

::Massage::

::Relaxation Massage::

A classic Swedish full body massage with gentle, flowing strokes for relaxation. Relieves muscular tension, increases circulation and smooths away stress. *60 minutes for \$70 or 80 minutes for \$90*

::Deep Tissue / Myofascial Release::

A full body massage with techniques that loosen restrictions in deeper soft tissues. Fascia is soft tissue that supports muscle. The practitioner uses slow and deep pressure to move through the fascia to the muscle. *60 minutes for \$70 or 80 minutes for \$90*

::Pregnancy Pampering Massage::

A customized full body relaxation massage with consideration of a woman's changing body. The woman is positioned in a semi-reclining and/or side lying position with plenty of cushions for support to allow for maximum comfort. *80 minutes for \$95*

::Hot Stone Massage::

A relaxation massage with stones that are heated and placed in various locations on the body as well as used by the practitioner to aid in applying pressure during the massage. The heat from the stones is relaxing and warms up tight tissues which makes the tissues more accessible. *60 minutes for \$90 or 80 minutes for \$110*

::Stress Relief::

A brief and focused massage to decrease stress and tension for head and shoulders. Includes the scalp, neck and back. Leave feeling refreshed. *60 minutes for \$70*

**only by appointment*

**each massage time include 10 minutes for undressing/dressing*