



Oasis Colon Hydrotherapy

Health Begins Within

Massage Therapy



Swedish Massage

Swedish massage is firm but gentle pressure to improve the circulation, ease muscle aches and tension, improve flexibility and create relaxation. It employs five different movements: long, gliding strokes, kneading of individual muscles, friction, hacking or tapping, vibration

Hot Stone Therapy

Hot stone therapy is a specialty massage that uses smooth, heated stones. They are often basalt, a black volcanic rock that absorbs and retains heat well. It is a deeply soothing, relaxing form of massage. The heat helps tight muscles release.



Salt Scrub for Detoxification



The primary purpose of a salt scrub is to exfoliate your skin, and is useful if you are undergoing a detox program.

A salt scrub also hydrates your skin because the salt is combined with oil. The salt glow is followed by a shower and an application of body lotion, and leaves your skin feeling very soft and fragrant.



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