

Workplace Chair Massage

Chair massage counters the circulatory problems inherent with office work—and provide a appreciated break for employees. Even 15 minutes of massage to the neck, back, arms and hands can increase circulation, & help with:

- **Increased productivity.**
- **Reduced absenteeism.**
- **Improved morale.**
- **Lowered health-care costs.**

Call for prices and availability

Swedish Massage

A massage used to relax the entire body and is beneficial for increasing the level of oxygen in the blood, improving circulation 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



Renewal Massage

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

70 min - \$70

Paraffin Add-on

Paraffin wax has been shown to treat conditions like arthritis and fibromyalgia among others. a type of heat therapy, that helps with relaxing muscles and reducing stiffness in joints while adding moisture to the hands and feet

Hands - \$5, Hands and Feet- \$8

Prenatal Massage

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

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 - \$65, Add-On - \$5 Per Area

CBD Massage

We are providing the option to add **CBD massage cream** to any massage. The CBD enhances **pain relief, reduces inflammation & relaxes stress in the body.**

Who is CBD Massage for? anyone who has chronic pain, arthritis, or soreness from training, daily stress or anxiety. With every treatment you will receive **1 oz. of CBD massage cream with 50 mg of CBD, hot towel treatment and aromatherapy** Add-On -**\$25.00**

CBD is non-psychoactive & Non-Habit

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