

THE  
SPA

AT NITA LAKE LODGE

indulgent. relaxing. welcoming

# deep tissue massage

firm direct pressure is used to bring attention to specific areas of chronic tension allowing the muscles to relax.

*enjoy complimentary access to the eucalyptus steam room,  
rooftop hot tubs and relaxation lounge as part of this treatment.*

[nitalakelodge.com/spa](http://nitalakelodge.com/spa) | 604 966 5715 | [spa@nitalakelodge.com](mailto:spa@nitalakelodge.com)