

MASSAGE EXPERIENCES

All 30 min services include a heat pack, and a hot neck roll. 60/90 minute services include a heat pack, hot neck roll, and hot towel. All services include a deep breathing exercise featuring lavender and grapefruit essential oils. We strive for an organic, nontoxic experience in all of our services so our products are targeted to be as nourishing as possible. Nut-free products for services are available for any client with allergies.

STONE THERAPY

30MIN|60 MIN|90 MIN \$40|\$65|\$85

The healing power of heat is combined with traditional massage techniques. Tension melts away as warm stones are used over the entire body, radiating deep into tight muscles and bringing your body into a state of deep relaxation.

DEEP TISSUE

30 MIN|60 MIN|90 MIN \$40|\$65|\$85

Deep tissue massage is designed to relieve pain and muscle tension throughout the body. This type of massage is extremely beneficial because it reaches the deepest layer of muscles, fascia (connective tissue surrounding the joints) and tendons. The goal in deep tissue massage is to break down adhesion (tense areas within the muscle). Adhesion in the muscles are very important to address because they cause pain, inflammation and limit motion of the muscles and joints. Our experienced therapist will consult with you to address all of your concerns.

PREGNANCY [AFTER 12 WEEKS]

30 MIN|60 MIN|90 MIN \$40|\$65|\$85

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling). An optional full body dry brushing is included in this service (for 90 minute treatments). Dry brushing will help alleviate any water retention or lymph build up you might have during the pregnancy, while also lifting away any dead, dull skin. This service will leave you refreshed and renewed from head to toe.

****Available after the 1st trimester.***

RELAXATION

30 MIN|60 MIN|90 MIN \$35|\$55|\$75

De-stress and unwind during this full-body massage with light to medium pressure. Our therapist will customize this service to meet all of your relaxation needs. This massage will soothe your body and mind, transporting you to a tranquil state of relaxation.

SPORTS THERAPY

30 MIN|60 MIN|90 MIN \$35|\$55|\$75

Sports Massage facilitates conditioning, recovery, and addressing problematic conditions that are caused or aggravated by intense physical activity.

For the professional athlete or those with a regular exercise routine, sports massage helps achieve optimal readiness in preparation for your event, facilitates recovery after your event, and as part of a training regimen, helps maintain optimal physical condition.

SEASONAL SPECIAL

30 MIN|60 MIN| 90 MIN \$40|\$60|\$80

We offer a seasonal massage that changes with every season. Call for our current special.

CORPORATE CHAIR THERAPY

|QUOTES AVAILABLE|

Create an oasis of relaxation in the midst of your busy office environment. Find out more about making On-Site Chair Massage part of your standard operating procedures.

DRY BRUSHING \$20

One third of your body's toxins are excreted through the skin. Dry brushing helps to unclog pores and excrete the toxins that become trapped in the skin. This service stimulates your lymphatic system. It also removes dead skin cells, overall improving appearance clearing your clogged pores and allowing your skin to breathe

****Available as an add-on to any service.***

FULL BODY AROMATHERAPY \$10

Immerse yourself in aromatic bliss by adding our **therapeutic essential oils** of your choice to any massage. We offer a wide range of soothing, uplifting, pain relieving, or relaxation blends.

****Available as an add-on to any service.***

BACK CLEANSE \$25

This deep cleansing treatment begins with a cleanse and exfoliation of the back. Followed by a deeply purifying masque that helps to lift impurities and toxins in the skin. Finally the back is moisturized using our organic nontoxic lotion to restore nutrients and hydrate. ***Choice of unscented or scented moisturizer*** Customize-able for even the most sensitive of skin.

****Available as an add-on to any service***