



THE
WOODLANDS[®]
RESORT

IN-ROOM SPA MENU

SWEDISH MASSAGE

\$150/60 min. | \$185/75 min. | \$220/90 min.

This traditional Swedish-style massage uses light to moderate pressure and incorporates a variety of techniques to promote balance and relaxation, from gliding to kneading.

SPORTS MASSAGE

\$150/60 min. | \$185/75 min. | \$220/90 min.

Ideal for the end of an active day, this treatment offers a strong, deep massage, designed to alleviate muscle tightness and the effects of strain.

PRENATAL MASSAGE

\$150/60 min. | \$185/75 min. | \$220/90 min.

Designed for mothers-to-be, this gentle massage uses body cushions to help increase circulation, providing relief from swelling and cramping.

DEEP TISSUE MASSAGE

\$150/60 min. | \$185/75 min. | \$220/90 min.

Targeting persistent muscle discomfort. Focuses on the deeper layer of muscles, tendons, and fascia, releasing painful knots and reducing overall aches and pains.

Massage services are offered in the privacy and comfort of your guestroom. Services are provided by Zeel Spa. Gratuity is included.

To book your treatment or for additional assistance, please contact the Front Desk. Advance notice of 6 hours or more required. Must cancel more than 4 hours in advance to avoid cancellation fees.

10:00AM - 9:00PM, seven days a week.