



# Innerlight Massage Therapy and Spa Services

**(719) 539-2906 or (307) 690-5878**

**Available in the comfort of your own home or vacation rental.**

All of our fully trained, certified massage therapists provide a high level of professional excellence and a variety of treatment options. In order to provide you with the most effective treatments for you, we consult closely with our clients to access their particular needs and medical conditions.

## Massage Therapy

Enjoy a nurturing therapeutic massage session designed specifically to meet your needs. Swedish, deep tissue, acupressure, and cranial-sacral therapies are used to create a session that will leave you rejuvenated and relaxed. Prior to your session, we recommend that you prepare your body by taking a warm shower or soaking in a hot tub.

One hour session-----	\$80
One and a half hour session-----	\$115
Deep Tissue - one hour-----	\$90
Deep Tissue - one and a half hours-----	\$125
Couples Massage, enjoy a massage together-----	\$80 per person
Pregnancy Massage-----	\$85
Thai Massage-----	\$90
Arnica Sports Massage-----	\$90
Hot Stone Treatment-----	\$100
Four Hands Massage-----	\$155
Add Salt Glow or Herbal Wrap (30 minutes)-----	\$45/\$55
Private Yoga instruction available, please inquire for prices.	

*\*Book three or more consecutive sessions and receive a 5% discount on your treatments.*

## Spa Treatments

Enjoy these spa treatments to revitalize and rejuvenate the body. Combined with a massage, you can create your luxurious spa experience in the comfort of your own home or rental.

### **Salt Glow Scrub** (without a massage - 40 minutes)

Rich, mineral-filled sea salts are combined with aromatic oils to create this scrub that will remineralize the skin, leaving it silky and soft with a healthy glow. .... \$50

### **Hot Herbal Wrap** (without a massage - 40 minutes)

You'll be wrapped in hot linen sheets that have been steeped in a blend of healing herbs and settled into a cocoon of warm blankets. The herbs and heat help relax tight muscles, rehydrate dry skin, and detoxify your system. .... \$65

## Spa Packages

### **The Recovery Treatment (2 hours)**

Arnica Massage, Herbal Wrap and a Salt Glow Scrub .....\$175

### **The Royal Treatment (2 hours)**

Herbal Wrap, Massage and Salt Glow Scrub.....\$165

Sessions are available by appointment. I recommend that you make your appointments as soon as you arrive to ensure availability. I have a 24 hour cancellation policy so schedule your massage when you are sure to be back from your activities.



**Denise M. Ackert, LMT, CD**  
Founder

Throughout my 20 years as a massage therapist, I have always enjoyed assisting people in experiencing a deep sense of relaxation and well being. I am nationally certified in massage through NCBTMB and am insured through the Associated Bodywork and Massage Professionals. As the founder of **Innerlight Massage and Spa Services**, I have the honor of providing clients with the most well-trained and professional therapists in the area. In addition to practicing massage, I spend my time teaching yoga, working as a doula and raising my 3 year old daughter.