

What are the benefits of Massage Therapy?

Everyone knows that massage therapy will relax you, but you may not know what other benefits it can have. Massage therapy will help lower heart rate, increase circulation, loosen and relax muscles, and ease insomnia. Most people find benefits far beyond lowering stress, especially with regular treatments, usually every four to six weeks.

What should I expect during a massage therapy treatment at the Oasis Spa?

Our therapists will take a medical history specific to your massage treatment, including any areas where you feel discomfort, tension and sensitivity. We then tailor a massage to your specific needs. You are encouraged to disrobe to your level of comfort and are given a robe and spa slippers to wear while you are in the spa and Roman Bath area. Each treatment includes use of our Roman Bath.

What is a Roman Bath?

The Romans commonly used a bathing area that featured massage therapy, a fitness center, and a sauna in addition to warm and cold baths. The waters were used to attain optimal health as well as share entertainment, art and news.

Our Roman Bath is based on the same principle. We offer the use of our Lounge and whirlpool with each of our massage treatments, and invite you to discover the healing and relaxing power of water.

What happens after my massage?

It is recommended that you drink more water after a massage, in order to cleanse the body of the metabolic wastes that have been worked out from your treatment. We offer cold water as well as hot tea to keep you well hydrated while you enjoy our Roman Bath. Include access to our steam room for only \$10 more.

Oasis Spa Information

Please schedule your spa service at least 24 hours in advance.

- The Oasis Spa is designed for adult use. Guests must be 18 years or older please, unless accompanied by a parent and/or guardian.
- All of our spa and massage services include use of the Roman Bath, hotel pools, and Fitness Center.
- Bathrobes are available for guest use in the spa for massages and Private Spa packages.
- There is a 24-hour cancellation policy. All appointments not met will be charged.
- Please arrive 15 minutes early for any spa treatment.
- Please remember bathing suits.
- Prices and services are subject to change at any time.



All appointments require a credit card guarantee.

To schedule a spa service, please call
920-755-2376 Ext. 1100
or you can book online @ fox-hills.com

Hours of Operation:

8:00 am to 8:00 pm Monday through Friday
8:00 am to 5:00 pm Saturday
10:00 am to 4:00 pm Sunday

**Oasis Spa Gift Certificates
make the perfect gift!**

Purchase yours today at the Hotel Front Desk

The Oasis Spa
at FOX HILLS RESORT

Massage Services

Oasis Massage

We add signature elements to a traditional Swedish Massage, including your choice of essential oil blends, to create a massage that is unique to you. Our specially trained therapists select techniques and pressure that will work best to achieve your specific goals from gentle relaxation to pain relief, and everything in between.

60 minutes ... \$70

Massage for Two

Enjoy your time together in our massage room designed for two. You will each receive a massage specifically designed to focus on the areas where you experience pain or tension. Share the relaxing experience with a friend or loved one.

60 minutes ... \$140

Hot Stone Massage

A heated stone massage that deepens and expands the healing process. The warmth from the stones softens tight muscles and provides deep relaxation.

60 minutes ... \$85

Facial Massage

This treatment massages acupressure points, using essential oils and deep heat to relax the muscles of the face, neck and scalp.

60 minutes ... \$85

"Healing" Massage

Created to refresh tired feet, this treatment begins with an aromatherapy footbath. Massage along specific pressure points helps soothe and refresh feet.

60 minutes ... \$85

Pregnancy Massage

At a time when mommy-to-be is experiencing many changes mentally and physically, this massage offers light pressure to reduce muscle pain and fatigue and bring comfort and relaxation.

60 minutes ... \$70

Ashiatsu

This specialty massage is deeper than the deep tissue massage. By delivering the bodyweight through the feet, the therapist is able to achieve a deeper, sustained pressure to alleviate many of the muscle problems that are more difficult to access with traditional massage styles.

60 minutes ... \$85

Massage Services, continued

Regeneration Massage

Our French red clay masque helps to detoxify the body while you relax with a light scalp massage. After removing the clay, your therapist will focus our signature Oasis Massage to the specific areas of your body where stress is stored.

90 minutes ... \$110

Fox Creek Golfer's Sports Massage

A sports massage designed with the individual golfer in mind. We focus on the specific muscle groups that can cause pain and restrictions, which can hold back your swing.

60 minutes ... \$85

Right On Target Hunter's Sports Massage

A massage designed to target the muscles used most in hunting and shooting. Using Sports Massage techniques, we will help reduce the tension and fatigue that can inhibit your focus.

60 minutes ... \$85

Spa Packages

Ultimate Oasis Package

Pamper yourself with a 30-minute Hot Stone Massage, a 30-minute Facial Massage, and a 30-minute "Healing" Massage. Use of the Steam Room included.

\$165 per person

Bride and Groom Package

Relax together in our couples massage suite with a 60-minute massage for the Bride and the Groom! Enjoy exclusive spa privileges for 90 minutes including use of the Roman Bath lounge and steam room, as well as complimentary champagne. This package is wonderful as an anniversary gift or just an evening alone. \$170

Mommy and Me Spa Day Package

Mother and Child each receive a 30 minute Oasis Massage, 30 minute Facial Massage, and a 30 minute "Healing" Massage. Share the afternoon relaxing! \$300

Golfer's Delight Package

What could be more relaxing than a day of golf? Try this treatment, where we begin with a 30-minute sports massage to stretch and release the hard worked muscles of the shoulders, back and legs, and include a 30-minute "Healing" massage to soothe the tired feet.

\$100 per person

Specialty Massage Services

These massage services are subject to the availability of specially trained & certified therapists.

Oriental Oasis Massage

Based on Hatha Yoga, this unique massage uses rhythmic compressions with stretching to leave you relaxed and energized.

45 minutes ... \$70 90 minutes ... \$100

Lomi Lomi

Originally practiced in Hawaii, this is a nurturing yet invigorating massage that combines long comfortable massage strokes with gentle rocking and stretching to create a truly unique experience.

60 minutes ... \$85

Specialty Spa Services

Steam Room and Aromatherapy Whirlpool

After detoxifying your skin in the Steam Room, step into a private whirlpool with your choice of aromatherapy sea salts.

\$35 per person

Steam Room and Roman Bath Lounge

Enjoy use of the Roman Bath lounge and relaxing whirlpool along with the detoxifying moist heat of the Steam Room.

\$15 per person

