



HABITAT SPA SERVICES MENU



SWEDISH MASSAGE

therapeutic massage focusing on the outer layers of muscle for relaxation. 60/75/90 minutes \$130/155/175

DEEP TISSUE MASSAGE

a targeted massage focusing on a deeper level of muscle tissue. 60/75/90 minutes \$140/165/195



PRENATAL MASSAGE

designed to nurture both mother and baby, focusing on areas most affected pregnancy. *pricing same as swedish.*

REFLEXOLOGY

applying pressure points to the feet, opening paths of energy and relaxation. 60 minutes / \$125



COUPLES MASSAGE

any of our massages can be arranged in our suite with two adjacent treatment rooms. 60/75/90 minutes \$270/310/360* *pricing shown based on swedish

REIKI - ENERGYWORK

light touch that aids in deep relaxation and improving energy flow harnessing universal positive light \$110 / 60 minutes



HOLISTIC FACIALS

we proudly use high quality plant-derived hylunia skincare for our gentle, non-invasive and relaxing facials and leave us glowing. starting \$140 / 60 minutes

MASSAGE ADD ONS

enhance any massage with : aromatherapy (\$20), arnica oil for pain (\$15), scalp massage (:15/\$25), CBD oil (\$20), sheet mask for face \$15, steam room or infrared sauna (:30 add on) \$20; chi machine \$10



spa amenities

EUCALYPTUS STEAM ROOM



melt your muscles and clear sinuses and relax in our spacious steam room with wet heat therapy.
\$40 / 30 min \$60 /hour
couples \$50/\$85 group of 4 /\$100

INFRARED SAUNA

relax while getting an invigorating sweat penetrating to a cellular level
\$40 / 30 min \$50/ couple
packages available



TEA & HYDRATION

sip some complimentary tea and alkaline water and relax in between or after treatments.

LYMPHATIC SWING MACHINE

lay on a mat with your ankles in the swing machine which gently rocks you to stimulate your lymphatic system ie *your drains for your body!*
\$20 / :30 min.



SHOWERS & LOCKERS

unisex lockers, showers, towels, slippers for use during your stay. Robes are provided for guests getting multiple treatments.

You can book appointments or buy gift certificates online conscioushabitat.com or call or stop by the spa desk (845) 986-9355 (WELL).
Closed Tuesday.

Email conscioushabitat@gmail.com for more info. or to inquire about planning for a group.

all prices subject to change.
follow us on instagram for up to date messages and promotions.

@habitat_spa_warwick
@conscioushabitat

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find your flow