

The A.R.E. Health Center & Spa Services

***Please note there will be a \$10 upcharge for deeper massage work
Ask about Couples appointments. Available for most services**

Cayce/Reilly Massage – Our signature full body massage with combined osteopathic, neuropathic and Swedish massage techniques (\$10 more for deeper pressure)

30-minute - \$70 regular, \$49 for conference members

60-minute - \$110 regular, \$77 for conference members

90-minute - \$135 regular, \$94.50 for conference members

Combos – These combos are specially designed for maximum benefits in an hour and a half

Manual Lymph Drainage/Castor Oil Pack – The Castor Oil Pack improves the flow of lymph in the body to strengthen immunity and support the effects of Manual Lymph Drainage.

\$220 regular, \$155 for conference members

Craniosacral/Massage Combo – Combines our Cayce/Reilly massage with Craniosacral Therapy, a subtle modality that can result in motion, a release of emotional memories, and an increased sense of well-being.

\$155 regular, \$126 for conference members

Reiki/Massage Combo – Combines our Cayce/Reilly massage with the energy work of Reiki, which can relieve pain and manage stress and anxiety, and aid sleep, as well as other benefits.

\$155 regular, \$126 for conference members

Cayce Remedy Combo – The service will begin with a turpentine pack (kidney support). You will then have a castor oil pack (liver support, among other things) for a full hour while you receive a Glycothymoline pack (for sinus relief).

\$205 regular, \$143.50 for conference members

Castor Oil Pack/Reflexology/Facial Cleanse Combo – The service begins with a Castor Oil Pack and you will get 30 minutes of foot reflexology during that service. You will also get a relaxing mudpack facial cleanse while you are on the table.

\$215 regular, \$150.50 for conference members

Facial Cleanse/Massage Combo – Combines our Cayce/Reilly massage with a relaxing mudpack facial cleanse.

\$155 regular, \$126 for conference members

Alphasphere/Massage Combo – Start with relaxing for close to 30 minutes in the Alphasphere. The Alphasphere at the A.R.E. is the only one in North America. Created by the Austrian artist, Sha, the Alphasphere puts you in the Alpha state between waking and dreaming. This state is very calming and therapeutic. (Note: the Alphasphere is in a small room, not for those who fear small spaces. There is also light, sound and vibration in the Alphasphere experience). You will then have a Cayce/Reilly massage by one of our talented therapists.

\$155 regular, \$108.50 for conference members

Half Day Spa Package

Ultimate Relaxation Package – Start with a Castor Oil Pack for 90 minutes. During that time, you will receive 60 minutes of foot reflexology. You will then receive one hour of reiki. After that, you will receive a steam in one of our steam cabinets (not recommended for those with high blood pressure, can be substituted with a paraffin dip for hands and feet) and then followed up with a Cayce/Reilly massage for 4 hours of pampering and relaxation.

\$400 regular, \$329 for conference members

Lymph Refresh Package – Start with a Castor Oil Pack for 90 minutes. During that time, you will receive 60 minutes of foot reflexology. You will then receive one hour of reiki. You finish up with 90 minutes of Manual Lymph Drainage. Manual Lymph Drainage offers many benefits; these benefits include immune support, stress management, reduced fluid retention, and greater ease of movement.

\$400 regular, \$308 for conference members