

Massage

Swedish/Relaxation Massage

60 MINUTES \$75 • 90 MINUTES \$110 • 120 MINUTES \$150

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.

Deep Tissue Massage

60 MINUTES \$85 • 90 MINUTES \$125 • 120 MINUTES \$170

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.

Prenatal Massage

60 MINUTES \$85 • 90 MINUTES \$125

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.

Sports Massage

60 MINUTES \$85 • 90 MINUTES \$125

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.

Rain Drop Massage

90 MINUTES \$145

The raindrop massage combines the science of aromatherapy with the techniques of massage in the application of essential oils, which are applied on various areas of the body to bring structural and electrical alignment.

Therapeutic Cupping Massage

60 MINUTES \$90 • 90 MINUTES \$130

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.

Lymphatic Massage

60 MINUTES \$90

Lymphatic Massage is a massage technique to address lymphedema and swelling. The technique helps reduce the swelling from fluid build up after the lymph nodes have been removed during surgery.

Scrub Massage

90 MINUTES \$145

Vanilla Latte Scrub:

Organic sugar, coffee, and vanilla are blended with organic sunflower and coconut oils to exfoliate your body leaving it fresh, smooth, and moisturized. Caffeine increases circulation, temporarily tightening the skin and reducing the appearance of cellulite.

Pink Grapefruit Scrub:

Pink Himalayan salt and grapefruit essential oil are mixed into a base of skin nourishing avocado and sunflower oils to exfoliate and stimulate the lymphatic system. Enjoy absorbing 84 trace minerals from Himalayan salt and the invigorating scent of grapefruit.

Lavender-Rosemary Scrub:

Essential oils of calming lavender and herbaceous rosemary are blended with organic sugar and coconut oil to tone, moisturize, and smooth the skin. Glycolic acid is naturally occurring in sugar, which encourages cell turnover and generates fresher, younger-looking skin.