

Summer 2013

Grand Opening of the Wellness and Massage Center at Quiet Walker Lodge



Rest, Relax, Rejuvenate with a massage at Quiet Walker Lodge

Maybe it's just completing that perfect relaxation getaway or rejuvenating your body after a busy day hiking, swimming, skiing or any of the many other activities in the area. Either way there's nothing better than a massage. No need to leave the tranquil surroundings of this B&B. All massage services are performed on site by our very own Deb Sherman, a nationally certified massage therapist. [Gift Certificates](#) are available.

- **Swedish/Wellness:** Full body relaxation massage focused on reducing stress, increasing circulation, eliminating toxins and calming the nervous system. Couples appointments available.
- **Couple's Massage:** Relaxation with the couple in mind. Two professional massage therapists working side by side in the same room/same time for a completely pampering experience. Full body relaxation massage focused on reducing stress, increasing circulation, eliminating toxins and calming the nervous system.
- **Neuromuscular/Deep tissue massage:** Specific massage intended to address areas of chronic pain and postural distortion. Re-educates the nervous system and encourages whole-body balance. Includes trigger point, positional, and myofascial release. Facilitates your body's own natural healing process.
- **Raindrop/Herbal Treatment:** Application of essential oils along the spine to increase healing and decrease chronic pain.
- **Aromatherapy:** Relaxing, custom designed scented lotion added to your massage experience.
- **Ear Candling:** Aids in cleaning the ear of excess wax. Great before travel, scuba diving, snorkeling and excess swimming. 30 to 40 minute session
- **Chair Massage:** Fully-clothed pick-me-up massage performed in a chair uniquely designed for neck, shoulder and arm massage.