

Massage Therapy

Therapeutic/Swedish Massage

60 minutes \$60 90minutes \$85

Focus: generalized relaxation, dissolution of scar tissue adhesions and improved circulation. This technique aids healing and reduces swelling from injury. Deep Tissue Massage may be integrated within this relaxing, yet effective massage.

Deep Tissue

30 minutes \$45 60 minutes \$75 90minutes \$95

An effective technique for chronic pain, especially when combined with Myofascial Release, this therapy relieves muscular pain and dysfunction. Through stretching and applied pressure to trigger points, you can expect to "feel it" during your session.

Myofascial Release

30 minutes \$45 60 minutes \$75 90minutes \$95

Long, broad, sustained pressure is used to eliminate pain and restore range of motion and pliability to the connective tissue. This technique allows for more efficient Deep Tissue work and long lasting results.

Body Focused Massage

30 minutes \$45

A half hour massage, using Deep Tissue and Myofascial Release; focusing on one to three areas (for instance, neck, shoulders, and back). Best for chronic pain relief or a brief respite.

Prenatal/Pregnancy Massage

30 minutes \$45 60 minutes \$75 90 minutes \$95

We offer a specially designed pregnancy table to accommodate your growing belly. Massage during pregnancy facilitates labor and shortens labor times. Massage also eases pain related to pregnancy: leg cramps, sore neck & shoulders, sciatica, backaches and edema.

Hot/Cold Stone Massage

60 minutes \$75 90 minutes \$95

Basalt stones are used in the therapist's hands during the relaxation strokes, then placed on specific tension spots on your body. The soothing heat, warm oil, and gentle weight of the stones nurtures, grounds, and comforts. Alternating heated and cooled stones helps to increase circulation and decrease inflammation.

Reflexology

45 minutes \$50

Involves manipulation of specific reflex areas in the feet and hands that correspond to other parts of the body to simulate body organs and relieve areas of congestion. It is especially useful in stress-related illness and emotional disorders.

Acupressure

30 minutes \$45 60 minutes \$75

An ancient healing art that uses the fingers to press key points on the surface of the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing.

Headache Relief Massage

30 minutes \$45

Ideal for migraine headaches and sinus congestion, you'll welcome cold stones and gentle pressure on specific regions of your face, neck and shoulders. Our warm massage table balances your body temperature perfectly as relaxing massage is given to open your sinuses and relieve discomfort. This session coupled with a chiropractic adjustment encourages a speedy recovery!