

Bodhi+Sol DeLand Menu

***subject to change**

MASSAGE

Your massage experience at Bodhi + Sol includes:

- + custom-scented organic aromatherapy oil to address your needs (you take home any extra)
- + warm neck pillow
- + steamy towels
- + rose quartz cooling eye mask

Wellness Warrior Series

A series of 5 treatments at a 15% discount

Therapeutic Deep Tissue Massage

Focusing on relieving aches and pains, our therapeutic massage relaxes deeper muscles and tension held in specific areas such as the neck, shoulders, and legs.

Warm Bamboo Massage

Deeply penetrates and relaxes muscles effectively and painlessly using heated bamboo sticks, which allows the therapist to apply more pressure to a greater surface area.

Lomi Lomi Massage

A traditional Hawaiian therapy allowing you to slip into a trance-like meditative state using deep continuous strokes producing a wave like sensation that increases circulation, relaxes the body, and promotes wellbeing.

Himalayan Salt Stone Massage

Balances and relaxes the nervous system, reduces inflammation, improves sleep, and grounds the body's electromagnetic field as warm Himalayan salt stones are used on Chinese reflex points and meridians.

Signature Massage

A Swedish massage tailored to your body and specific needs, allowing you to slip into deep relaxation while tension and stress are swept away.

Head + Shoulders + Toes

Targeting your most tense areas, this massage combines our Warm Aroma Scalp Massage with Shoulder and Foot massage to eliminate stress, tension, and fatigue.

Prenatal Massage

A soothing therapy designed for women in the 2nd and 3rd trimesters to improve circulation, decrease swelling, and release tension associated with pregnancy. Includes body pillows to ensure comfort.

60min \$90

Seasonal Scrub + Massage

A seasonally blended aromatherapy treatment for all of your senses. A 30min full body exfoliation is followed by a Signature 60min massage with a seasonal aromatherapy oil or body butter.

Reflexology Therapy

Each organ and area of the body is affected through pressure points in the feet to encourage energy flow to corresponding organs.

Couples Massage

Share your pampering experience with a loved one. Couples, mothers, daughters, sisters, friends, etc. choose any 2 treatments of same length and add \$5/ person. This service is for two in the same room.

Massage Add-Ons

Foot Scrub.

Warm Himalayan Salt Stones.

Cupping. Softens adhesions, opens up connective tissues, stimulates blood flow, and induces greater healing & relaxation.

Wink & a Kiss. An anti-aging lip and eye treatment during your massage.

Dry Body Brushing. Exfoliates the skin and detoxifies the body by stimulating the lymphatic and circulatory systems. The brush is your gift to take home.

Peppermint Tea Tree Scalp Massage. A tingling, refreshing scalp massage to cool, stimulate healthy hair growth, increase circulation, and moisturize.

Custom Blend Body Butter.

Ayurvedic Treatments

Aroma Hydration Wrap + Body Brushing

Indulge in a full body brushing followed by an essential oil massage. The body is then enveloped in the blend of 4 essential oils and hydrating body butter to deeply hydrate the skin while you enjoy a face and scalp massage. The body brush and any remaining body butter is yours to take home.

Long Herbal Detoxifying Massage

This lymphatic treatment utilizes a deeply penetrating Ayurvedic herbal paste which is scrubbed and massaged into the skin for 90 minutes to deeply cleanse and press stagnant lymphatic toxins from the body.

Herbal Detoxifying Wrap

The body is covered with an herbal (triphala) butter to promote detoxification, and is then wrapped in the herbal mixture to allow for it to penetrate deeply into the skin. While wrapped, slip into deep relaxation with a face and scalp massage while your body detoxifies. Finally, hot towels sweep away impurities and leave the skin refreshed.

Warm Oil Scalp Massage

Warm tri-doshic (Kapha, Pitta, Vata) oil is massaged into the scalp and the neck along marma points to relieve tension and stress. The oil is designed to restore balance and deeply cleanse and purify the mind and body.

Body Treatments

Ultimate Scrub + Massage + Butter

Choose your essential oil blends from our Blending Bar, and experience the ultimate massage experience. Your custom-blended hydrating walnut body polish is scrubbed on the entire body to exfoliate and invigorate. Hot towels will open up your pores as they remove the polish. This is followed by a Signature Massage with custom-blended massage oil and then long strokes with custom-blended body butter to lock in hydration.

Craniosacral

Using gentle touch to evaluate and enhance the function of the central nervous system, Craniosacral encourages the body to self-correct by working in partnership with the body's innate healing wisdom.

Reiki

A gentle yet powerful Japanese form of energy therapy that treats the body, emotions, mind, and spirit, creating relaxation, feelings of peace, security, and wellbeing.

Body Scrub

Choose one of our custom essential oil blends, and our hydrating walnut body polish provides a relaxing, nourishing experience, leaving your skin soft, supple, and radiant. Any remaining body polish is yours to take home.

Body Treatment Add-Ons

Foot Scrub.

Warm Himalayan Salt Stones.

Cupping. Softens adhesions, opens up connective tissues, stimulates blood flow, and induces greater healing & relaxation.

Wink & a Kiss. An anti-aging lip and eye treatment during your massage.

Dry Body Brushing. Exfoliates the skin and detoxifies the body by stimulating the lymphatic and circulatory systems. The brush is your gift to take home.

Peppermint Tea Tree Scalp Massage. A tingling, refreshing scalp massage to cool, stimulate healthy hair growth, increase circulation, and moisturize.