



Over 1000 hours of training

Swedish

Sports

Deep Tissue

Muscle Release Technique

Injury Treatment & Assessment

Reflexology

Pre-natal

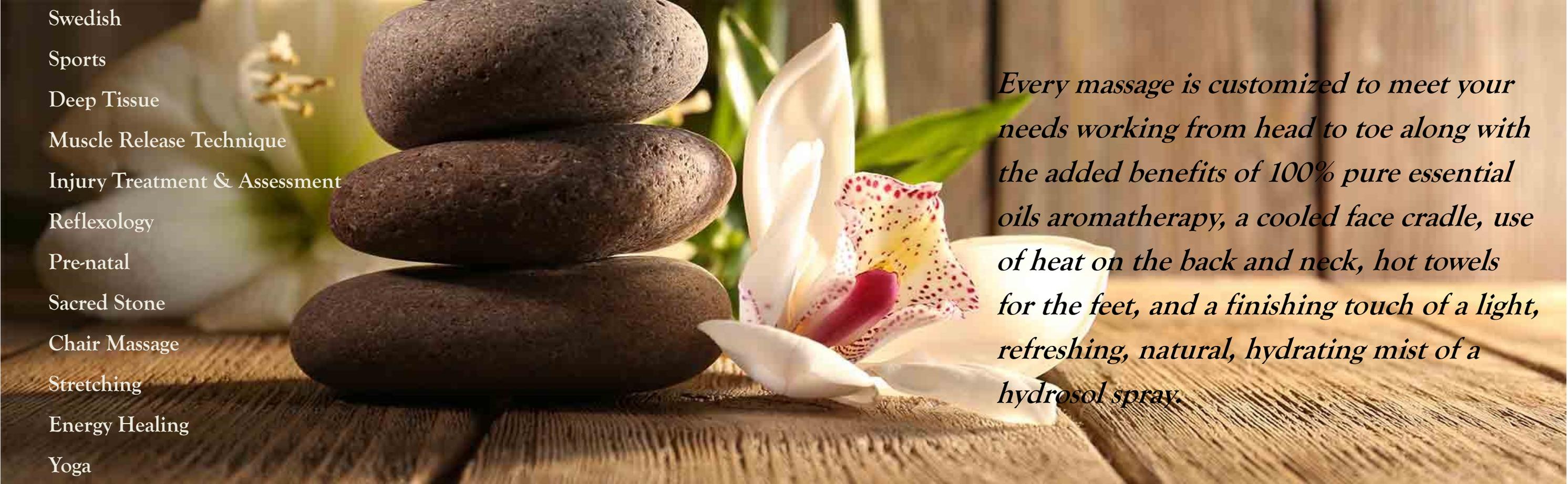
Sacred Stone

Chair Massage

Stretching

Energy Healing

Yoga



Every massage is customized to meet your needs working from head to toe along with the added benefits of 100% pure essential oils aromatherapy, a cooled face cradle, use of heat on the back and neck, hot towels for the feet, and a finishing touch of a light, refreshing, natural, hydrating mist of a hydrosol spray.

Massages

30 min



30 min - Ultimate Hand and Foot Massage**

\$45.00

There's really nothing like spending quality time on the most neglected parts of your body. Relax with the comfort of heat from hot towels wrapped around your feet and warm stones placed in the palms of your hands soothing and softening the tissues followed by a therapeutic massage including hot stones and raw, unrefined, organic shea butter that will melt away any worries.

30 min - Delightful Back Scrub with Massage

\$45.00

Indulge in pampering your back with a skin glowing, enhancing, mild abrasion scrub with the grainy-like textures of sugar and the benefit rich sea salt, along with the nutrients found in all the ingredients which will leave your skin supple and super soft to the touch while giving it the extra moisturizing and glow your skin craves. (Ingredients: raw sugar, dead sea salt, local honey, organic jojoba oil, organic coconut oil, organic shea butter, and 100% pure peppermint oil)

30 min - Sensational Foot Reflexology**

\$45.00

Reflexology is an ancient art of foot massage that is a healing technique that works specific points on your feet that directly correlate to specific organs of the body stimulating the meridian energy channels which promote healing and relaxation. Benefits, just to name a few, include ability to stimulate the central nervous system, increase energy, boost circulation, eliminate toxins, and induce a deep state of relaxation.

This session starts with cold-pressed castor oil massaged into the soles of your feet boosting your immune system followed with wrapping each foot in hot towels while working the opposite foot, and finishing with 100% pure peppermint essential oil for an exhilarating feeling giving your calves and feet a new lease on life.

30 min - Sports Massage/Stretching

\$45.00

Maybe it's a headache, a kink in the neck, carpal tunnel syndrome, tendinitis, low back pain, foot/ankle/knee pain, or shoulder issues. The focus will be solely dedicated to the area of discomfort you choose.



