

Massage/Bodywork:

Aromatherapy Massage

Relax and renew with a custom-blended Aromatherapy massage. Coax your mind and body into equilibrium with the wonderfully fragrant scents of pure essential oils as they absorb into your tired, sore muscles. Essential oils contain antibiotic, anti-viral and anti-inflammatory properties that are both physically, spiritually and emotionally healing.

Reflexology

Treat your feet after a long hike in the Alaskan wilderness. An ancient healing art first practiced by the early Egyptians, Reflexology focuses on massaging the nerve endings of the feet that correspond to the muscles, organs and skeletal system. It will feel like you've had a full-body massage!

Reiki

Revitalize with this gentle laying-of-hands therapy designed to direct life force energy (ki) to parts of the body that need it most. Reiki helps to balance the charkas and heal body, mind and soul. It also assists to solve problems, help achieve goals and clear the mind.

Therapeutic Massage

After a long day of kayaking, beachcombing and fishing, there's nothing better than the soothing relief of a massage! Massage aides in the release of deeply tense muscles, improves circulation and facilitates increased range of motion. Massage also helps to reduce stress, create a sense of well being, rid the body of toxins and improve overall good health.

Fitness:

Yoga

Start your day out refreshed and energized with morning yoga practice. A series of exercises designed to bring you health, happiness and a greater sense of self; your morning yoga session will incorporate posture and alignment of the body to bring internal peace. Yoga utilizes stretching and balancing poses, focused breathing and meditation techniques to calm your mind and tone your body.

Chi Gong

Calm and de-stress with a morning of Chi Gong breathing and movement exercises. Chi Gong not only assists with health maintainence, it has also been known to help one tap the fundamental energies of the universe. Chi Gong is known as an internal martial arts and incorporates slow, graceful movements that focus the mind, assist in balance, improve posture and loosen tight muscles.

Boot Camp

Begin your day with a morning conditioning routine: Boot Camp! Using the Alaskan outdoors as your gym, you'll complete a total body workout in a fun, teamwork setting. Boot Camp is proven to be a fast, efficient and highly effective way to get

workouts done in a flash. The energy you get from class will sustain you for a long and exciting day. You'll be glad you did it!

Workshops:

Making Scents with Aromatherapy

The sense of smell is the #1 sense in the human body. Incorporating the healing smells of essential oils can stimulate creativity, induce energy, increase productivity and reduce stress. In this fun and aromatic workshop you will learn the healing properties of essential oils and their mind-body effects on the human body. You will also custom blend your own all-natural bath & body products to use at the Girlfriend's Getaway or to take home.