



THE NORTH SHORE WELLNESS RETREAT

At the North Shore Wellness Retreat we offer services which will heighten your senses & release stress, injury, and chronic pain, including

Massage

Body Scrubs

Acupuncture

Facials

Polarity

Yoga

Book an appointment

808-638-8137

View our Class Schedule

Online at

surfintoyoga.com

LIGHT BODY ENERGY WORK

Focuses on structural alignment and deep connective tissue releasing.

PRICE: **\$120 (60min)** or **\$160 (90min)**

LOMI LOMI

A Hawaiian Holistic traditional deep healing massage.

PRICE: **\$120 (60min)** or **\$160 (90min)**

HAWAIIAN HOT STONE

Hawaiian healing using hot stones and Lomi Lomi to release stress and toxins from the body.

PRICE: **\$140 (90 min)**

SWEDISH MASSAGE

A beautiful moisturizing and soothing massage.

PRICE: **\$100 (60min)**

POLARITY TREATMENT

Polarity Therapy is energy balancing through opening meridian energy lines.

PRICE: **Massage \$100 (60min)** or
Reflexology \$100 (60min)

ACUPUNCTURE

Chinese method of needling points in the body to relieve stress and enhance the body's overall well being.

PRICE: **\$60 (60 min)**

BODY SCRUBS

Exfoliate and moisturize your skin with your choice of Coconut Coffee Sugar Scrub or Hawaiian Kukui and Sea Scrub.

PRICE: **\$120 (60 min)**

FACIALS

VIP Oxygenating Treatment

This oxygenating and balancing ritual features a combination of micro exfoliating and bio energy massage.

PRICE: **\$110 (60 min)**

Hydrating and Cooling

PRICE: **\$100 (60 min)**

Deep Cleanse

PRICE: **\$100 (60 min)**

Natural Papaya Honey Facial

PRICE: **\$105 (60 min)**

northshorewellnessretreat.com