

# MASSAGE THERAPY MENU

## SWEDISH

- 30 MIN \$40.00
- 60 MIN \$60.00
- 90 MIN \$90.00

Smooth, gliding strokes to promote relaxation and release muscle tension.

## THERAPEUTIC/COMBO

- 30 MIN \$45.00
- 60 MIN \$65.00
- 90 MIN \$100.00

Targeted deep pressure techniques that focuses on 1-2 problem areas to decrease pain and reduce stress.

## DEEP TISSUE

- 60 MIN \$80.00
- 90 MIN \$110.00

Deep pressure massage to release tension, stimulate circulation, and help with joint mobility.

## HOT STONE

- 60 MIN \$75.00
- 90 MIN \$105.00

Use of flat-river stones to relax muscles and promote circulation.

## PRENATAL

- 60 MIN \$80.00
- 90 MIN \$100.00

Eases postural pressures from normal body adjustments during pregnancy, brings comfort and relaxation.

## CHAIR MASSAGE

- 15 MIN \$15.00
- 30 MIN \$30.00

Focused on the back, shoulders, neck, and arms to relax muscles and improve flexibility.

## ADD ONS - \$15.00 for an additional 10 min

- FACE MASSAGE
- SCALP MASSAGE
- FOOT MASSAGE
- TMJ
- HOT STONES
- STRETCHING
- CUPPING
- NEUROSTIM

**ADD SPECIAL OIL BLENDS FOR \$10.00 OR CHOOSE ONE OF OUR COMPLIMENTARY OILS TO ENHANCE YOUR MASSAGE!**

To book an appointment call (870) 414-5051

# MASSAGE THERAPY MENU

## SWEDISH GYMNASTICS

- 60 MIN \$65.00
- 90 MIN \$95.00

Sports massage techniques designed to help with ROM using assisted stretches to lengthen and relax overworked body tissue.

## ASHI THAI

- 30 MIN \$45.00
- 60 MIN \$85.00
- 90 MIN \$105.00

Ashitatsu THAI massage uses compression and stretching with the therapist's feet with support from overhead bars. The client is fully dressed and is assisted into stretching positions that cannot be achieved with hands.

## MANUAL LYMPHATIC DRAINAGE

- 120 MIN \$140.00

The lymphatic system cleanses the body and eliminates toxins. This full body session aids in providing external stimulation to reduce fluid in the extremities.

## SPA PACKAGE

- 60 MIN \$70.00

This indulgent package includes use of body scrubs, dry brushing, hot towels, and swedish techniques to provide the ultimate relaxing experience.

## CARPAL TUNNEL MYOFASCIAL RELEASE

- 30 MIN \$40.00
- 60 MIN \$70.00

Carpal Tunnel Myofascial Release is a modality used to help with prevention of carpal tunnel syndrome and/or assist with pain control. Can focus on one or both upper extremities.

## REFLEXOLOGY

- 30 MIN \$40.00
- 45 MIN \$50.00

Gentle pressure to specific points on feet and hands to promote relaxation.

## ADD ONS - \$15.00 for an additional 10 min

- FACE MASSAGE
- SCALP MASSAGE
- FOOT MASSAGE
- TMJ
- HOT STONES
- STRETCHING
- CUPPING
- NEUROSTIM

**ADD SPECIAL OIL BLENDS FOR \$10.00 OR CHOOSE ONE OF OUR COMPLIMENTARY OILS TO ENHANCE YOUR MASSAGE!**

To book an appointment call (870) 414-5051