

Massages



Massages

WILLIAMS ISLAND SIGNATURE MASSAGE – An aromatic full body massage that alleviates tension and stress, soothes tired sore muscles and promotes a general state of well being. Customize your massage by choosing from a selection of balms that will either, promote relaxation, remove toxins from the body, improve the firmness of the skin or improve blood and lymphatic circulation. *60 & 90 Mins.*

QUICK FIX – This 30-minute massage is for the person on the go. This is the most time efficient way to relieve stress build up in the back, neck and shoulder areas. *30 Mins.*

HOT STONE MASSAGE – An ancient Native American healing therapy. The use of stones aids the therapist to work deeper, giving relief to deep-seated muscle tension. Stones are known generators of energy, creating a sense of balance and calm. *60 & 90 Mins.*

SHIATSU MASSAGE – One of the oldest forms of massage. This Japanese method of bodywork uses the hands, elbows and knees to release muscle tension, stimulate and unlock the body's energy flow. Designed to promote health through relaxation and by influencing your natural equilibrium of Chi. *60 Mins.*

THAI MASSAGE – A massage that blends gentle rocking, rhythmic acupressure and assisted stretching to deeply relax and revitalize body and mind. Loose clothing is suggested, as you remain fully dressed for this treatment that takes place on an Asian mat. *60 & 90 Mins.*

REFLEXOLOGY – This therapeutic massage technique focuses on releasing tension and stress via massaging pressure points on your hands and feet that correspond to individual parts of the body. Activating these reflexes may help normalize health problems, improve circulation and leave you with an overall feeling of well being. *30 & 60 Mins.*

EXPECTANT MOTHER MASSAGE – Restore your energy by pampering yourself to a massage tailored to meet the needs of expectant mothers. Please note: Treatment can be done on mothers in their 2nd and 3rd trimesters only. *60 Mins.*

DEEP TISSUE MASSAGE – A deep pressure massage that releases toxins from the muscle tissue and stimulates the circulatory system. *30, 60 & 90 Mins.*

DOUBLES DELIGHT – In this sanctuary for the senses, the two of you will escape into the hands of your therapists. With two treatment tables, you will find it the perfect environment for you and your partner or friend to enjoy simultaneous treatments. *60 Mins.*

TRANQUILITY SCALP TREATMENT – Our scalp massage is a blend of various techniques from eastern philosophies that guarantee instant relaxation. Warm aromatic oils are applied to the head, neck, and shoulders and scalp, comforting the skin and soothing the senses. A luxurious addition to any service or a perfect pleasure by itself. *30 Mins.*

Here at Williams Island, one of the product lines that we carry is Decleor. It is a unique aromatic Spa Mosaic that features 4 themes in 4 types of body treatments.

The four themes are:

Relax – to destress, unwind and rebalance.

Flow – to activate and stimulate the body's circulation

Detox – to promote drainage and eliminate toxins from the body.

Tonic – to tone, firm and promote regeneration.

Talk to any of our Spa personnel today to see how we can customize an aromatic massage, a body envelopment, hydrotherapy treatment or a localized, targeted treatment for you.

For your convenience, a 10% gratuity will be automatically added to your bill.