



## NAMASTÉ SPA

At Namasté Spa, we aim to provide a comfortable environment to experience deep relaxation and reconnect with body and soul. You will be able to enjoy a wonderful array of spa experiences that allow you to feel the benefits of heat, steam, touch and aromas.

### Turkish Bath

Our "Hamam" consists of a single octagonal chamber based on a Turkish style steam room with characteristic Ottoman blue and red tiling and recessed bench-seats.

The bath has a moist, aromatic atmosphere that is both purifying and detoxifying. Benefits of steam bathing have become increasingly popular in modern society.

### Finnish Sauna

Our Finnish sauna is a wood-lined cabin that provides an environment for overall mental and physical health. The Sauna offers an intense, dry heat which comes from very hot rocks placed in the room. Scandinavians advise that you follow this sauna with a quick shower of cold water to stimulate circulation, energize your spirit and reduce body temperature.

### Hydrojet Spa Tub

Our Hot Springs Tub offers much more than just a hydro-massage. There are three factors at work: heat, buoyancy and massage. Together, they create a relaxing, soothing experience, which relieves pressure on joints and muscles and creates the relaxing sensation of weightlessness.

## Namasté Rates

### Namasté Fusion

25 minutes	\$70.00	55 minutes	\$110.00
85 minutes	\$165.00	115 minutes	\$220.00

### Deep Tissue Massage

25 minutes	\$85.00	55 minutes	\$125.00
85 minutes	\$180.00	115 minutes	\$235.00

### Hot Stone Massage

55 minutes	\$130.00	85 minutes	\$185.00
115 minutes	\$240.00		

### Reflexology

25 minutes	\$70.00	55 minutes	\$110.00
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### Aromatherapy

55 minutes	\$130.00	85 minutes	\$185.00
115 minutes	\$240.00		

### Bali Boreh

55 minutes	\$130.00	85 minutes	\$185.00
115 minutes	\$240.00		

### Purifying Marrakesh Mud Mask

55 minutes	\$130.00	85 minutes	\$185.00
115 minutes	\$240.00		

### Royal Hamam Ritual

115 minutes	\$265.00
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### Thai Massage

55 minutes	\$110.00	85 minutes	\$165.00
115 minutes	\$220.00		

### Thai Herbal Ball Massage

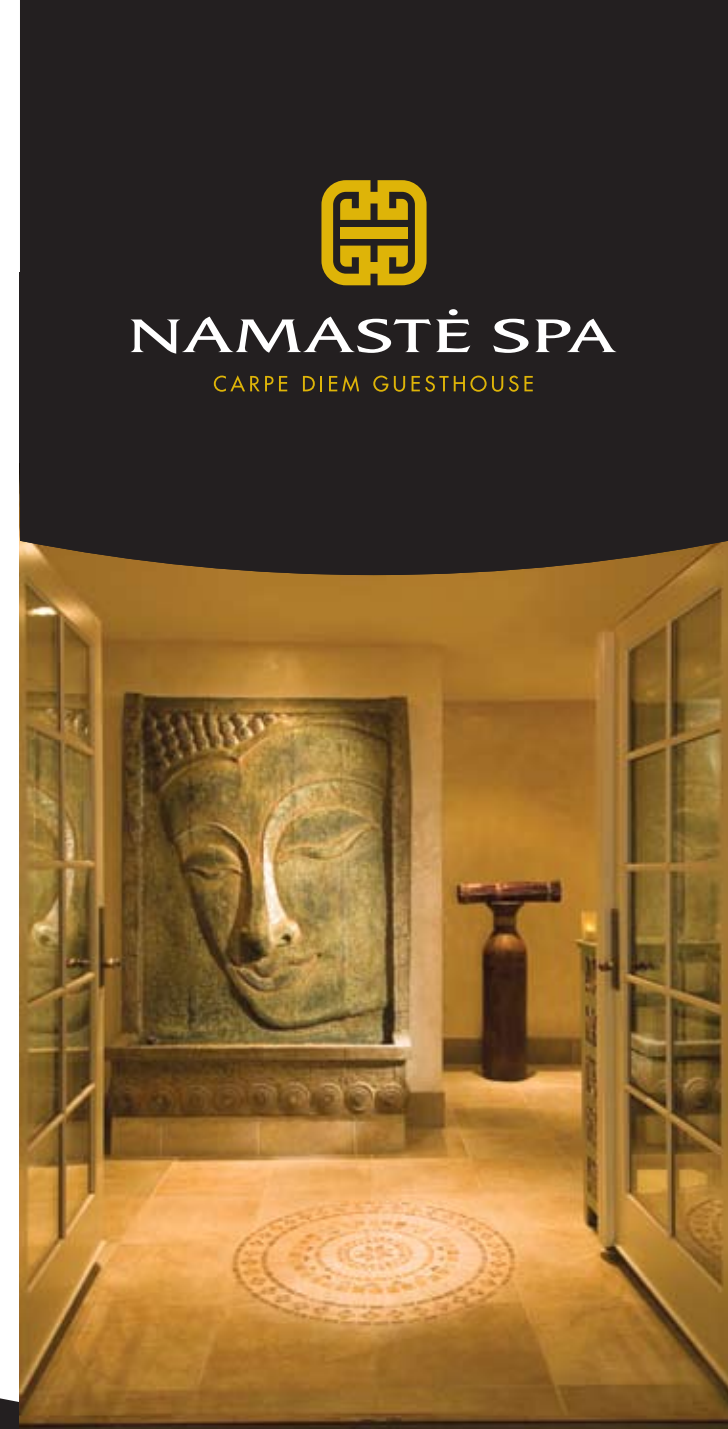
55 minutes	\$110.00	85 minutes	\$165.00
115 minutes	\$220.00		

