

A serene spa-themed background featuring a wooden bowl of white stones and white flowers in the top left, a large white candle in a grey patterned holder in the top right, a dark glass massage oil bottle in the center, and a pink towel in the bottom right. A dark grey rectangular overlay with white decorative borders contains the text.

Massage

www.CanaanValleySpaWV.com

CANAAN VALLEY SPA & WELLNESS CENTER

SKINCARE & WELLNESS



MASSAGE DESCRIPTIONS

Alpenglow Revitalizing Swedish Massage (50min & 80min)

Bask in the warmth of relaxation with our Alpenglow Revitalizing Massage, a Swedish massage inspired by the breathtaking hues of Canaan Valley's alpenglow—the soft, golden-pink light that graces the mountain peaks at dawn and dusk. This gentle, flowing massage uses long, soothing strokes, light to medium pressure, and rhythmic kneading to enhance circulation, ease muscle tension, and promote deep relaxation. Designed to melt away stress and restore balance, this experience is perfect for those seeking a moment of tranquility amidst the beauty of nature.

Timberline Restorative Deep Tissue Massage (50min & 80min)

Reclaim your strength and vitality with the Timberline Restorative Massage, an expertly crafted deep tissue therapy. Nestled in the breathtaking Canaan Valley and just moments from Timberline Ski Resort, our specialized massage is designed to restore, rejuvenate, and relieve. Ideal for skiers, hikers, and adventure-seekers, this intensive massage targets deep muscle layers and connective tissues, breaking down tension, improving circulation, and promoting full-body renewal. Whether you're unwinding after a thrilling day on the slopes or seeking relief from chronic muscle tightness, our skilled therapists use targeted pressure and expert techniques to help you move and feel better.

Mountain Mama Prenatal Massage (80min)

The Mountain Mama Prenatal Massage is inspired by the serene, mountainous landscape of West Virginia and is designed to offer expecting mothers a relaxing and rejuvenating experience.

Drawing on the natural beauty and tranquility of the Mountain Mama spirit, this massage uses gentle, soothing techniques to help alleviate the unique aches and pains of pregnancy while connecting with the peaceful essence of the region.

The massage incorporates light pressure, Swedish techniques, and nurturing strokes to target common pregnancy discomforts. This therapeutic session promotes relaxation, reduces stress, and improves circulation—helping to restore a sense of calm and balance to both mother and baby.

With the calming backdrop of West Virginia's mountains, the Mountain Mama Prenatal Massage is a tribute to the strength, beauty, and relaxation that comes with being a mother in this picturesque region, allowing expectant mothers to feel supported, restored, and ready for the journey ahead. Clients are required to provide a note from a doctor.

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MASSAGE DESCRIPTIONS

Mountain Mist Aromatherapy Massage (80min)

Immerse yourself in a soothing essence with the Mountain Mist Aromatherapy Massage, an invigorating sensory escape. This rejuvenating experience blends expert massage techniques with the healing power of pure essential oils, designed to restore balance to your body and mind.

Breath of Fresh Air Myofascial Release Therapy (50min)

Experience the ultimate restorative therapy with the Breath of Fresh Air Myofascial Release, an exclusive wellness service in the heart of Canaan Valley, West Virginia. Myofascial Release technique is done without the use of lotion or oils and is designed to relieve tension, improve mobility and restore balance. This specialized massage technique focuses on releasing deep-seated fascial restrictions to enhance overall physical well-being.

Set against the serene backdrop of the Appalachian Mountains, our Breath of Fresh Air Myofascial Release Massage blends expert hands-on therapy with the natural healing elements of the region. This holistic approach helps alleviate chronic pain, postural imbalances, and muscular tightness by targeting the connective tissue that supports and surrounds your muscles, the fascia.

Whether you're an outdoor enthusiast recovering from a day of hiking, skiing, or exploring the Monongahela National Forest, or simply seeking deep relaxation, this session offers a transformative experience tailored to your body's needs.

Nature's Embrace Couples Massage (50min & 80min)

A couples massage is more than just a relaxing experience; it is an opportunity to connect and rejuvenate together. Whether you're celebrating a special occasion or simply seeking quality time, a couples massage offers a unique blend of relaxation and stress relief that can benefit any relationship. For even greater connection, the session is held in one room.

Let the Nature's Embrace Couples Massage be your moment to pause, breathe, and embrace the serenity of the mountains—together.