**** Save \$10**

when added to a 60 minute massage

Package Pricing:

30 min pkg of 4 = 10% discount = \$40.50 each	\$162.00
30 min pkg of 8 = 15% discount = \$38.25 each	\$306.00
30 min pkg of 12 = 20% discount = \$36.00 each	\$432.00

Massages

60 min

75 min

90 min



60 min - Sports Massage/Stretching

\$ 90.00

60 min - Therapeutic Customized Massage

\$ 90.00

90 min - Therapeutic Customized Massage

\$125.00

Every massage is customized to meet your needs whether I'm dealing with pain, injury, illness, or stress all while bringing you into a state of relaxation you've never experienced before. (Refer to page 1 for amenities added to every massage.)

Sports Massage with Stretching is particularly geared toward helping relieve acute and chronic pain with the use of massage and a muscle release stretching technique that includes the use of belts which allows the work to go deeper without as much discomfort for the client. An effective modality to release low back pain, neck pain, shoulder issues, carpal tunnel, and any tendinitis.

60 min - Prenatal Massage

\$90.00

Massage therapy during pregnancy is a wonderful complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backaches, stiff neck, leg cramps, headaches and edema (or swelling). In addition, massage for pregnant women reduces stress on weight-bearing joints, encourages blood and lymph circulation, helps to relax nervous tension which aids in better sleep and can help relieve depression or anxiety caused by hormonal changes.

75 min - Sacred Stone Massage

\$125.00

This is your chance to escape taking your mind and your body to a different dimension for 75 minutes of the best spa experience of your life. This hot stone therapy technique is unique and different because it applies time-proven Ayurvedic, scientific modalities and theories which direct negative energy toward the "terminal ends" of the body, enlivening the "earth-bound" chakra (energy) system, engaging the natural intelligence of the body, awakening prana (life force) and renewing the sweetness of life so your body can heal itself. It's simply Ahhhhhh-some!

Package Pricing:

60 min massage package of 4 = 10% discount = \$81.00 each \$324.00

60 min massage package of 8 = 15% discount = \$76.50 each \$612.00

60 min massage package of 12 = 20% discount = \$72.00 each \$864.00



(90 min massage = no package discount offered, single session already specially priced.)

Add-ons

10 min

15 min

10 min - Immunity Boost

\$10.00

Add a very powerful essential oil blend, Four Thieves, along with a hot castor oil pack on the back finishing the session with balancing the Chakra energy centers. This is a great addition if you're feeling a little sick, feeling out of sorts, or even as a preventative health measure.

15 min - Invigorating Dry-Brushing

\$15.00

Did you know that our skin is the largest organ in the human body? Since one-third of the body's toxins are excreted through the skin, this super-large organ needs daily attention. Dry brushing helps exfoliate dead skin, unclog pores, excrete toxins that get trapped beneath the skin helping to reduce cellulite, stimulates the lymphatic system, and rejuvenates the nervous system by stimulating nerve endings... plus, it's just invigorating! (This modality does involve draping with a large bath towel initially to easily access 95% of the skin's surface.)

15 min - Soothing/Smoothing Foot Scrub

\$15.00

Do you suffer with dry, cracked, and sometimes callused feet? Add this to any session and feel the tension melt away while soothing tired, achy muscles and softening the soles of your feet. It starts with cold-pressed castor oil for immune boosting properties massaged into both feet followed by a wrap in hot towels. Then a dead sea salt scrub with coconut oil starting from the knee down, the filing of any calluses on the feet, followed with another foot scrub, hot towels, and a 100% pure peppermint essential oil.

15 min - Visual Guided Imagery Meditation & Chakra Balancing

\$15.00

You're feeling totally relaxed and zen and aren't ready to get off the massage table, so you add this to your session. Allow me to take you to another dimension and journey of calm, peace, and pure serenity with the use of spiritual music, visual guided imagery, breathing, balancing of your Chakra energy centers, and an ending with the vibrational tones of a Tibetan singing bowl resonating to the core of your being. You won't ever want to leave!



15 min - Massage **\$22.00**

When 30 or 60 minutes is not enough and 90 minutes is too much. (Not offered for 90 minute massage.)

M.D. Down



Add-ons

30 min

30 min - Invigorating Dry-Brushing with a Light Application of Oil

\$35.00

After exfoliation, a light application of organic oil will be applied to the whole body with a methodical flow that will carry the stress away. (See previous page for dry brushing description.)

30 min - Lustrous Hot Oil Scalp Massage Hair Treatment with Facial Massage

\$35.00

Applying an organic herbal oil, great for all hair types, to the head and massaging into the scalp is a traditional Ayurvedic practice that has been used for hundreds of years to maintain a thick, lustrous head of hair. Gently massaging the head with fingers and a brush stimulates the hair follicles, increases circulation (blood flow) and allows the deeply nourishing herbs and oils to penetrate the scalp, strengthening and thickening the hair at its roots. The benefits are endless. Add to that, the use of warm towels and an organic jojoba oil (won't clog pores) for a facial massage incorporating hot stones which will absolutely calm the mind, body, and spirit which will promote a night of sound, restful sleep.



