refine and increase circulation to give you the smooth skin you desire. The treatment includes a hydration application to leave you with soft and polished glowing skin.

*75 minutes \$110*

### Coffee Scrub

This energizing full-body exfoliation combines coffee and hydrating mineral salts to detoxify and stimulate your skin. Coffee reduces inflammation, is packed with antioxidants, increases blood flow, and helps smooth the appearance of cellulite. Finish with a hydration application and your skin will be nutrient-rich, rejuvenated, and revitalized.

*75 minutes \$110*

## THERAPY

### Far Infrared Sauna Therapy

Complete your visit to Esther's Wellhouse with time in the Infrared Sauna or buy a package of visits to get the most out of this wellness option. Far Infrared sauna therapy is a form of detoxification through dry heat (vs. steam heat saunas). The increased depth of penetration provides pain relief, detoxification, and improved circulation. Regular use helps with anxiety, immune system function, cardiovascular issues, and can assist with weight loss. In the winter, it is a great way to combat seasonal affective disorder.

*Up to 45 minutes \$20 | 5 visits up to 45 minutes each \$75 | 10 visits up to 45 minutes each \$135*

We offer facials, body treatments and massage therapy featuring **Aveda**, **Eminence**, and **Plainview Farm** natural product lines.

WE OFFER CUSTOMIZED EXPERIENCES IN AN INTIMATE SETTING, SO WE ENCOURAGE ADVANCE BOOKINGS IN ORDER TO SECURE YOUR PREFERRED TREATMENT TIME.

- CALL OR TEXT -

606-257-4171

- EMAIL -

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MAKE YOUR STAY AT THE INN AT WILDERNESS ROAD COMPLETE WITH A SPA TREATMENT FROM ESTHER'S

WWW.ESTHERSWELLHOUSE.COM