



Massage Menu

Effective January 2009

Swedish Massage

Experience a gentle, relaxing massage using a system of long strokes, kneading and friction techniques. The main purpose of Swedish massage is to increase the oxygen flow in the blood and release toxins that have built up within the muscles. Swedish massage shortens recovery time from muscular strain by flushing the tissues of lactic acid, uric acid, and other metabolic wastes. It reduces stress, both emotional and physical, and is suggested in a regular program for stress management.

~\$35 for 30mins

~\$60 for 60mins (\$55 for deluxe members)

~ (5) Half Hour Sessions for \$150

~\$80 for 90mins (\$75 for deluxe members)

~ (5) One Hour Sessions for \$250

Deep Tissue/Connective Tissue

Deep Tissue Massage is a massage technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas. When muscles are stressed, they block oxygen and nutrients, leading to inflammation that builds up toxins in the muscle tissue. A deep-tissue massage helps loosen muscle tissues, release toxins from muscles, and gets blood and oxygen circulating properly.

~\$40 for 30mins

~\$75 for 60mins (\$70 for deluxe members)

~ (5) Half Hour Sessions for \$175

~\$100 for 90mins (\$95 for deluxe members)

~ (5) One Hour Sessions for \$325

Head's Up Massage

Is a **30-minute** massage that focuses on your shoulders, scalp, and face. An excellent massage for relieving tension induced headaches.

~\$35 (\$30 for deluxe members)

Stress Buster

Is a **45-minute** massage that targets the back, head, & neck. We all experience moments of stress that leads to tension build up within certain muscles. A stress buster is an excellent way to revitalize those areas and kick the world off your shoulders.

~\$50 (\$45 for deluxe members)

* All appointments must be paid for at the time of scheduling

* Any appointment cancelled with less than 24 hours notice will not be refunded.

