

<i>MASSAGE</i>	<i>MINUTES</i>	<i>PRICE</i>
<p><i>Swedish:</i> A gentle, pampering massage to promote circulation and relaxation.</p> <p>Specific strokes and pressure are used to release a dysfunctional holding pattern. It includes long strokes, kneading and friction techniques on the more superficial layers of the muscles; combined with active and passive movements of the joints. This therapy promotes general relaxation, improves blood circulation and range of motion, and relieves muscle tension.</p>	30	\$35
	60	\$65
	90	\$95
	120	\$125
<p><i>Deep Swedish:</i> A medium pressure massage, combining Swedish, Deep Tissue and other techniques to leave you feeling healthy in mind and body.</p>	30	\$35
	60	\$65
	90	\$95
	120	\$125
<p><i>Deep Tissue:</i> A firm pressure massage, directed at muscle groups and connective tissue to break up adhesions and detoxify, increasing range of motion and overall well-being.</p> <p>Deep Tissue massage releases the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the grain of muscles, tendons and fascia. It focuses on the deeper layers of muscle tissue.</p>	30	\$35
	60	\$65
	90	\$95
	120	\$125
<p><i>Pre/Post-Natal</i> Designed specifically for the needs of pregnant and postpartum women and their changing bodies.</p> <p>Prenatal and post partum massage have documented value and are perfect ways to reduce stress, relieve pain and promote general well being. It is a form of health care that brings balance to the temporary challenges of pregnancy.</p> <p>Back pain is extremely common in pregnancy, as well as during the season of breast feeding or as a result of carrying small children. This pain can be relieved by massage to the back, the neck, legs and feet. Therapeutic bodywork can also help alleviate leg cramps and swelling, induce deep relaxation, increase energy levels and relieve muscle tension in the areas most affected by the growing fetus and the mother's shifting center of gravity.</p>	30	\$35
	60	\$65
<p><i>Acupressure:</i> Acupressure is a way of accessing and releasing blocked or congested energy</p>	30	\$35
	60	\$65

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<p>centers in the body. Chinese cultures believe the points to be junctures of meridian pathways that carry energy called Qi. Western scientists have also mapped out and proven the existence of these points using electrical devices.</p> <p>Acupressure massage therapy stimulates and activates the body's own energies to help fight illness and restore harmony. Some of the acupressure points are significant as they relate to a specific part of the body while others are more general in their effect.</p>	90	\$95
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<p><i>Reflexology:</i> Reflexology is a gentle form of therapeutic treatment applied to the feet and sometimes to the hands. It evolved around 1913 from the work of Dr. William H. Fitzgerald, an ear, nose and throat surgeon in the United States. Reflexology is considered to be a holistic healing technique that aims to treat the individual as a whole, in order to induce a state of balance and harmony in body, mind and spirit.</p>	30	\$35
	60	\$65
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<p><i>Foot Work &amp; Foot Scrub</i> Relieves tension, soothes aches and puts the spring back in your step!</p>		
30 minute Foot Work with essential oils	30	\$45
60 minute Foot Work with a soak and gentle exfoliation	60	\$75
Add Foot Work to any full price massage or facial!	30	\$40
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<p><i>Extras &amp; Add-Ons</i> Enjoy more treatments by themselves or add them to your service!</p>		
<p><i>Foot Work</i> Add Foot Work to any full price massage or facial!</p>	30	\$40
<p><i>Paraffin Therapy</i> Melted paraffin is applied to the skin to trap heat, absorb toxins and induce relaxation. After solidifying, it is briskly whisked off, leaving the skin silky soft. Once removed, enjoy a relaxing foot or hand massage.</p>		
Hand Therapy	20	\$25
Feet Therapy	30	\$45

∞ *All prices are subject to change. Please call to verify.*

∞ *Appointments outside regular hours are available by request.*