### Reiki

25 minutes	\$70.00	55 minutes	\$110.00
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### Pure Tranquility

55 minutes	\$110.00	85 minutes	\$165.00
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## NAMASTÉ SPA

CARPE DIEM GUESTHOUSE

### Carpe Diem Guesthouse & Spa

12-14 Johnson Street, Provincetown, MA 02657

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RELAX | RENEW | REFLECT



**NAMASTÉ SPA**  
CARPE DIEM GUESTHOUSE



## RELAX

### Namasté Fusion

Personal transformation begins when our therapists customize this unique massage to suit your individual needs. A fusion of styles including Swedish, Deep Tissue, trigger point and Shiatsu are incorporated to achieve maximum relaxation. Great for those new to massage or simply looking to decompress.

### Deep Tissue

With direct, accurate pressure therapists reach deep into the muscle layers. This massage is great for chronic muscle tension and soreness. Heat may be applied when necessary. More intense than traditional massage, this may not be for those seeking pure relaxation

### Hot Stone

Instill Deep Calm by melting muscle tension away with Hot Native Ocean Stones. Deep penetrating heat allows muscles to be intensely manipulated and nurtured. Vacillating between stone size and temperature therapists create an extremely comforting and grounding experience.

### Reflexology

A dynamic ancient Eastern treatment that links the reflex zones on the feet to organs and systems in the body. Pressure is applied to these points to induce relief from pain, illness and stress. Great for the relief of tension headaches, poor circulation and a sluggish digestive system.

### Aromatherapy

This ritual combines the therapeutic properties of essential oils and the healing power of massage. Affecting the nervous, immune and muscular systems this massage can have powerful and lasting physical and emotional benefits. Selected essential oils are placed on specific points of the body during this massage to relax, enrich and harmonize.

## RENEW

### Bali Boreh

Surrender to serenity in this traditional Balinese Hydrator. Be lulled into a relaxing slumber and let tensions drift away as your skin is intensely moisturized and nourished in this hydrating cocoon. White tea, Sea Weed, ginger and local Provincetown Honey maximize hydration and restore suppleness and rejuvenate.

### Purifying Marrakech Mud Mask

Be enveloped in a blend of hot Moroccan Rhassoul and Black Moor Mud. Rich in minerals and trace elements to draw out toxins soothe and heal the skin. A deeply relaxing treatment that purifies and refines with the rich aroma of Sandalwood and Maca Root.

### Royal Hamam Ritual

Experience the lure of this traditional and sensational scrub treatment that is pure bliss for both mind and body. Begin with a deep cleansing, steam and saline exfoliation that literally washes away your past. Then, experience a full body massage with warm oil and plant extracts. This purifying journey helps re-energize your soul and senses replenishing vital energy.



## REFLECT

### Thai Massage

An extraordinary 2,500-year-old healing art system based on Indian Ayurvedic Medicine and Yoga. Thai Massage fluidly and meditatively blends rhythmic acupressure and assisted range of motion to deeply relax and revitalize the body and mind. Please wear loose, comfortable clothing

### Thai Herbal Ball Massage

This ancient Siam ritual utilizes traditional steamed Thai herbs tightly wrapped in an organic poultice. Thai Herbal Ball Massage draw out toxins, stimulate blood flow and lymphatic drainage and helps balance 'Prana' flowing through the body. Exotic, Unique and Sublime!

### Reiki

Light, warm and nurturing hand placements channel energy throughout the body, providing a deep state of relaxation. Reiki helps induce feelings of peace, security and well being.

### Pure Tranquility

A holistic treatment utilizing intuitively combined energy healing modalities to provide a wonderful experience of relaxation and to release, unblock, clear and balance the body's energy centers.

Namasté is proud to use Dermalogica, Biotone and Kiehl's