

Beautiful Balance Ritual

Like so much in life, it is the mix of highs and lows and light and dark that make any experience worth having, and this ritual is no exception. It all starts in our secret subterranean spa area with a warming herbal infusion as your therapist explains your treatment. After a hot shower with Seed to Skin's soothing *Matcha Soap*, you settle in the steam bath and apply an invigorating salt scrub rich in vitamins and minerals known as *The Awakening*.

A cold shower follows on the way to the sauna for an Aufguss ritual with your therapist. Once you have successfully revived with a post-sauna ice scrub, your therapist will take you to our low-lit treatment room for a *Candle Massage* using rehydrating coconut oil.

The combination of this cardiovascular rollercoaster with the detoxifying and nourishing products from Seed to Skin will leave you reinvigorated yet also relaxed—the beautiful balance we are all striving for.

120 MIN - 400

