

## Want to Relax: Come to Urbana Wellness Spa

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### **Know about massage:**

It is a term used in general for the pressing, kneading and manoeuvring one's skin, muscles, ligaments, and tendons.

A good massage and spa is the most relaxing way to counter the stress of frantically paced life. Best quality [massage in Charlotte](#) is the way of relaxing and beneficial. It is done by the trained personnel only. Along with stress reduction, it also relieves pains and aches, speeds up the healing be it mental or physical. Including all these benefits, it provides a feeling of care, comfort, and connection too.

### **A varied experience of Massage Charlotte**

There are many services which you can avail at our "Urbana Wellness Spa" which is located in Charlotte, NC to get one of its kind experience.

✓ Gentle, smooth, long and gliding strokes in massage leaving you appeased in 30 to 120 minutes is the *Swedish Blend* service.

✓ *East West Healing Touch Massage* combines Eastern meditative movements and Western deep-tissue pressure to target chronic and acute pain in particular areas.

✓ *Hot Stone Massage* is done with the heated river stones to realign and balance the energy flow.

- ✓ *Ashiatsu* a Buddhist's therapy is a barefoot massage of applying pressure with body weight while holding onto the ceiling bars. Manoeuvring of soft tissues to get rejuvenated.
- ✓ *Therapeutic Massage* is a neuromuscular way to release strain with passive and active stretching techniques.
- ✓ Prenatal massages provide healing and nurturing to the moms to be, after the first trimester in *Urbana Mom massage*.
- ✓ *Thai Poulitice* relieves stress by vivifying techniques to open energy meridians. It is incorporated by lavender and chamomile tea infusion.
- ✓ *Table Thai* involves yoga posture stretching, compression and acupressure balancing mind, body, and spirit.
- ✓ *Reiki* is not a massage, rather is a clearing of the life force energy called chi, moved through Chakras within the body by the practitioner.

### **Special Treats:**

These massages are available in single's treat, couples' extravaganza, group outings, and packages for gifting:

- > In *Head to Toe* service one can get the full body massage, includes scalp treatment, East West Massage and the relaxing and stiffness relieving foot massage.
- > There is *Sole Balance* service is one of its signature treatment which focuses on relaxing your head, hands, and feet.
- > *Rejuvenating Soothe & Smooth* service moisturizes and nourishes the skin with oils.
- > With aromatherapy and healing touch, *Restful Renewal massage* mitigates the stress, starting from head massage moving on to zone therapy of pressure application on hands and feet and concludes with 30 minutes wafting rest.
- > One can share a delightful date with someone special in a couple's suite for a side by side massage in *Escape Couples Massage*.
- > Hot stone massage for two includes relaxing time in the admirable tea lounge is *Happy Anniversary Couples Massage*.
- > *Romance Enhancement Package* is an opportunity to get a VIP experience before any couple's service with chocolate dipped strawberries and chocolate truffles.
- > Couples can learn few massage techniques to ease each other at home in *Couple's Massage Training* service. It gives you half a time to get the massage and half a time to learn the strokes, one by one. For practicing at home, one can take away the massage oils also.

Above listed and many more are the ways to pamper oneself at Urbana Wellness Spa, with easy [appointment reservations on the website](#) to get the unforgettable delight.

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