



### Your Relaxation Destination

M. D. SPA creates an oasis of comfort and privacy devoted to your relaxation, in the heart of the charming town of Upper Lake. Stroll picturesque Main Street, taste wine, or savor a meal at the Blue Wing, then soak in one of our freshwater tubs, get a deep tissue massage or simply sit back for a foot detox. Whatever you feel like, we are here to make sure you enjoy yourself.

*Phone: 707.275.9930*  
*Fax: 707.275.9930*

9505 Main Street #B  
Upper Lake, CA 95485



Relaxation Destination

UPPER LAKE

## M. MASSAGE

Vigorous and sensitive work on all of the tissues down to the bones and ligaments drives the microcirculation, relaxes swelling and tension, and restores painless mobility.

Hot stones deliver heat and smooth pressure for intense localized effect. Flowers and herbs directly change mood and body function through odor. Body scrub with brown sugar and oils cleans the pores for smooth skin:

Deep tissue (1hr)	\$ 60
Aroma (1hr)	\$ 60
Hot Stone (1hr)	\$ 75
Aroma oil	\$ 5
Massage with Scrub (1 ½ hr)	\$ 100

## D. DETOX

Electric currents remove wastes, such as creatinine and urea, through the skin and pores. These appear as precipitates in the foot bath, and are analyzed by color according to Chinese tradition.

Application of infrared light intensifies detoxification at selected locations. Minerals, vitamins and refreshments are provided to replete those lost during the footsoak.

The treatment is completed by a relaxing foot massage:

Foot Detoxification (1hr) \$ 50

## SPA HOT TUBS

Soaking in pure, clean hot water provides the ultimate decongestion to the entire body in serene comfort and privacy. The same fine water we enjoy drinking here in Upper Lake fills our spacious tubs without any added chemicals, and is drained after each use.

Special services, such as a fresh rose petal soak or a milk bath, are available on request. Patrons relax at their leisure afterward in our comfortable waiting room, or in our back patio, which also provides discreet access to our two tub rooms:

Redwood Party Room	\$ 100
Up to four persons for one hour	
White Room	\$ 50
Two persons for one hour	
Fresh Rose Petals	\$ 25