

PROFESSIONAL SERVICES

- All services using lotion or oil include your choice of Aromatherapy essential oils to be added to it to naturally enhance the benefits of your massage -

SWEDISH MASSAGE

Long gliding strokes in the direction of blood returning to the heart. Beneficial for increasing the oxygen level in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension. Regular treatment lowers stress hormones and boosts immune system response.

30 MIN - \$30

60 MIN - \$50

90 MIN - \$80

120 MIN - \$100

PNM Technique

Treat and decrease chronic pain with a localized treatment for muscular discomfort where your therapist identifies with you location and type of pain, tests and explores the muscles determining which is the source of pain, and treats the muscle involved specifically.

30 MIN - \$30

60 MIN - \$60

90 MIN - \$90

PRENATAL MASSAGE

Relieve normal pregnancy discomforts -- reduce stress of weight-bearing joints, increase blood and lymph circulation, and decrease depression and anxiety caused by hormonal changes.

30 MIN - \$30

60 MIN - \$50

THAI MASSAGE

Gentle and firm positioning of the body by therapist in yoga-like stretches along with muscle compression, joint mobilization, and acupressure. Administered on a padded mat on the floor fully clothed. Like yoga it is relaxing, reduces stress and improves circulation while increasing energy, flexibility, range of motion.

60 MIN - \$60

COUPLES MASSAGE

Enjoy any of our relaxing Swedish Massage with someone you care for. Each recipient chooses one of the massage techniques during your session. Celebrate a wedding or anniversary, give a gesture of thanks, or a reminder that time together is still important.

60 MIN - \$100(\$50 per person)

BODY WRAP

Detoxify the body in 20 minutes with a restful mask of mud and warming wrap. Enjoy hot towel removal of mud mask and a soothing application of lotion or body butter.

60 MIN - \$75

Hot Stone Massage add on - \$10

REFLEXOLOGY

An alternative to massages manipulation of soft tissue involving application of pressure to feet and hands on reflex zones in which the affected nerves carry signals to other parts of the body giving improved lymphatic drainage and blood circulation and relaxation.

10 MIN - \$10

INFANT MASSAGE DEMO

Alleviate after birth stresses on baby at home with infant massage. Take part in a complementary teaching session with one of our professional therapists to learn infant massage techniques so that you can bring peace and calm to you and your baby at home.

10 MIN - FREE

Other massage techniques that can be used during your massage
(left to the discretion of your therapist based on symptoms)

TRIGGER POINT THERAPY

Specifically designed to alleviate the source of pain through cycles of isolated pressure and release, intended to relax tight muscle tissue that can trigger pain in other parts of the body. Regular treatment can help naturally manage pain and stress from chronic injuries.

SPORTS MASSAGE

Reduce recovery time during training or after an event. Promotes flexibility by target muscle-tendon junctions, reduces fatigue, improves endurance, helps prevent injuries, decreases muscle soreness and prepares the body and mind for optimal performance.

MYOFASCIAL RELEASE THERAPY

Application of gentle sustained pressure applied slowly allowing tight pain causing Myofascial connective tissue to elongate to eliminate the source of pain from trauma, inflammatory response, and/or surgical procedures for long term results and restore of motion.