

## SWEDISH/ RELAXATION MASSAGE

A gentle and relaxing massage. Perfect for those looking to unwind and "de-stress". Use of the classic Swedish Massage strokes improve circulation and relax the body mind and spirit.

60 min massage ...85  
90 min massage...115

## THERAPEUTIC MASSAGE(DEEP TISSUE/NEUROMUSCULAR THERAPY/MYOFASCIAL RELEASE)

A massage that uses deeper and more focused pressure. By combining these various modalities congested tissue is opened, trigger points are released and range of motion is improved. Perfect for those with chronic pain or those who just prefer a deeper massage

60 min massage...95  
90 min massage...125

## PRENATAL MASSAGE

All the attention to detail of the regular Therapeutic massage while taking into account the special needs of the Mom to be.

60 min massage...95  
90 min massage...125

## MANUAL LYMPHATIC DRAINAGE

A very light touch precise technique that assists the body's Lymphatic System in taking in interstitial fluid from congested tissues. Ideal for reducing post surgical swelling.

60 min massage...95  
90min massage...125

## MANUAL LYMPHATIC DRAINAGE PACKAGE

A package of MLD treatments is recommended for post surgical treatments or to deal w severe sprains/strains  
Packages are for a minimum of three treatments in one week and must be paid in full after first treatment. Prices vary with the number of treatments.

Three 60 min MLD pkg..210

## REFLEXOLOGY

An ancient technique based on the theory that reflex zones on the feet correspond to specific areas, glands and organs on the body. Thumb and finger pressure is applied to the feet at these specific areas. reflexology can relive stress, improve circulation and bring balance back to the body

60 min ...70  
add foot scrub...85

50/50

Thirty minute Swedish or Deep tissue massage combined with a thirty minute Reflexology treatment

60 min.....100