



Massage Therapy Menu of Services

Prices

Swedish Relaxation

60 Minutes \$65

90 Minutes \$85

(Deep) Tissue Issues

60 Minutes \$75

90 Minutes \$105

Half and Half

60 Minutes \$70

90 Minutes \$95

Aromatherapy

Discuss with therapist

Menu Item Descriptions

Swedish Relaxation

Relieves stress, tension and pain, assists blood and lymph flow, stimulates the elimination of wastes and toxins, improves physical performance, and creates a tangible sense of well being. Gentle yet deep, promoting, emphasizing, and combining the connection of spirit and body, breath and the abundant flow of life energy. A connection of heart, hands and soul.

(Deep) Tissue Issues

Therapeutic treatment integrates a variety of massage techniques including deep tissue, myofascial release, neuromuscular, muscle energy and active isolated stretching in a comprehensive treatment of tissue dysfunction.

Half and Half

Combines **Deep Tissue** and **Swedish Relaxation** for those who prefer deeper pressure on only half the body.

Aromatherapy

Restorative therapy using essential oils to make chemical changes to balance and recharge body systems. Physiological benefits include relief to stiff and sore muscles; resulting in alleviation of chronic and acute problems.

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