



Krista Hall NCTM, ITEC, CCT



@Trusted Care Chiropractic
310 commercial st. Atchison, KS 66002
(913) 367-5103

Swedish Massage

A massage used to relax the entire body and is beneficial for increasing the level of oxygen in the blood, improving circulation and flexibility while easing muscle tension.

30 min - \$30, 60 min - \$60, 90 min - \$90

Deep Tissue Massage

An intensive massage designed to aid in the recovery of muscle tissue. Deep pressure is designed for individuals that are in need of muscle compression to relieve body pain and soreness.

30 min - \$35, 60 min - \$65, 90 min - \$95

Hot Stone Massage

A completely relaxing massage with warm stones used to relieve muscle tension. Perfect for those who are sore from exercise or overexertion

60 min - \$65, 90 min - \$95, Add-on -\$5

Pre-Natal Massage

(after 12 weeks)

A healthy way for new mothers to reduce stress and promote overall wellness. Massage relieves discomforts of pregnancy, such as backache, stiff neck, leg cramps, headaches and edema.

30 min - \$30, 60 min - \$60, 90 min - \$90

Reflexology

Also called zone therapy a natural healing art based on the principle that there are reflexes in the feet and hands and their referral areas which corresponds to every part, gland and organ of the body. Relieves tension, improves circulation and helps promote that natural function of the related areas of the body.

30 min add-on - \$20, 60 min-\$55

Renewal Massage

This total package massage includes a warm neck wrap, a relaxing hand and foot reflexology, Warm towels, Hot stones for the back and your preference of pressure.

70 min - \$70

Cupping Therapy

The application of suction to the body for the use of Deep Tissue, Trigger Point, lymphatic drainage, abdominals, Reflexology, Detoxification, Cellulite, Scar Tissue, Stretch Marks, Facial Treatments, TMJD & General Relaxation and Wellness.

30 Min - \$30, 60 Min - \$60, Add-On - \$5 Per Area