



LIGHTHOUSE SPA

Massage & Wellness

MASSAGE THERAPY

Therapeutic Massage

30 min \$65 | 60 min \$95 | 90 min \$140 | 120 min \$185

A combination of techniques customized to provide relaxation, ease muscle fatigue and increase your circulation. Organic sunflower oil is used in all our massage and body treatments.

Deep Tissue Massage

30 min \$65 | 60 min \$95 | 90 min \$140 | 120 min \$185

A deeper pressure massage focusing on specific muscles to relieve pain, muscle spasms and overuse injuries.

Prenatal Massage

30 min \$65 | 60 min \$95 | 90 min \$140 | 120 min \$185

A certified prenatal therapist using face down belly pillows to help you and your baby relax.

Hot Stone Massage

30 min \$80 | 60 min \$110 | 90 min \$155 | 120 min \$200

Smooth heated stones from the shores of Lake Tahoe warm your muscles and melt away stress.

Couples Massage - for two

30 min \$150 | 60 min \$210 | 90 min \$300 | 120 min \$390

Share a room and enjoy your Tahoe massage experience together.



BODY THERAPY

All-Natural Face Massage

A relaxing Ayurveda face massage with organic rose neroli jojoba oil. Enjoy warm towels, a pressure relieving face, neck and scalp massage and calming techniques using the GuaSha healing tool and Kansa Wand from India. A refreshing mind clearing experience.



30 min \$65

Warm Aromatherapy Body Wrap

You'll be massaged with aromatherapy infused oils and cocooned in warm blankets to help open your pores for essential oil healing and moisturizing benefits. Choose between Balancing, Detox or Therapeutic Sport blends.

30 min \$65

Sole Healing Foot Treatment

Enjoy the healing touch of a eucalyptus foot massage with reflexology and warm towels wrapped around your tired tips and toes! You'll feel like walking on water after this treatment!

30 min \$65

SPA PACKAGES

Winter Wonderland

Hot Stone Massage & Aromatherapy Body Wrap

Sweetheart Treat

Massage & All Natural Face Massage

Hikers Paradise

Deep Tissue Massage & Sole Healing Foot Treatment

Bliss Therapy

Massage, All Natural Face Massage & Warm Aromatherapy Body Wrap

Tahoe Getaway - for two

Couple's Massage & All Natural Face Massage