

Steam...

We all know how warmth can relax and heal, none more than the Romans, who made the bath, steam and sauna rooms an every day occurrence. Today the Spa is regenerating this experience!

Steam treatment can aid in ...

- **Boosting the metabolism**
- **Losing weight**
- **Detoxifying the body**
- **Easing sore muscles and joints**
- **Aromatherapy and Relaxation**

ON THE RIVER MASSAGE AND
HEALING ARTS

356 E. Elkhorn Ave., Suite 10
Estes Park
Colorado

Phone: 970-577-7455
Email:
ontherivermassage@gmail.com



Steam Spa
Treatments

**Read about our-
Holiday Specials
inside!**

Tel: 970-577-7455

*Lifelong Health and
Happiness*

Soothing Rose Treatments Special!

1 1/2 hour Aromatherapy Massage and Steam \$95

Enjoy a massage with Rose Massage Oil followed by a relaxing aromatic Steam treatment, finishing with a softening body butter to seal in the moisture

1 hour Body Polish and Aromatherapy Steam \$65

Enjoy a rose body polish, a relaxing aromatic Steam treatment, finishing with a softening body butter to seal in the moisture

Relaxing Lavender Treatments Special!

1 1/2 hour Aromatherapy Massage and Steam \$95

Enjoy a massage with Lavender Essential Oil followed by a relaxing aromatic Steam treatment, finishing with a softening body butter to seal in the moisture

1 hour Body Polish and Aromatherapy Steam \$65

Enjoy a lavender body polish, a relaxing aromatic Steam treatment, finishing with a softening body butter to seal in the moisture

Not on Special Offer...

6 Wk Weight Loss Program

- Wk 1: Session 1: Massage, Steam treatment, Trim Balm
- Wk 1: Session 2: Ayurvedic Body Mud, Steam treatment, Trim Balm
- Wks 2-6: Repeat

Sore Joints & Muscles

- Massage, Steam treatment, Joint Balm
- Massage, Mud Poultice and Steam Treatment

Tropical Cool-Down

- Massage with Coconut Oil, followed by a Grapefruit Polish, Steam treatment, finishing with Organic Body Butter