



MASSAGE

Swedish Massage

This classic Swedish method utilizes long, flowing strokes and calming techniques to alleviate muscle tension, improve circulation, and promote full-body relaxation. Light to moderate pressure is used. Melt away stressful thoughts and body tension as you achieve ultimate relaxation through the liberating release of massage. A nurturing touch is used to knead, compress and smoothly stroke your whole body, increasing circulation, cleansing your system and producing positive endorphins.

Deep Tissue Massage

This deep tissue massage is the ultimate GNY Spa massage therapy. A GNY Spa massage therapist will focus on your specific problem zones, creating a massage truly tailored for you. Uses moderate to deep pressure. For those who desire a stronger touch, this massage reaches deeper levels of muscle tissue and may provide greater relief from muscle tension.

Express Massage

This relaxing massage targets your most problematic areas and offers the perfect remedy for muscle tension, aches and pains.

Express Chair

Express Swedish

Aromatherapy Massage

Fragrant essential oils derived from flowers and plants are selected for their powerful remedial effects and used in this sensory-rich Swedish-style massage. Uses light to moderate pressure.

Hot Stone Massage

This ancient healing modality uses the density and radiant energy of hot stones to release and remove tension from your muscles on the deepest level. Intensely pleasurable, this experience will transform your body and renew your mind. A rhythmic Swedish stone therapy massage using heated stones that help reduce muscle tension, one of the most relaxing treatments by GNY Spas.

GNY Signature Therapy Massage

Almond oil, Chardonnay Grape Seed Oil, a rich organic emollient and powerful antioxidant, is combined with our Classic Swedish massage for a therapeutic, detoxifying treatment for the entire body.

Couples Massage

The Couples Massage adds a new level of relaxation and luxury to couples. An elegant fireplace connects you and your companion in our luxurious couples suite. Enjoy your massage with no separation anxiety.

Mom-to-Be

Pampering for mommy and baby! This nurturing full body massage focuses on pregnancy-specific strain areas as it increases circulation and helps balance hormone levels. We recommend this massage only after the first trimester. This ultra-hydrating massage for expecting mothers uses an organic shea butter blended with all-natural extracts to reduce the appearance of stretch marks. Soothing strokes and stretching techniques provide the ultimate in maximum relaxation and restorative comfort for mothers-to-be. This treatment is appropriate for guests past their first trimester.

Reflexology / Tropical

Escape

A full body scrub exfoliation followed by a therapeutic massage using essential oils to hydrate the skin and enhance the overall sensation. Tropical Escape is the perfect addition to any day. Whether your goal is to relax, calm, rejuvenate, or just take pleasure in the day, this body experience is customized to fit the flow of your everyday life. Choose from a list of our essential oil to match your desire.

Mud Wrap

Our rejuvenating body treatment begins with a dry brushing technique, which allows the skin to exfoliate. Open pores give way for our mineral mud to pull, tighten, and remove toxins and impurities. You may choose from a scalp or warming foot massage to heighten this amazing experience.

Stimulating Foot Relief

Your feet are used for every step you take throughout life. The course of the awakening experience includes hot stone, paraffin foot treatment, and warming essential oil massage treatment. Your feet will thank you!