

## MENU OF SERVICES

### Swedish Massage

(Light to medium pressure, calming, soothing. Swedish massage is proven to ease stress, anxiety. Headaches and muscle tension. This massage therapy service releases endorphins that work as the body's natural painkiller.)

30 minute- \$85

60 minute- \$125

90 minute- \$155

### Deep Tissue Massage

(Firm pressure, invigorating, healing relief from chronic or acute muscle tension. This massage therapy service is ideal for rehabilitation and stress management.)

30 minute- \$110

60 minute- \$125

90 minute- \$175

### Couples Massage

(Relaxation for two.)

60 minutes- \$225

90 minutes- \$325

### Prenatal Massage

30 minute- \$85

60 minutes- \$105

### Hot Stone Massage

60 minute- \$125

90 minute- \$175

## Reiki-Balancing Treatment

60 minute- \$105

## Aromatherapy Massage

(Aromatherapy massage uses warm essential oils to activate your sense of smell and increase your sense of wellness. Oils will be incorporated into your skin.)

60 minute- \$ 125

90 minute- \$175

## Indian Head Massage

(Ancient head and neck massage with traditional Indian oil.)

45 minute- \$115