

TARRYTOWN HOUSE

ESTATE ON THE HUDSON

SWEDISH MASSAGE

Swedish massage is perfect for relaxation – during your Swedish massage, your therapist will use a combination of gliding and kneading strokes to release overall muscular stress and physical tension.

DEEP TISSUE MASSAGE

Deep tissue massage is great for targeting persistent muscle discomfort. Deep tissue targets the deeper layers of muscles, tendons and fascia (the tissue covering muscles), releasing painful knots and reducing overall aches and pains.

PRENATAL MASSAGE

Prenatal massage is ideal for easing the discomfort of pregnancy for moms-to-be. Your specially-trained therapist will use a combination of techniques aimed at easing pelvic and back pain, reducing swelling and enhancing overall wellbeing.

SPORTS MASSAGE

Despite its name, sports massage isn't just for top athletes. Combining deep tissue and assisted stretching, it's a great healing technique for anyone who wants to decrease muscle soreness, improve flexibility and increase range of motion.

SLEEP MASSAGE

Sleep massage combines relaxing techniques like reflexology, scalp massage, face and neck massage, and back massage to promote a deeper, more restorative sleep.



SPA SERVICES

Services are available in the comfort and relaxation of your room or our massage room.*

60-MINUTE MASSAGE

\$160 In-Spa

\$180 In-Room

75-MINUTE MASSAGE

\$187.50 In-Spa

\$225 In-Room

90-MINUTE MASSAGE

\$225 In-Spa

\$270 In-Room

**Please be in your room and prepared to relax 15 minutes prior to your massage start time. Upon booking please provide at least 2 hours advanced notice. Cancellations: No fee for canceling less than 10 minutes from confirmation or more than 4 hours prior to appointment. \$50 fee if canceling 2-4 hours prior to appointment. Full price if canceling more than 10 minutes after confirmation and less than 1 hour before appointment.*