

## *Sunset Heal Lemon Grass Spa Offerings*



### *The Signature Package*

*Includes:*

*Aromatherapy Steam Bath, Salt Scrub (Salt Glow),  
Aromatherapy Foot Bath, and a Swedish Massage.*



#### **Relaxing Aromatherapy Steam Bath**

Relax in a warm, private steam-bath capsule! Steams have been used for thousands of years to detoxify the body, hydrate the skin, enhance the immune system and relax all of your hardworking muscles.

Your steam is further enhanced by our complimentary use of fragrant essential oils, creating an intoxicating aromatherapy steam!

This treatment is exceptional by itself or when used in conjunction with any of our superb massage or body treatments.

For more information on aromatherapy's benefits, [click here](#).

## Salt Scrub – also known as the “Salt Glow”



### Salt Scrub – also known as the “Salt Glow”

A salt glow (also known as a salt scrub or sea salt scrub) is one of the most popular body treatments at the Lemon Grass Spa.

The primary purpose of a salt glow is to exfoliate your skin. A salt glow also hydrates your skin because the salt is combined with oil and usually some aromatic like lemon, lavender, or even figs.

The salt glow is followed by a shower and an application of body lotion, and leaves your skin feeling very soft and fragrant.

For more information on your “Salt Glow” experience, [click here](#).

## Aromatherapy Foot Bath – Relax and Enjoy!



### Aromatherapy Foot Bath

Blend the peaceful and at the same time rejuvenating effects of aromatherapy with a gentle foot bath.

Relax and allow your feet to be pampered as you enjoy the sensuous and stimulating experience to fill your senses, calm your mind and caress your spirit.

At Lemon Grass Spa we will choose the right aromatherapy just for you.

## Swedish Massage



### Swedish Massage – For Total Relaxation

Swedish massage is the most commonly offered and best known type of massage.

Enjoy the firm but gentle pressure to improve your circulation, ease muscle aches and tension, improve flexibility and create relaxation

Imagine floating away into peacefulness as you allow your body to be pampered by our professional therapists who also employ their own intuition to know where you most need attention.

For more information on your Swedish Massage experience, [click here](#).

**Listen to What Others Say:**

*“Beatrice has a wall full of degrees and certifications in fields such as Reiki, Theta DNA and Aromatherapy and she specializes in Massage Therapy for physical ailments. She has had **success in helping stroke victims** recover from facial paralysis which I found impressive. I always saw that as a permanent condition but the nerve and muscle damage can be repaired or retrained.*

*I’ll confess to not knowing much about exactly what Beatrice does but I can tell you she knows what she is doing. She is an intelligent and articulate woman who speaks with confidence and **I’m impressed with her ideas on healing and alternative medicine.** I was most intrigued by what I learned about DNA Theta Healing but you can get Reiki and Massage treatments as well. **Theta Healing may hold some promise for my autistic son** and we’re exploring ways she can help us with his condition.” [www.jamaicamax.com](http://www.jamaicamax.com)*

**Healings Experiences at Sunset Heal** -- At Sunset Heal we have testimonials from many clients who have experienced amazing results from the Sunset Heal Spa treatments. Those clients include individuals suffering from: cancer, epilepsy, neurological disorders, fibromyalgia and a host of other theoretically incurable diseases.

Contact Sunset Heal Mountain Retreat and Healing Center

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