



Foot Sanctuary Menu

The ultimate therapeutic experience begins with a nourishing pot of tea, is supplemented by a personalized and restorative footsoak, and ends with a healing and rewarding spa menu selection. Allow one of our trained therapists to assist you in selecting a soak that is right for you. We recommend a foot soak with any massage or additional service to achieve full benefits of the House of Steep experience.

Treatments

Have 20 minutes to step away from your day? All soaks include salts, herbs and essential oils in a warm foot bath.

STANDARD SOAKS

Chin Up	<i>uplifting bergamot tea, mint</i>	\$20
Clear Skies	<i>clarifying lemongrass, pine</i>	\$19
In Peace	<i>soothing catnip, passion flower</i>	\$22
Purity	<i>cleansing eucalyptus, calendula, juniper</i>	\$21
Serenity	<i>calming lavender, chamomile, oatmeal</i>	\$23

SIGNATURE SOAKS

Abundance	<i>lavender, sage, rosemary</i>	\$23
Centered Presence	<i>cinnamon, pine, patchouli</i>	\$23
C'est la vie	<i>jasmine, vanilla</i>	\$24
Love & Compassion	<i>rose, ylang ylang</i>	\$24
Zenergy	<i>citrus and herb zest</i>	\$23

TARGETED SOAKS

Digestion	<i>ginger mint</i>	\$23
Headache	<i>lavender peppermint</i>	\$22
Insomnia	<i>chamomile, clary sage</i>	\$23
Muscle Ache	<i>basil, chamomile</i>	\$22
Love to Ladies	<i>geranium, ylang ylang, clary sage</i>	\$23
Low Spirits	<i>basil, cornflower, frankensence, citrus</i>	\$23
Recovery	<i>dandelion, thyme</i>	\$22
Revitalize	<i>wintergreen, juniper, burdock</i>	\$22

ADDITIONAL THERAPY*

Cared for feet will carry you far. Consider your health and add an additional treatment.

Foot Reflexology	<i>(45 min)</i>	\$65
Foot Reflexology	<i>(30 min)</i>	\$50
Foot & Lower Leg Massage	<i>(25 min)</i>	\$40
Hand & Arm Massage	<i>(15 min)</i>	\$20

*If you'd like to receive reflexology on the hands, please let your therapist know before treatment commences.

FREQUENT STEEPER SAVINGS*

Receive **free tea** while you soak and additional discounts on sanctuary services when you purchase in advance! Priced for 6 (12% savings) or 12 (18% savings) pack.

Soak only	\$135 \$256
Soak + 45 min reflexology	\$525 \$1036
Soak + 30 min reflexology	\$435 \$855
Soak + 25 min foot massage	\$375 \$736

* Frequent Soaker Savings are good for 1 year from date of purchase.

Not eligible for large parties or private events..

For private events, please contact us at info@houseofsteep.com

ESSENTIALLY SPEAKING...ESSENTIAL OILS IN YOUR SOAKS

Chemotherapy?

Try Love to Ladies (*geranium*) + *lemon*

Diabetic?

Try Centered Presence (*cinnamon*)

High blood pressure?

Try Love to Ladies (*clary sage+ylang-ylang*)

Pregnant?

Try Serenity (*lavender*)

Seasonal Allergies?

Try Purity (*eucalyptus*)

Sprains or strains?

Try Muscle Ache (*basil*)

Swollen feet?

Try Insomnia (*chamomile*) + *juniper*
(*followed by a cool foot bath at home*)

POPULAR PAIRINGS

SOAKS	TEA
Digestion	Digest
Headache	Headache Blend
Insomnia	Relax
Muscle Ache	Vitality
Love to Ladies	Harmony
Recovery	Restorative
Revitalize	Burdock
Sadness	Uplift

Menu subject to change without notice.

Gratuity for therapists preferred in cash or by credit card before end of transaction.

Massage and reflexology services are by appointment only.

Please call at least 24 hours in advance to reserve your therapy.

Did you know?

Each foot is made up of 26 bones and 33 articulations. They are joined together by over 100 ligaments. The skin on the feet is also the most porous surface on body, so care is important!

Benefits of soaking

- Draws out toxins
- Moisturize/supplement skin
- Relax muscles
- Add magnesium/sodium and crucial elements to body's balance
- Specific herbal benefits, as well as aroma therapeutic benefits
- Improve circulation and therefore relax the body
- Helps the body rest by drawing energy from the head

Why the Epsom salt?

Epsom salt contains magnesium sulfate which aids in detoxification, soothing muscles, and softening skin. Both minerals are important to the body and can be absorbed through the skin.

- Magnesium helps keep enzyme levels and organ functions in balance
- Sulfate is important for brain and joint protein formation, it can strengthen the walls of digestive tract (where all disease starts, according to Traditional Chinese Medicine).

Why the herbs?

Herbs can offer a variety of benefits when ingested and many can also be absorbed into the body (if not the energy channels) via the foot soak. Herbs are nature's medicine and provide the essential nutrients our bodies need by themselves.

Why the essential oils?

Essential oils are extracted from herbs, so the benefits are the same as if you were to ingest, are much more concentrated and can also have healing effects through aromatherapy.

Benefits of Reflexology/Massage

Both foot therapies promote relaxation, stress relief, and help improve circulation in the body thanks to the many nerve endings that end in each foot and correspond to the body's organs and systems.

- Reflexology focuses on specific areas that mirror the body's organs by using targeted pressure. Over taxed organs often are revealed in calcification or tenderness of certain areas of the feet.
- Massage employs long stroking techniques on the legs and feet, with an aim of relaxation compared to reflexology's targeted approach.

In China, especially in ladies over 40, foot massage is as much of a regimented practice in longevity as is Tai Chi. It also relieves muscle ache (all over the body) and tension.




Ancient Wisdom in a Modern Oasis

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   House of Steep



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