

## MASSAGE

### Deep Tissue Massage

60 MINUTES **\$94** • 90 MINUTES **\$138** • 120 MINUTES **\$187**

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia.

### Swedish/Relaxation Massage

60 MINUTES **\$83** • 90 MINUTES **\$121** • 120 MINUTES **\$165**

As the best-known type of bodywork performed today, one of the primary goals of the Swedish massage technique is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

### Sports Massage

60 MINUTES **\$94** • 90 MINUTES **\$138**

For athletes of every kind, each therapeutic massage is specific to your sport of choice, with a focus on a particularly troublesome area like a knee or shoulder.

### Prenatal Massage

60 MINUTES **\$94** • 90 MINUTES **\$138**

Prenatal massage is therapeutic bodywork that focuses on the special needs of the mother-to-be as her body goes through the dramatic changes of pregnancy. It enhances the function of muscles and joints, improves circulation and general body tone, and relieves mental and physical fatigue.

### Therapeutic Cupping Massage

60 MINUTES **\$99** • 90 MINUTES **\$143**

Cupping is a therapeutic process utilizing the suction power of cups to increase circulation, decrease pain, improve range of motion, decrease adhesions, and improve relaxation. Ask your therapist or add cupping to your massage today.

### Therapeutic Massage

60 MINUTES **\$99** • 90 MINUTES **\$143**

Therapeutic massage is similar to sports massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and fascia.

## **Hot Stone Massage**

**60 MINUTES \$99 • 90 MINUTES \$143**

Hot stone therapy is a specialist massage that uses smooth, flat, heated stones that are positioned along your spine, in the palms of your hands, along your legs and between the toes. The rocks are heated before use and the massage therapist can then apply deeper pressure to areas of concern without causing any discomfort.

## **Couples Massage**

**60 MINUTES \$188 • 90 MINUTES \$276**

A couples massage is a shared experience designed for two people where each person involved receives a relaxing massage from a therapist. The massages are provided at the same time, in the same private room, but in different massage beds (one per person).

## **Lymphatic Massage**

**60 MINUTES \$99 • 90 MINUTES \$143**

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when medical treatment or illness blocks your lymphatic system. Lymphatic drainage massage involves gently manipulating specific areas of your body to help lymph move to an area with working lymph vessels.

## **ALT Full Body**

**90 MINUTES \$176**

Assisted Lymphatic Therapy (ALT) is a gentle touch, non-invasive technique which helps simulate the proper flow and drainage of the Lymphatic system. Assisted Lymphatic Therapy uses a handheld device designated to simulate the lymph at a greater depth with less effort in far less time.

## **ALT Face**

**30 MINUTES \$99**

Assisted Lymphatic Therapy specifically addresses the face and head. It stimulates the proper flow and drainage of the lymphatic system and helps boost the immune system. Reduces swelling of lymph nodes and helps address any infections in the face and neck. Therapeutic and relaxing therapy.