

Massage Therapy

For Appointments Call the Concierge
Or Gena's Cell Phone

926-4826
828-734-2788

Swedish Relaxation Massage

A gentle, relaxing massage to increase circulation, ease everyday tension & calms the body.

Hot Stone Massage

A soothing, exquisite experience. Combines natural elements & the healing art of massage. Penetrating heat & gliding strokes with warm, oiled basalt stones induce a deep state of relaxation while melting tension away.

Deep Tissue Massage

A deeper style massage which also incorporates light stretches to manipulate muscles & connective tissue. It relieves stiffness & pain & helps in the release of circulatory blocks.

MVC Scentastic Signature Massage

A divine experience! Application of pure plant essences to calm, energize, and detoxify. The perfect blend may be customized to stimulate, de-stress, soothe, or invigorate depending on your needs.

Ortho Bionomy

Ortho-Bionomy is a gentle, non-invasive, osteopathically-based form of body therapy which is highly effective in working with both acute and chronic pain, stress, injuries or problems associated with postural and structural imbalances. It reduces chronic muscle tension, soothes the joints, increases flexibility, improves circulation, and relaxes the entire body. Using gentle positioning, Ortho-Bionomy stimulates inner awareness to awaken within the individual a sense of natural balance and well-being, both physically and emotionally.

Rates

For rate information, please visit the Concierge or Front Desk. You may also call 828-926-1616 for information.

***** SPECIAL MEMBER & CONDO GUEST RATES! CALL TO FIND OUT *****

Gift Certificates

Give someone you care about a healthy gift. Purchase a massage gift certificate from the concierge today. It's a gift they will always remember.

Gena Johnson Ramos, LMBT
NC License #3916

